

# COSMOPOLITAN

**20  
Naughty  
Things  
to Do in the  
Dark**

**99  
NEW  
SEX  
FACTS**

Every Forbidden,  
Fascinating Detail You  
Want to Know...and  
Only Cosmo Will Tell You

**The #1 Love  
Instinct You  
Should Ignore**

**What Men Find**

**Hot**

**THEY RATE THEIR  
FAVORITE LOOKS**

**Shakira**  
Why She Won't Be  
Tamed by Marriage

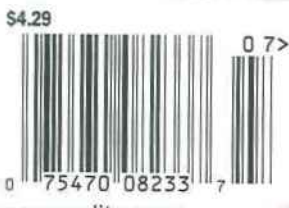
**8 Foods  
That Keep  
You Slim All  
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Say These  
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**H'wood Heartbreak**  
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Stole My  
Husband"





# beautyQ+A

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

## Q How can I create instant volume in the middle of the day when I don't have tools or products?

Easy! Flip your head over, and gather strands at the top of your head. Secure an elastic loosely around hair, then remove after 10 minutes. "The pony will cause hair to stand upright on the scalp, perking up roots," says L'Oréal stylist Johnny Lavoy. No time? Switch your part to get height in just seconds.



Instant volume is simple with this trick.

## Q I slacked on sunscreen, and now my face is peeling. Exfoliate or let it be?

**A** If you're red, exfoliating will only inflame the skin more, says NYC dermatologist Francesca Fusco. Instead, reach for a plain lotion, without fragrance or antiaging ingredients. "Apply it thickly, like you would icing on a cake, then let it sit as a mask for five minutes," says Dr. Fusco. Remove with a damp washcloth, which gently deflates. Not red? Go ahead and buff. Exfoliating cleansers (Garnier The Brusher Cleanser, \$7, has buffing bristles) let you wash and slough in one step, minimizing irritation.

## Q I never get pimples on my face, but my back is a different story. What's the deal?

**A** Your back has more oil glands than your face does, plus it's usually covered all day. "A warm, humid environment is the perfect breeding ground for bacteria and acne," says Palm Beach dermatologist Kenneth Beer. In the a.m., use an antiacne spray, like Murad Clarifying Body Spray, \$37, to fight congestion under your clothes. In the shower, suds up after you condition (residue can clog pores) with a 2 percent salicylic-acid soap, like our pick here.

Neutrogena Oil-Free Acne Stress Control Body Wash, \$7

## Q Will my flowery perfume attract bees?

**A** Yes. Bees are drawn to sugary scents, including anything floral, fruity, or dessertlike, says Craig Warren, scientific affairs director at the Sense of Smell Institute in New York City. If you are allergic to bee stings, skip scent or switch to a musky cologne when you're going to be outdoors.



Bee-ware: Floral scents can create quite a buzz.

## Q I mistakenly bought a too-dark foundation. Can I use it as bronzer?

**A** Yes, but apply it only on the areas the sun would most naturally hit: your forehead, temples, cheekbones, nose, and chin. "This ensures your skin looks sun-kissed, not overly made-up," says Dior celeb makeup artist Ricky Wilson. Even out your skin first with a base that matches your complexion, then apply the darker one with a foundation brush to blend the two hues.

COSMOPOLITAN.COM/BEAUTYQA | Have a question for Cosmo's primping pros? Ask it here!