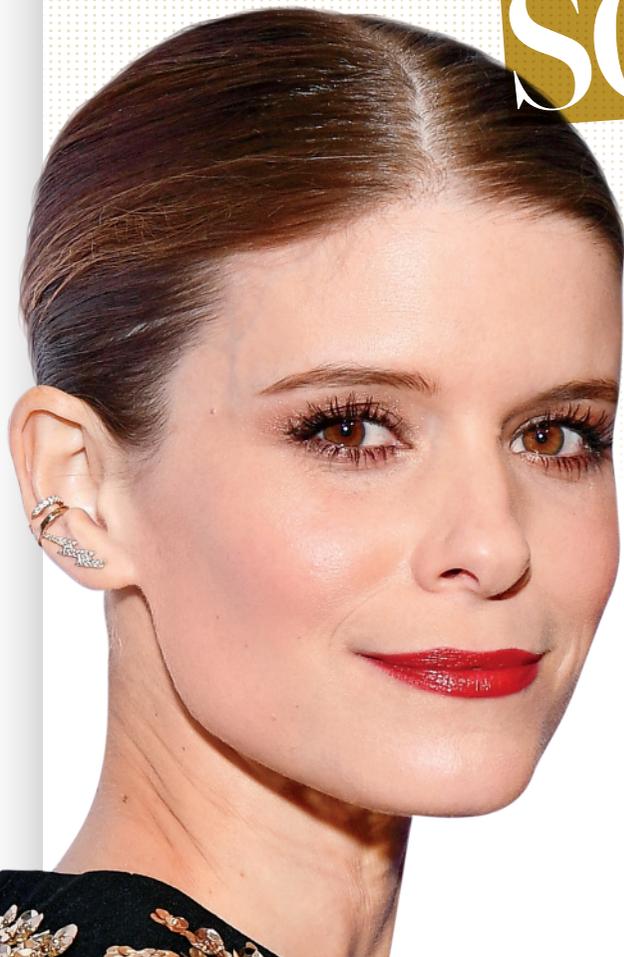


Sensitive Skin SOLUTIONS



DERMATOLOGIST DR. HEIDI WALDORF'S TIPS ON CARING FOR A DELICATE COMPLEXION



SKIP HARSH SOAPS

Cleansing formulas that contain milder surfactants, such as Dove Body Wash, are less likely to strip away precious lipids and fats that help your skin retain moisture. In addition, notes Dr. Waldorf, "anything that disrupts the skin barrier leaves it exposed to irritants and allergens."



Dove Sensitive Skin Nourishing Body Wash with Nutrium Moisture, \$6 for 22 oz., target.com

CHOOSE MOISTURIZING MAKEUP

Matte makeup may be one of the hottest beauty trends, but beware: That dry finish can sap moisture from lips and skin, leaving them flaky. Ditto long-wear formulas, which are typically alcohol-based.



Tom Ford Ultra-Rich Lip Color in Aphrodite and Le Mepris, \$54 each, tomford.com

OPT FOR BODY LOTION OVER OIL

Specifically, look for creams that contain humectants, which draw moisture into the skin's surface (think: glycerin, hyaluronic acid), smoothing emollients (like dimethicone) and occlusives, which prevent water loss (such as petrolatum). That way, says Dr. Waldorf, "you pull in moisture, then seal it all in."



Avène TriXera Nutrition Nutri-fluid Lotion, \$29 for 6.7 oz., aveneusa.com

PICK STING-FREE EXFOLIATORS

Scrubs can irritate skin. Instead use products that gently slough away dead cells, such as an exfoliating cleanser, to help keep complexions calm and clear. And make sure to moisturize after you wash, to shield skin in a protective layer.



Neocstrata Skin Active Exfoliating Wash, \$40, neocstrata.com

REMOVE MAKEUP GENTLY

"One of the reasons oil cleansers are so popular is they remove most makeup without irritation," says Dr. Waldorf, who adds, "In a pinch, use Vaseline or Aquaphor and a tissue."



DHC Deep Cleansing Oil, \$28, dhccare.com

STATUS GLOW
A hint of shimmery shadow, creamy pink blush and high-shine red lipstick help showcase Kate Mara's flawless skin.