

Your Beauty Questions Answered!

EXPERT TIPS FOR DEALING WITH MASK-RELATED SKIN ISSUES AND MORE



Going makeup-free, like Jennifer Lopez did Aug. 1, can prevent your pores from clogging, especially when you're wearing a mask.

Q | Why do my lips get so dry whenever I'm wearing a mask?

—RUTH in Georgia

A | “The rubbing of the delicate skin on your lips against your mask can be irritating and ultimately cause dehydration and chapping,” says dermatologist Dr. Marnie Nussbaum. To fix it: Before you put on your face covering, apply a lip product that seals in moisture and protects the skin. And if you really want to keep your lips (and the rest of your face) hydrated, sleep with a humidifier on.

Hey Dewy Facial Humidifier, \$39; heydewy.com Eos the Hero Extra Dry Lip Treatment, \$5; walmart.com



Q | I'm breaking out like crazy around my chin and mouth. What can I do?

—HANNAH in New York

A | Maskne—clinically known as acne mechanica—is “caused by the heat, friction and lack of air that comes with wearing a mask,” says dermatologist Dr. Melissa Kanchanapoomi Levin. It can trigger a vicious cycle because once your skin's protective barrier is compromised, you're more prone to skin flare-ups, including more acne. Try adding a treatment with a retinoid such as Adapalene to your routine. “It will prevent pores from clogging and helps with inflammation,” she says. And if you do get a pimple, cover it with a hydrocolloid patch to help it clear fast.

Neogen Dermalogy A-Clear Soothing Spot Patch, \$16 (for 24); neogenlab.us Differin Gel, \$32 (for 1.6 oz.); target.com



Q | Do any of those facial toning gadgets I see on Instagram really work?

—BRITTANY in New Jersey

A | Some of them are great—and some are also really expensive. But you can get similar results with an affordable jade roller, says dermatologist Dr. Whitney Bowe (left). “After applying a hydrating moisturizer, use the tool to create gentle sweeping motions. Apply light pressure around your eyes and moderate pressure along the jawline. The action both boosts circulation and wakes up your collagen-producing cells.”



Dr. Whitney Bowe demos how to use a jade roller on July 28.



No pro? No problem! Molly Sims shows her socially distanced spa day on March 19.

Q | Is it safe to get a facial right now?

—TRACEY in Texas

A | While some spas have reopened across the country, the CDC still advises against making frequent visits to one. That said, if you do have an appointment for a pro treatment, dermatologist Dr. Sapna Palep recommends calling to confirm that the staff is getting tested for COVID-19 regularly, wearing protective gear (face shields, masks, gloves) and sanitizing chairs between clients to ensure your safety.



Q | How concerned should I be about blue-light exposure from screens?

—BETH in Kentucky

A | “Just like some ultraviolet rays can cause the skin to age, the blue light emitted from several hours spent looking at your computer, phone or TV over time can contribute to skin issues such as a decrease in elasticity and hyperpigmentation,” says dermatologist Dr. Lily Talakoub. If the broad-spectrum sunscreen you’re using has antioxidants, it will help protect from harmful blue light. Talakoub recommends this serum-like formula, which can be used alone after toner or mixed with your moisturizer.

Coola Full Spectrum 360° Sun Silk Drops, \$46; coola.com

Q | How can I prevent my makeup from transferring to my mask?

—WEVLY in Louisiana

A | “My trick is to layer setting sprays,” says celebrity makeup artist Mai Quynh. Once makeup is done, she mists with Urban Decay’s bestselling formula. She lets it settle for 10 minutes, then tops it off with a water-resistant version from Ben Nye. The combo will lock down your look for hours.

Urban Decay All Nighter Setting Spray, \$20 (for 1 oz.); urbandecay.com
Ben Nye Final Seal, \$10 (for 1 oz.); camerareadycosmetics.com



Q | Now that I’m playing up my eyes so much, I’m considering lash extensions. What do I need to know?

—KIM in North Carolina



Lash pro Dionne Phillips and a client on Feb. 25.

A | Assuming the technician is following the same safety protocols (top left) as the dermatologists and aestheticians, you should be able to sit back, relax and focus on your extensions, which celebrity lash expert Dionne Phillips says will take at least 60 minutes to apply and start at about \$200. Adds Phillips: “first-timers should always go for a more natural look to get used to them before graduating to something more dramatic.”

Q | I need some easy new self-care ideas.

—SHRAYYA in Connecticut

A | Here’s how we’ve been pampering ourselves at home:



“When I’m stressed, I put a drop of this soothing Uma Pure Calm Wellness Oil [\$49; umaoils.com] on my wrists and take deep breaths.”
—Brittany Talarico, senior style news editor



“I drop of one of these fizzy, foaming Lush Shower Bombs [\$4 each; lushusa.com] in my shower to turn it into a mini spa.”
—Jackie Fields, senior style & beauty editor



“When my hair looks good, I feel good. So I do weekly treatments with a Pura D’Or Hair Masque [\$16; amazon.com].”
—Andrea Lavinthal, style & beauty director