

# BODY SQUAD

Hesitating to wear that backless dress? Try a wash that fights pimples.



There's no such thing as over-moisturizing your skin, so slather up.

## 1 HYDRATE IN AND OUT OF THE SHOWER.

Start with a wash that has ceramides, vitamin E, or softening oils, says Melanie Palm, M.D., an assistant clinical professor at the University of California, San Diego. Find those in **Olay Age Defying Body Wash** (\$6, *drugstores*) and **Softsoap Luminous Oils Body Wash** (\$5, *drugstores*). Then rub on a moisturizer with shea butter or glycerin. Newer, do-it-all picks also have SPF and antioxidants to help prevent sun damage. Try **EitAMD UV Lotion Broad-Spectrum SPF 30+** (\$34, *dermstore.com*), **Clinique Body Cream Broad Spectrum SPF 50 Sunscreen with SolarSmart** (\$23, *Sephora*), or **Coola Classic Body SPF 30 Unscented Moisturizer** (\$32, *coolasuncare.com*).

## 2 REPEAT AFTER US: BUMPY SKIN MUST GO.

Do you have little rough bumps on the backs of your arms or thighs, or possibly on your tush? (Not weird—actually common.) This could be keratosis pilaris, extreme dryness often associated with eczema. Moisturize with a rich cream. (Look for shea butter, squalene, or oils like jojoba or coconut.) Exfoliate gently with a lotion that has glycolic or lactic acid, such as **Amlactin Ultra Hydrating Body Cream** (\$16, *drugstores*). Use it at night, and shield your skin when outdoors, since the acids can make you sensitive to the sun.

## 3 DON'T FORGET YOUR HANDS!

They're thin-skinned, and we all seem to forget them when applying sunscreen and anti-agers. No wonder hands tend to age faster than the rest of our bodies. The latest hand creams are high-tech, with SPF and antioxidants such as niacinamide or vitamin C to prevent sunspots and wrinkling, says Palm. We like **Hand MD Daily Hand Renewal SPF 30+** (\$30, *hand-md.com*). Take it up to your elbows to ward off brown spots on your arms, as well. Always a good idea: "After using an anti-aging product on your face, get in the habit of putting a little bit on the backs of your hands to protect against damage there, too," Palm says.

## 4 TREAT YOUR CHEST LIKE YOUR FACE.

The skin on your neck and chest doesn't have as many oil glands as your face, so this area drinks up moisture. A rich cream with collagen-boosting peptides like **BareMinerals Butter Drench Restorative Rich Cream** (\$38, *ulta.com*) will help fight off wrinkles. Dark spots? Look for a moisturizer with brightening vitamin C to help fade them, says Julia Tzu, M.D., a clinical assistant professor of medicine at New York University. And don't forget SPF to prevent them from coming back.

## 5 LOSE THE BACNE.

Why do back breakouts happen, especially in summer? "Salty sweat can irritate skin and mix with oil and dirt to clog pores," says Palm. Make sure to shower off right after exercising, and use a body wash with salicylic acid, like **Neutrogena Body Clear Body Wash** (\$7, *drugstores*). To disappear existing blemishes, spritz your back twice a day with a salicylic acid mist, such as **Paula's Choice Clear Acne Body Spray** (\$24, *paulaschoice.com*).