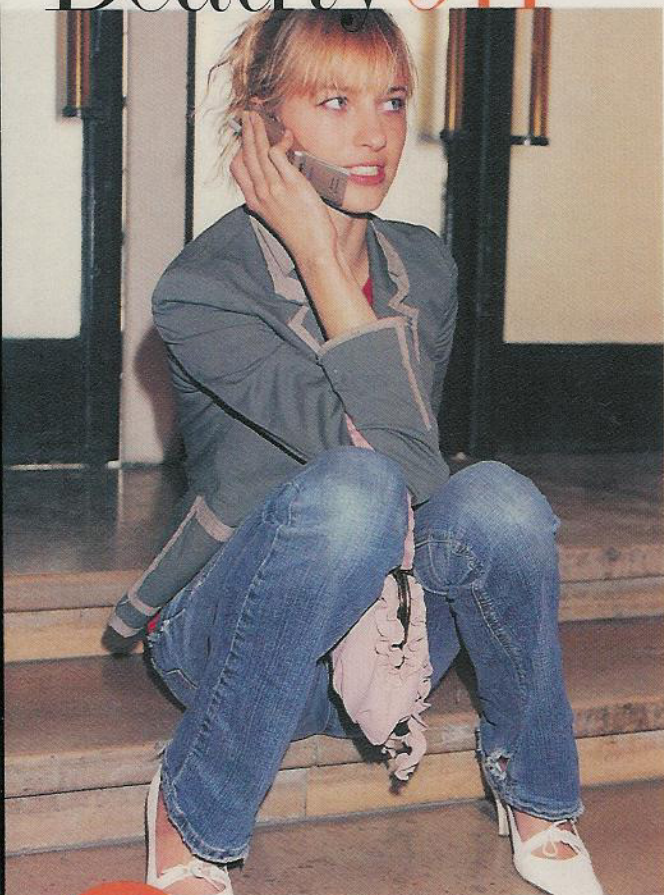


Beauty911



You ask. Three experts answer your beauty questions By Denise Wild

becoming dry in the winter and oily in the summer. Dry skin is more common in places with low humidity or high altitude. And some women become more oily around their menstrual cycles.

—Dr. Peter Vignjevic, Hamilton

Q: After weeks of being hidden under polish, my nails look dull and yellow. How do I brighten and whiten them?

—Joanna Gonos, Montreal

A: The dyes in nail polish (especially dark colours) have stained the surface of your nail, resulting in a yellow discoloration. Using lemon juice, bleach or vinegar to whiten nails is a myth; they need to grow out. To fade most of the stain and bring up the shine in your nails, gently buff them with the soft or medium side of a three-way buffer, then apply a nail strengthener. Don't try to buff away all of the stain, as that will leave your nails weak and potentially damaged. To prevent further yellowing, apply 1–2 thin coats of base coat before your polish. Remove your nail polish on a weekly basis and try to go a couple of days without polish. This keeps your nails healthy by allowing your nail bed to replenish

its natural oils. Alternate your dark and light colour applications.

—Lina Sibilla, esthetician/co-owner, Profiles Salon & Spa Professionals, Toronto

Q: I have a habit of licking my lips. What can I do to make lipstick last all day?

—Diane Ockley, Calgary

A: Licking your lips causes a chapped mouth with dead skin cells that prevent your lipstick from looking good. Exfoliate your lips once or twice a week by rubbing them gently with a wet towel. Apply a thick coat of lip conditioner before bed for soft lips in the morning. Hydrated lips should eliminate the need for licking them. To give your lipstick staying power throughout the day, start by applying foundation on your lips and blot it with a tissue. Then, apply your lipstick. Next, peel the tissue in half so it's really thin, then brush translucent powder over the tissue. That will help set the lipstick. If you prefer a glossy finish, apply a gloss on top to seal the colour. Hopefully, your perfectly finished lips will discourage your licking habit.

—Jose Bass, makeup artist, Plutino Group, Toronto

Q ■ **How do you really know what your skin type is?**

—Daria Balderson, Calgary, winner of June's Clinique prize

A: There are three basic skin types: dry, oily and combination. To determine your type, look at your face in the morning (prior to washing and moisturizing) and at the end of the day. Using a magnifying mirror, examine your forehead, cheeks, nose and chin. If you see small cracks or flakes

of skin, that area is dry. If the area appears shiny in the absence of moisturizer, it is oily. A quick-check method is to wipe your forehead at the end of the day with a cotton pad. This will help reveal excess oil on the skin's surface. When some areas are oily (typically, the forehead, nose and chin) and others are dry (typically the cheeks), the skin type is combination. Acne (including blackheads and whiteheads) can occur with any skin type. Skin type often varies with seasons,

win!

We want to know your beauty concerns. Send us your Beauty 911 question and you could win \$439 worth of Elizabeth Arden products. Drop us a line at: Best Beauty 911, FLARE, 1 Mount Pleasant Rd., 8th Floor, Toronto, Ont., M4Y 2Y5; fax: (416) 764-2866; email: beauty911@flare.com. The beauty director will select the winning question. If you penned it, the cosmetics are yours! For contest rules, see *Where It's At*.

