

OUR HAIR DRAMA: GETTING TO THE ROOT OF IT

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SKIN COMMANDMENTS

10 THINGS YOU MUST DO TO GET GREAT FACE

BY JUDITH ZIMMER AND JENYNE RAINES

We come in a delicious array of skin tones that captivate—and help protect us from the sun and keep us looking youthful longer. But despite our great genes and protective melanin, environmental pollutants, free radicals and the depleted ozone layer call for us to treat our skin with attention. These ten mandates will help you attain and maintain the skin of your dreams:

1. Know thy skin. To determine your skin's personality, try this simple at-home test recommended by Dr. Cheryl Burgess, a Washington, D.C., dermatologist: Wash your face, skip the moisturizer, wait an hour and then take four pieces of transparent tape and place each one in a different area of the face: chin, forehead, cheeks and across the nose. Gently pull off the tape and observe the sticky side. If it holds flakes of skin, you have dry >

beauty



dermatologists we spoke to all love Cetaphil Daily Facial Moisturizer With SPF 15.

4. Exfoliate to rejuvenate. Exfoliation, the removal of dead skin cells, is a process that occurs naturally. But as we get older, the slower the natural exfoliation process gets, leaving us with dull skin tone. We use exfoliation products to replenish softness, smoothness and glowing skin. Exfoliants come in two forms: gentle scrubs that remove surface dead skin, and chemical preparations that contain alpha-hydroxy acids. Regarding gentle scrubs, New York City dermatologist Dr. Deborah Simmons says that those of us with **normal** or **combination skin** can exfoliate once a week, while those with **oily skin** should do it no more than twice a week.

Alpha-hydroxy acids, such as glycolic, lactic and citric acid, provide a deeper exfoliation. "They can cause three or four layers of cells to come off," explains Burgess. "They also trigger the skin to replace those layers so that you have a faster turnover of epidermal cells." But caution: Because AHA use thins the top layers of skin and makes you more vulnerable to burning, you'll need sun-protection products—moisturizer with an SPF or sunblock.

"We use moisturizer to trap the natural moisture within the skin," says Burgess. What to look for in a moisturizer? **Dry skin** requires ingredients like hyaluronic acid and urea, commonly known as humectants, to draw moisture from the air to the skin. If your skin is really dry, Kenet suggests this trick: First dampen your face with warm water; pat dry and apply a generous amount of moisturizer. Then cover your face with a slightly dampened towel for a few minutes. Tissue off, rinse lightly with warm water and pat dry. Doing this twice a week helps skin retain its natural moisture. Crème De La Mer, Lancôme HydraZen Skin Destressing Moisturizer and Clinique Dramatically Different Moisturizer all provide exceptional benefits for dry skin. **Combination skin** takes an oil-free moisturizer. Check out Neutrogena Combination Skin Moisture Facial Moisturizer and Oil of Olay Daily Complete UV Protection Moisture Lotion. For those with **oily and/or acne-prone skin**, a light, oil-free, noncomedogenic (doesn't cause blemishes) moisturizer with sun protection will suffice. Reach for Erno Laszlo's Antioxidant Moisture Complex SPF 15 and Avon's Clearskin Oil Control Lotion. **Sensitive skin** is extremely fragile and prone to such culprits as household cleaning agents and fragrance. Your strategy? Virgil Hatcher, a New York City dermatologist and clinical assistant professor at New York University School of Medicine, offers advice: ●Go for simple formulations in cleansers and moisturizers. ●Avoid prolonged exposure to wind and sun. ●Opt for compact makeup—liquid formulations contain more preservatives. ●Cut down on the detergent you use and skip the fabric softeners. Such skin requires a moisturizer that is lanolin-, alcohol- and fragrance-free. Hands down, the

5. Don't worship the sun. Burnished hues have more natural protection from the sun than lighter skin, but that doesn't make any of us immune to sun damage or even skin cancer. "In general, as the years go by we are seeing more melanoma [skin cancer] in every ethnic group," says Burgess. It's a good idea to protect skin from sun damage year-round. Use moisturizers with an SPF of 15 during the day (especially if you're using a product with AHAs).

For extended outdoor activity (outdoor sports or a day at the beach) and sun exposure, moisturizer with SPF is not enough. Use a full-fledged sunscreen that contains protection against UVA and UVB radiation, such as Avon's Skin So Soft Sun So Soft in SPF 30 or Clarins Sun Care Cream-Gel SPF 15.

6. Honor your eyes. Skin around the eyes is prone to fine lines, dark circles or puffiness. In some cases, circles are due to heredity or they're an indication of illness or lack of sleep. In addition to getting more rest, you can use certain products. Puffiness can be reduced with products that act as a decongestant, but cucumber slices and green-tea bags work just as well. What else works? Helena Rubinstein's Force C Eye Gel and Oil of Olay's Refining Eye Gel. Sofi Davis, an aesthetician at Helena Rubinstein Beauty Gallery in New York City, recommends putting eye creams on the bone around the eye, not directly under it, to keep the cream from getting into the eye.

7. Keep an even tone.

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