

# beautyQ+A

*Every month, we answer a bunch of your burning beauty questions.*

## Q I apply lip balm before bed. Could it be creating zits and blackheads on my chin?

Yes, says Harold Lancer, a dermatologist in L.A. While you sleep, certain ingredients in lip balm (things like cocoa-seed butter and waxes) can liquefy at body temperature and spread to the skin above and below your lips. But if you wash your face in the morning, you'll nix the pore-clogging residue.

## Q What's best for applying foundation: my fingers, a brush, or a makeup sponge?

Fingers can transfer bacteria to skin, so clean brushes and sponges are better choices, says Mathew Nigara, makeup artist for N.Y.C. New York Color. A brush lays down a good base (great for girls who need more coverage), while a sponge deposits a sheerer layer, since it naturally absorbs some of the formula. A great new choice: L'Oreal Paris True Match Roller, \$15 (shown below). The more you work this sponge-on-a-roller over skin, the sheerer the finish will be.



## Q Is there any way to fix a flatiron-singed piece of hair?

Trim the tattered tips so they can't break off. Grab a set of cuticle scissors (short shears make DIY jobs easy), point them up into the section, and make a series of small V-shaped snips all the way across, says Evelia Godinez, stylist at NYC's Blow Salon. If the damage is from the midshaft up (rather than the ends), see a pro.

## Q Should I be paranoid that my self-tanner is going to stain my guy's bedsheets?

If your formula goes on clear or white, then no. But tinted versions, which are infused with bronzer, can slide off during sweaty situations. Give those types of tanners eight hours to set postapplication, then shower off the top layer of color before hitting the sheets, says Anna Stankiewicz, airbrush-tanning specialist at the Rita Hazan Salon.

## Q Can a whitening mouthwash do anything to brighten my smile?

Those made with hydrogen peroxide (like Crest 3D White MultiCare Whitening Rinse, \$5.89) can. For best results, brush first to remove plaque, which blocks brightening ingredients, says dentist Lana Rozenberg. Then swish the mouthwash for two minutes. "The more contact it has with teeth, the better it will work," says Dr. Rozenberg.



Dreaming of clear skin? We've got the secret.