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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

- **Dr. Oz: 5 Breakthroughs That Will Boost Your Health**
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101 Best Pieces of Advice

—Ever!

How to Eat, Love, Work, Play, and Embrace Your Life Like Never Before

The Bargain Hunters' Guide To Looking Gorgeous This Fall

"The right words at the right time can set you on a new path."
—Oprah

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O, Beautiful!

Ask Val

YOU'VE GOT QUESTIONS? OUR BEAUTY DIRECTOR, VALERIE MONROE, HAS ANSWERS.



Q Help! Nothing works on the dark circles under my eyes.

A: Dark circles are to complexion problems as frizz is to hair problems. Which is to say almost everyone is plagued by them. Circles can be caused by puffiness (often from allergies), hyperpigmentation, and blood vessels showing through the skin, says Elizabeth F. Callahan, MD, a dermatologist at Sarasota Memorial Hospital in Florida. Puffiness can be treated by taking an antihistamine and reducing your salt intake. Intense pulsed light treatment works well on hyperpigmentation; the Vbeam laser very effectively zaps blood vessels.

But if you've really tried everything and nothing has worked as well as you'd like, then concealer is your best friend. Choose a concealer one or two shades lighter than your skin, says makeup artist Carmindy. Pat it directly on the discoloration and set it with a translucent powder.

Keep in mind: An eye cream can help reduce puffiness and shadows; try one containing niacin, caffeine, or green tea.

Q I recently noticed small, whitish bumps on my forehead; what are they, and how can I get rid of them?

A: If each bump has what looks like a dilated pore in the center, you probably have sebaceous hyperplasia (enlarged oil glands), says Deborah S. Sarnoff, MD, clinical professor of dermatology at New York University Medical Center. These bumps are very common and usually develop in people over 40. And, from the Things Could Be Worse department: They

are benign and treatable. A doctor can cauterize the pores with an electric needle; the cauterization melts the oil gland and a scab forms, which falls off in a week or less. (Doesn't hurt, and it worked for me.) Or she can apply a clear chemical solution to be absorbed by the oil glands, and then activate the solution with a laser treatment, which shrinks the pores.

Keep in mind: Always see a dermatologist when you notice something unfamiliar on your skin.

Freshened Up

After a recent makeover of its packaging, Caswell-Massey looks pretty great for its age (at 260, it's the fourth oldest company—of any kind—in the United States). Its new Botanicals collection comes in three scents—Fig & Bamboo, Vetiver & Cardamom, and Coriander & Mandarin—and consists of seven body-pampering treats (from a rich sugar butter scrub to a moisturizing soufflé) the likes of which you might expect to find in a thoroughly modern spa rather than an old-timey apothecary. I especially like the delicate fragrance of the hydrating Coriander & Mandarin Hand Crème and Body Lotion (\$16 and \$26; caswellmassey.com).



Liner Notes

I don't mean to brag (okay, I do) but I can play a mean two-part invention on the piano. Why is it, then, that when it comes to applying eyeliner, I am completely butterfingers? In spite of detailed and patient instruction from the world's best makeup artists, I always wind up with a situation that might generously be called inequitable distribution. My problem appears to have been solved, though, by the new **Clarins 3-Dot Liner** (\$26; clarinsusa.com). The tiny applicator brush at the end of the pen has three points, which I dot along my upper lashline; the result looks like a continuous line, very neat and consistent. *Brillant!*

