

# All your beauty questions answered



Yes, this *is* a beauty tool.

**Q** Do I really have to stop using self-tanner in the fall?

**A** Yes: An obvious tan just looks wrong with a turtle-neck! To look great paler, first, do a body peel, says Angelina Umansky, owner of Spa Radiance in San Francisco: Make a scrub out of equal parts buttermilk and salt, and exfoliate every other day. Then use a tinted shimmer lotion (basically a lighter version of self-tanner). Try Nivea Silky Shimmer Lotion (\$7, at drug-stores), and apply once or twice a week to keep the color soft and sweater-appropriate.



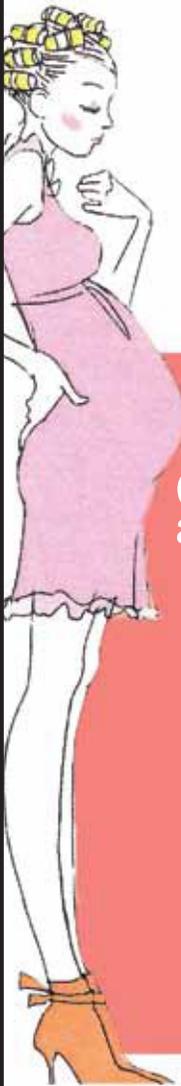
## Beauty

### Dos

**DO chew your teeth white.** NYC celeb dentist Lana Rozenberg tells clients to keep their whitened smiles bright by chewing sugarless gum after drinking coffee. The gum pulls off the staining pigments.

**DO exfoliate your armpits.** Sure, it sounds weird, but it helps me get a better shave and lightens up underarm darkness (caused by razor burn and daily anti-perspirant use). I just use facial exfoliator.

**DO make your fragrance last longer.** A perfume-savvy friend dabs Vaseline on her pulse points before spritzing, to keep fragrance from disappearing. I tried it, had my husband do a sniff test and found my scent lasted two hours longer than usual!



## OOH, THAT'S A... toughie

**Q** Are any cosmetic treatments unsafe if I'm trying to get pregnant?

**A** Avoid Accutane, Botox (or any other injectables) and Retin-A, recommends Colorado dermatologist Barbara Reed, M.D. Hair color is OK, says Dr. Reed, but if you're wary, opt for highlights, which expose you to less dye. She says self-tanning and laser hair removal are thought to be safe, but my doctor wouldn't let me do either...which brings me to rule number one: When in doubt, ask your doctor. No question is silly (or superficial!).



**Q** Can I brighten my brown hair without going blond?

**A** Inspired by Julianne Moore (or Fiona in Shrek, perhaps), the latest celeb trend for brunettes is to go redder, not blonder. Ask your colorist for a rich chest-nut rinse (brown with red under tones), suggests Wolf, of the Jim Wayne Salon in Beverly Hills. Or try brighter red high-lights mixed with golden strawberry ones.

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**Got questions? Ask Andrea**



**If you have a burning beauty concern, e-mail me at [Andrea@glamour.com](mailto:Andrea@glamour.com)**