

AUGUST 2013

# Good Housekeeping

**DROP  
5 lbs.  
NOW**  
p. 80

**30 Minute**

**Dinners**

**5 Minute**

**Desserts**

Get out of the kitchen **FAST**

**THE JOY OF  
KEEPSAKES**

...WITHOUT THE  
CLUTTER p. 101

**Savings  
Plans  
for Late  
Starters**

Fix your  
money mistakes

**Hugh  
Jackman's  
Recipe for  
Romance**

What keeps his  
marriage **rock-solid**



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#BXBCCLV \*\*CR-L0T 00232D\*\*C-009

BK0058  
675



## THE EXPERT DERMATOLOGIST

Lucile White, M.D., Houston



1

**Does sunscreen go on before or after moisturizer?**

—ANONYMOUS

**Before.** All sunscreens work optimally when applied directly to skin.

Although mineral-based ones, namely zinc oxide and titanium dioxide, work well when applied on top of other skin care (see question 2), save yourself the guesswork and start with sunscreen. Better yet, simplify: Use a daytime moisturizer with SPF 30 daily.

2

**I know I should reapply sunscreen at least every two hours, but what if I'm already wearing makeup?**

—DENISE L., BUFFALO

**Look for exclusively physical (a.k.a. mineral) sunscreens** listed on the ingredient label (see question 1). Like little white T-shirts for the skin, they can be worn over makeup, but they also tend to be pasty. Fortunately, certain brands have made them with a tint to mask any whiteness and help them blend into skin (or makeup).

**TRY** La Roche-Posay Anthelios 50 Tinted Mineral Ultra Light Sunscreen Fluid (\$33, drugstores; left) or EltaMD UV Physical Broad-Spectrum SPF 41 (\$29, [eltamd.com/buy](http://eltamd.com/buy); far right).

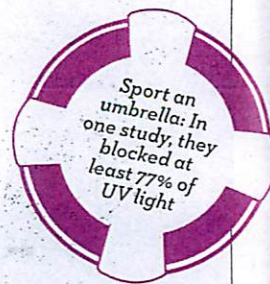
3

**I have oily skin. Do I need to moisturize?**

—MARCIA L., HONOLULU

**Nope—especially if you're very young.**

If you're over 30 and you'd like to moisturize, use a retinol cream at night. It'll control your oil production without being greasy, plus you'll get an anti-aging kick: Retinol, a vitamin A derivative, helps skin churn out new collagen to smooth lines, and it's better tolerated by oily skin. Since it increases skin's sun sensitivity, don't forget daily sunscreen.



4

**How do I keep my brown spots from becoming more prominent?**

—SARA A., SPRINGFIELD, OH

**Apply two layers of protection;** spots are exquisitely sun-sensitive. Put on a chemical sunscreen, then a mineral one. Also, wear a hat with a four-inch-wide brim as well as UV-blocking sunglasses.

**TRY** Neutrogena Ultra Sheer Dry-Touch Sunscreen SPF 30 (\$11, drugstores; right) first, then layer on EltaMD (far right).

