

GLAMOUR

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Sexy Little Beauty Ideas

For Hair, Makeup & Every Inch of You

Plus: The Magic 2-Minute Updo

You Are So Much Healthier Than You Think!

Read Page 182 and Relax

Exclusive!

"What We've Never Told Anyone About Natalee Holloway"

Her Best Friends on What They Really Think Happened in Aruba



LEA MICHELE OF **glee!**
On Her Crazy Year Plus: How to Get the GLEE App FREE

10 Ways to Get What You Really Want in Bed

The Exact Words Men Respond to (and Don't!)

The #1 Fall Trend for Every Shape

(Psst: It's Already in Your Closet)

Five Things You Should Know How to Cook

A Must List for Young Women, From the Barefoot Contessa

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One you'll love forever: Tresemmé Natural Radiant Volume Shampoo (\$5, at drugstores)

BEAUTY POP QUIZ! TRUE OR FALSE?

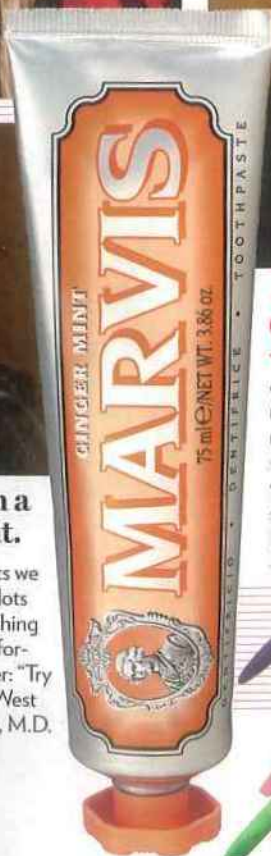
Does toothpaste cure a pimple? Does shaving really make hair grow back darker? Test yourself here.

No. 1

You need to change your shampoo every three months.

TRUE FALSE

No. If you get a chemical process or notice new scalp issues like flakes or excess oil, "a different shampoo may be necessary," says Elizabeth Cunnane, trichologist at the Philip Kingsley Hair Clinic in New York City. But you can't become immune to a shampoo. So if you love it, stick with it!



Don't pop it; paste it! Marvis Ginger Mint Toothpaste (\$11, cobigelow.com).

2 Dotted toothpaste on a pimple will get rid of it.

TRUE FALSE Most of the docs we spoke with weren't crazy about the idea—lots of toothpastes contain irritants like bleaching agents. But it does work. Just get a plain formula—nothing with whiteners. Even better: "Try a spot treatment with salicylic acid," says West Palm Beach, Florida, derm Kenneth Beer, M.D.

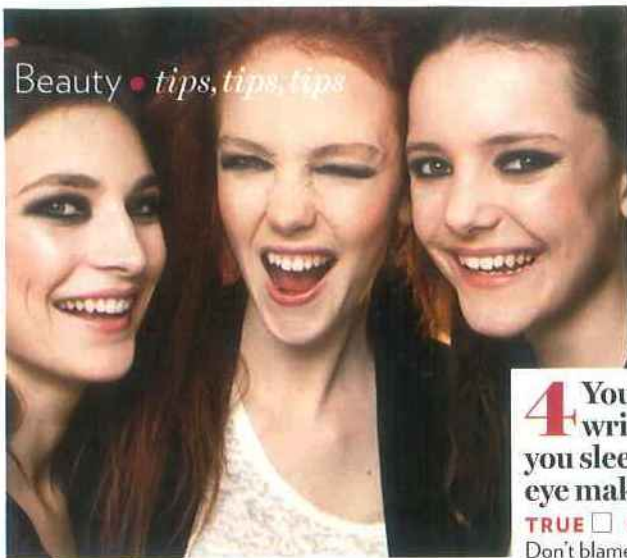
3 Cutting cuticles is bad for nails.

TRUE FALSE True: Snipping cuticles puts you at risk for painful hangnails or, even worse, infections. To gently nudge them into place, use an orange stick or try this trick: "After each hand wash, push back cuticles with a towel," says Los Angeles manicurist Elsbeth Schuetz. Soothe dry cuticles with olive oil or Schuetz's fix, Vicks VapoRub.



Pushes and files: All Season Sanding Sticks (\$0.99 each, sallybeauty.com)

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4 You'll get wrinkles if you sleep with eye makeup.

TRUE FALSE

Don't blame mascara: The issue is really that "women who sleep with makeup on are likely not using skin care products at night," says Heather Woolery-Lloyd, a Miami dermatologist. Before bed, cleanse, moisturize and pat on eye cream.

Easy on the nose: Chanel No. 5 Parfum (\$260 for 1 oz.; chanel.com)



5 Sniffing too many scents desensitizes your nose.

TRUE FALSE

Yep! When you go fragrance shopping, don't test more than three in a row. Your palate will fill up, and you won't be able to tell whether the next scent smells amazing—or reeks!



6 Crossing legs causes spider veins.

TRUE FALSE Nope, but what does cause them: "Pregnancy, smoking, being on your feet a lot, or birth control pills," says Boston dermatologist Ranella Hirsch. Especially if you're genetically predisposed. To prevent 'em, elevate your feet while watching TV, exercise and eat healthy. Sums up Dr. Hirsch: "What's good for the heart is good for the skin."

No. 7

Shaving makes your hair grow back darker.

TRUE FALSE

False—but it does appear that way. "When you blunt-cut hair—like with a razor—it looks thicker," explains Montclair, New Jersey, dermatologist Jeanine Downie. Waxing pulls out hair from the root, so it grows back in without that edge, making it seem finer.

Go to glamour.com/beauty for answers to more of your toughest beauty questions.



8 Preparation H Ointment depuffs eyes.

TRUE FALSE

True...but not the one sold in this country. "Only the Canadian version has Bio-Dyne, the ingredient that reduces puffiness. It was removed from the U.S. formula years ago," says Dr. Woolery-Lloyd. So don't put it anywhere except your you-know-what!