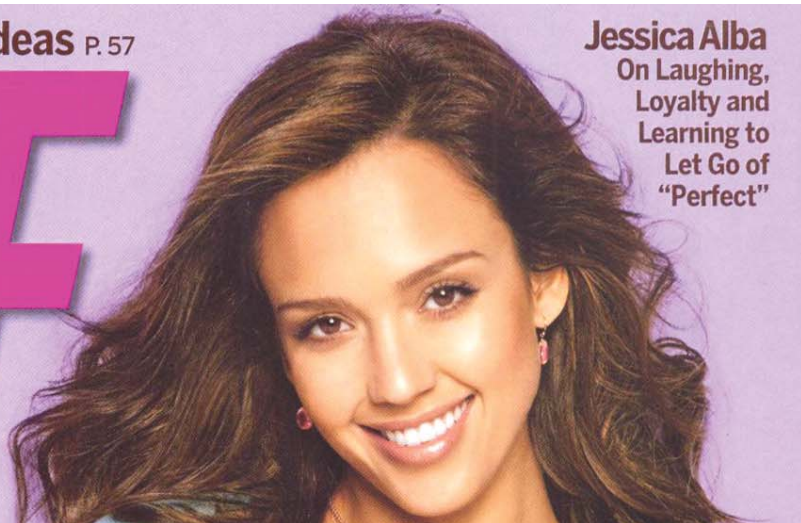


Firm Up for Free! 6 Fast At-Home Ideas P.57

Jessica Alba
On Laughing,
Loyalty and
Learning to
Let Go of
"Perfect"

SELF

YOU
AT YOUR
BEST



beautyFLASH

Early action This Valentine's Day, make a date with your derm. Most melanomas are found during a doctor's appointment for a different skin condition such as acne or psoriasis, a study in the *Archives of Dermatology* shows. Why wait for a suspicious spot? Instead, schedule annual checkups around February 14, a holiday when you just might show a little more skin.

Fringe benefits Want your eyes to *really* shine? Too Faced Lashlight, \$25, comes with built-in LED bulbs on the mascara wand to help you home in on the tiniest hairs as you apply. Plus, the formula contains a liquid form of crystal to add extra gloss with each stroke. ➔

A prettier PC Upgrade a bland work space with a fresh hit of color. Nail polish maker OPI has partnered with Dell to create laptops in 26 of OPI's best-selling lacquers like Up Front and Personal (a golden hue) and Strawberry Margarita (a cheery fuchsia). Indulge yourself with your fave shade, available for an additional \$85 at www.dell.com/designstudio.



Bright idea:
Let mascara
dry for 30
seconds
before adding
another coat.

Tater treat Try this tip to banish under-eye puffiness, pronto! Cut a cold, raw potato into thin slices, lie down and place on lids for 10 minutes. Spuds have alkaloids that ease redness, and the chill shrinks those bags, says Ariel Ostad, M.D., a dermatologist in New York City.

Flip it good To hide gray instantly, switch your part to the opposite side, where hair tends to be thicker, says Umberto Savone, a celebrity stylist in Los Angeles. Why it works: Styling tends to thin the hair along your usual part, making silver strands more noticeable.

Bedtime boon Nurture your skin as you sleep with Kiehl's new Midnight Recovery Concentrate, \$42. The intensely restorative serum incorporates squalane (an emollient made from olives) and desert primrose oil to hydrate, while its omega-3 fatty acids seep in to regenerate tired cells (which shift naturally into rebuilding mode during your slumber). Sounds like a dream to us!

Sniff and tell Could you pick out a loved one in the dark, simply by taking a whiff? Maybe. Every one of the 6.7 billion people on earth is believed to have an "odorprint" as unique as a fingerprint, according to George Preti, Ph.D., an organic chemist at Monell Chemical Senses Center in Philadelphia. Reach for unscented deodorant and let eau d'you shine through.

ARIEL OSTAD, MD • COSMETIC, LASER AND DERMATOLOGIC SURGERY

897 Lexington Avenue • New York, NY 10065 • Tel: 212.517.7900 • www.drarielostad.com

Listed in the Castle Connolly Guide to the Best Doctors in the NY Metro Area