

platinum

Fashion's Wild Side

leather, lace
and lots of attitude

Sell Yourself
how to get the perfect job

SKIN Salvation
perk up winter skin
for spring

Inés Rivero
an Angel spreads
her wings

SHADES
10 ways to
cover your eyes

Monthly Mentor
Reflect.com's Virginia Kent



PLUS: Kristin Bauer, Elise Donovan, Jamie Kennedy, and Jason Williams



I WANT MY PEACHES AND CREAM

What's the most coveted accessory, the one thing that makes you look and feel fabulous at all times? A clear, glowing complexion, of course. This holy grail can be achieved, despite waking up with puffy eyes, splotchy skin and the dreaded blemish. Susan Ciminelli, aesthetician extraordinaire, owner of the Susan Ciminelli spa and creator of a prestigious line of skin care products, reports that it is possible to alleviate skin emergencies. "Use a clay mask on pimples to draw out impurities, and try products that contain aloe, royal jelly bee pollen and lavender to reduce puffiness in the eye area." Avoid the "attack and destroy" response to outbreaks; products that contain alcohol are too drying and can cause scarring. Look for ones that have benzoyl peroxide or salicylic acid, which work fast to eliminate blemishes. Resist the urge to pop that pimple, but if you simply must, wash your hands thoroughly and squeeze gently with tissue-covered fingertips.

Natural fix-its can also be used to calm irritated and tired eyes: place chilled cucumber slices or steeped and cooled tea bags for a soothing treat. To avoid a splotchy and uneven appearance, try products for sensitive skin and avoid perfumes and dyes. Apply a calming mask (ones with seaweed are good to try) and smooth on concealer where necessary. Prevention is, of course, the best medicine. When it comes to getting a glowing complexion, keep in mind that behavior often dictates the outcome. "Foods such as eggplant, peppers, chocolate and coffee can be too acidic and cause skin to become red and splotchy. Eating too much sugar can also have detrimental effects on your complexion," warns Ciminelli. She also stresses the importance of proper hydration; drinking lots of water can do wonders for your skin.



Being confronted with an ugly disaster doesn't have to ruin your entire day. Take a deep breath, follow the advice of the experts and you'll be able to handle any beauty emergency that comes your way. About that flat tire, though, you're on your own. •