

THE BEAUTY EXPERT

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Sexed-Up

HAIR

Photographed by
Mario Testino

Full, Soft, Lots of Shine

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BODY NEWS

By Kristin Sainani

55%

less acne was seen on facial skin after two months of treatment with an ingredient in red wine.

—American Journal of Clinical Dermatology

Thin Berries

Antioxidants from blueberries may have a slimming effect, a study suggests. Researchers at Texas Woman's University treated mouse cells with either blueberry polyphenols (in three different doses) or a control solution. The active compounds blocked the growth of new fat cells and the buildup of lipids inside cells, reducing total fat by up to 73 percent at the highest dose. In theory, this cellular reaction would decrease body weight, but the implications for humans aren't yet clear, emphasizes Shiwani Moghe, who worked on the project as a graduate student. Polyphenols from green tea, grape seeds, oranges, and grapefruits have also been shown to inhibit fat cells, so Moghe recommends eating a variety of antioxidant-rich foods and supplements.

Skin-Tone Solution

A new skin regimen available from doctors can effectively treat a common type of discoloration. Twenty-seven people who had moderate to severe melasma underwent one to four sessions of Illuminase—a combination of microdermabrasion, treatment with a low-energy YAG laser, and ongoing skin care (hydroquinone, Retin-A, and sunscreen).

Despite previous failure with other therapies, such as hydroquinone alone, everyone improved, and 44

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percent of them experienced near-complete clearance of their condition, says Arielle Kauvar, clinical professor of dermatology at NYU Langone Medical Center. More aggressive treatments, including peels, Intense Pulsed Light, and various lasers, may actually worsen melasma because they cause inflammation, which stimulates pigment production, Kauvar warns. Women interested in Illuminase should go to a board-certified dermatologist or plastic surgeon with expertise in YAG lasers, she says, adding that sun protection is crucial to prevent melasma's recurrence.

New Acne Fighter

Resveratrol, a potent antioxidant found in red wine, has been linked with many potential health benefits, such as protection against weight gain and cancer—and it may also reduce acne, according to a recent study. After 20 people with acne applied a resveratrol gel to the right side of their faces daily for two months, acne lesions there decreased significantly compared with the left side, which was treated with a placebo gel. Resveratrol reduces inflammation, kills the bacteria that cause

acne, and prevents abnormal growth of skin cells, which can clog pores, says lead study author Gabriella Fabbrocini, associate professor of dermatology at the University of Naples Federico II in Italy. Though the gel that was tested is not yet available, several anti-aging skin creams contain resveratrol, as it has previously been found to reduce sun damage in mice. Rubbing red wine on the face wouldn't provide a similar concentration, stabilization, or delivery of the resveratrol and would likely be ineffective, Fabbrocini says.