

Your Self

Quick beauty tips, the latest style updates and insider advice to help you look and feel your best



SANDRA BULLOCK

Pile on the pearls

This season's baubles aren't prim—metals, rhinestones and ribbons add an unexpected edge.

▶ \$24; shop thelook.net

▼ \$35; chadwicks.com

▼ Shop4Sparkles, \$37; at Macy's

▶ Carol Dauplaise, \$40; at Loehmann's.

▲ \$13; forever21.com

Editor's TIP

I have fair skin, so nude-colored lingerie is often too dark for me. For others, it's probably too light. To find your color match, check out myskins.com, which carries undergarments in 20 flesh-toned shades. You'll never have to worry again about lingerie showing through your clothes.

—Althea K. Guss edits fashion stories



Secure your step

Rub sandpaper or stick nonslip adhesive pads onto the soles of your shoes to add traction (Airplus Sure Steps, \$5 for two pairs; walgreens.com).



Minimize your pores

Keep skin clear and tight.

Genetics and age cause large pores, but clogged debris makes them worse. Use a cleanser with salicylic acid (try Bioré Warming Anti-Blackhead cream cleanser, \$6; at mass retailers) to exfoliate skin and remove oil and dirt. Follow with a moisturizer that has retinol (like Roc Multi Correxion night treatment, \$25; at mass retailers). Retinol boosts collagen production, which plumps skin, making pores look smaller.

In just 5 MIN.



Reality Checked all you

Beat winter itch

Readers share their secrets to warding off dryness.

“I apply a thin layer of baby oil immediately after getting out of the shower to seal in the moisture. It takes only a minute and is very inexpensive!”

—Jessica Salyers, 31, Chugiak, Alaska

“Exfoliation is key. Nothing keeps your skin fresher than shedding dead skin cells and allowing new ones to shine through.”

—Lisa Maxwell, 34, Cookeville, Tenn.



Tell us your favorite beauty and fashion pointers. Write to us at yourself@allyou.com.