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Your Spring GLOW-UP GUIDE

Got skin struggles? So do these *Seventeen* readers! But with the help of experts, we're going to put an end to common complexion problems right now—and in just two steps!

BY KATE FOSTER

"My skin is usually clear in the winter, but when spring starts, I get zits everywhere."

—BLUE, 17, BROOKLYN, NY

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SKIN SITCH

Acne

"As it starts to get warmer outside, the heat and humidity make your skin rev up oil production, which can cause breakouts," says dermatologist Shasha Hu, M.D., of the Dr. Brandt Skin Advisory Board.

SPRING SOLUTION Swipe this green tea-and-ginger cleansing stick over wet skin to detox your pores, then use a serum with acne-fighting and nourishing ingredients. (The one below has salicylic acid and soothing licorice root extract.)



ST. IVES Matcha Green Tea & Ginger Cleansing Stick, \$5, drugstores.

BAREMINERALS Blemish Remedy Acne Clearing Treatment Serum, \$42, sephora.com



- Open your Amazon App
- Tap the camera icon
- Choose SmileCode
- Scan to shop!



"I live in the mountains, and even after winter is over, I swear the weather here still makes my skin flaky."

-CATHERINE, 19, MISSOULA, MT

SKIN SITCH
Dryness

The temps might be rising, but the air where you live could still be dry, says Dr. Waldorf. "This means a lot of the moisture in your skin is evaporating into the environment." The result? Flaky or even cracked skin. **SPRING SOLUTION** This nonfoaming wash is made with moisturizing lipids—compounds that naturally occur in your skin—so your face never feels dry or tight. Follow it with a few drops of pure marula oil, a mega-hydrator that helps lock in moisture.



THE ORDINARY
100% Cold-Pressed Virgin Marula Oil, \$10, theordinary.com



DOVE Dermacare Dry Skin Relief Gentle Cleansing Face Wash, \$7, dove.com



"My face looks so much less bright—almost colorless! How can I bring it back to life?"

-ANNABELLE, 17, POWELL, OH

SKIN SITCH
Dullness

Your skin is probably dry. "Parched skin doesn't regenerate as quickly, causing dead cells to accumulate," says dermatologist Heidi Waldorf, M.D., of Waldorf Dermatology Aesthetics. "That build-up doesn't reflect light well." **SPRING SOLUTION** Wash with a salicylic acid scrub—it whisks away dead cells—then mix a vitamin C booster into your fave moisturizer. The antioxidant boosts radiance like a boss.

NEUTROGENA Acne Proofing Daily Scrub, \$9, amazon.com
YES TO GRAPEFRUIT Glow-Enhancing Vitamin C Booster, \$15, Target stores

"I have a lot of pink and red patches, especially around my nose and on my forehead. What gives?"

-ANNA, 18, CARVER, MN

SKIN SITCH
Redness

Blame unpredictable weather (30 degrees one day, 60 degrees the next!) for your inflammation. "When your skin's protective barrier isn't strong, blood rich in irritation-fighting cells rushes close to your face's surface, which can make it look pink or red on the outside," says Dr. Waldorf. **SPRING SOLUTION** Skip stripping cleansers and try a cleansing milk with rose water to reduce redness and calm sensitivity. During the day, slather on this SPF with oats to offset angry skin and protect its barrier.

GARNIER SKINACTIVE Soothing Rose Water Cleansing Milk, 98% Naturally Derived, \$5, drugstores
AVEENO Ultra-Calming Daily Moisturizer Broad Spectrum SPF 30, \$15, drugstores

