

BRITAIN'S No.1 WOMEN'S MAGAZINE

# GLAMOUR

ONLY £2

www.glamour.com

Nicole  
Why her long distance love can be tough

50 BEST DRESSED WOMEN

Who's knocked Cheryl off the top spot?  
PLUS Win £1250 to get the looks

645 INSTANT SUMMER OUTFITS

And a big 'Hello!' to your perfect bikini

June 2011

Your sex life rebooted 9 simply genius ideas

"Beer was my breakfast" Diary of an alcoholic, aged 21

20% off at WAREHOUSE for every reader

Quick! Page 112 will save you £250 a month!

fastglamour

## 4 SIGNS YOUR SKIN NEEDS A HOLIDAY

Stress can trigger any summer skin woe, from patchiness to pimples. If you can't take a break, restore that glow at home. By Vicki Norton

**1 YUCK, I'M OILY**  
THE PROBLEM Humidity exacerbates oiliness. "Yet stripping the skin pushes oil production into overdrive to rebalance," says Dr Adam Geyer, consulting dermatologist for Kiehl's. THE PRESCRIPTION A gentle cleanser and, if you're prone to spots, a treatment with salicylic acid (such as new Blemish + Age Defense £75 SkinCeuticals) to unblock skin and stop bacteria. If pores are more of a problem, Clinique's new Pore Refining Solutions Correcting Serum £36.50\* has a host of ingredients for a fresher, tighter-looking complexion.

**2 OOPS, I'M RED**  
THE PROBLEM "We can still burn on cloudy days," says dermatology advisor for Garnier, Dr Jennifer Jones. THE PRESCRIPTION Sunscreens with chemical and mineral filters work best against UVB and UVA rays. Garnier's Sheer Protect SPF30 Hydrating Face Protection Cream £11.13 is perfect for dry skin, or try Kiehl's oil-free Ultra Light Daily UV Defense SPF50 £25. "And if you do get burned, ask your pharmacist for hydrocortisone," adds Dr Jones.

**3 ARGHH, I'M DRY**  
THE PROBLEM "Both wind and sun can dry out the skin," explains Dr Jones. THE PRESCRIPTION TLC from nurturing ingredients like hyaluronic acid, shea butter and glycerin. Your skin will love Resist Optimal Results Hydrating Cleanser £17.75 paulaschoice.co.uk followed by Luminous Glow £72 Dr Sebagh! (right).

**4 HELP, I'M BLOTCHY**  
THE PROBLEM Age-related patches of pigment triggered by sun even when it's cloudy. THE PRESCRIPTION Dr Lisa Grunel, co-director of University of Cosmetic M with Intense and 4% hy cream (on For upkee Clarity Tui £100 Eiz replaces i sunscreen using the

**YUCK, I'M OILY**  
THE PROBLEM Humidity exacerbates oiliness. "Yet stripping the skin pushes oil production into overdrive to rebalance," says Dr Adam Geyer, consulting dermatologist for Kiehl's. THE PRESCRIPTION A gentle cleanser and, if you're prone to spots, a treatment with salicylic acid (such as new Blemish + Age Defense £75 SkinCeuticals) to unblock skin and stop bacteria. If pores are more of a problem, Clinique's new Pore Refining Solutions Correcting Serum £36.50\* has a host of ingredients for a fresher, tighter-looking complexion.

GLAMOUR  
For exp  
Mari  
Cosmeti  
London, C  
for u

202 GLAMOUR

“ The prescription: A gentle cleanser and, if you're prone to spots, a treatment with salicylic acid (such as new Blemish + Age Defense £75 SkinCeuticals) to unblock skin and stop bacteria. ”

— Glamour, 4 Signs Your Skin Needs a Holiday