

## *He's There, You're Bare*

Sneaky Tricks to Looking Sexier  
In and Out of the Sack  
(Don't Sweat It, Hide It)

**Single Men Fess Up**  
How You Can Make Your  
New Man Monogamous

## **150 Fashion Purchases**

A Fantasy Spring Wardrobe  
You Can Actually Afford

THE WARNING SIGNS  
**How to Tell if Your  
Doctor Is Hazardous  
to Your Health**

## **The Cosmo Orgasm**

Sex Experts' Personal  
Secrets (Finally) in Print

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lethal injection"**

One Woman's  
Death-Row Plea of  
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**The Juicy Details of  
JFK Jr.'s Lust Life**

\$2.95



# beauty Q&A

## VITAMIN DU JOUR

### What's the deal with vitamin C? It's in every product I pick up lately. What does it do?

Vitamin C is the latest antioxidant vitamin to make news. Studies at Duke University have shown it can help improve skin's clarity, texture, and tone. Unlike vitamin-A and vitamin-E products that help exfoliate the skin's surface, vitamin C works from *inside* skin to stimulate the production of collagen, your skin's natural support system. It also neutralizes free radicals, the skin-damaging byproducts of sun, pollution, and smoke exposure. Ready to try it? Be sure to look for a product that contains the ingredient in an acid base for best penetration. Also, since vitamin C breaks down when exposed to oxygen, be sure the formula you choose has an airtight delivery system like individual capsules or aluminum tubes—otherwise, your product will be ineffective. Two products that fulfill both requirements: Avon Anew Formula C Facial Treatment Capsules, \$19, and Lancôme Vitabolic Deep Radiance Booster Daily Care, \$45.

## FACE-CREAM CONFUSION

### I use an acne cream every morning, plus an antishine lotion and moisturizer with sunscreen. Is it all right to use all three, and if so, how should I layer them?

Yes, you can use all three products, but there are a few rules for applying them. Try this system from Miami, Florida, dermatologist Debra Price: Any product meant to "control" skin needs to go right on skin to be most effective,

so always start with your therapeutic acne product. Next, apply your shine-control potion just to areas of your face that become shiny. This way, you'll get the benefits of both products without diluting either one. Next would come your moisturizer, but Dr.



## Radical new skin Rx: vitamin C creams

Price stresses that you may not need one. Since you have acne and oil-control problems, chances are your skin is oily, so you can probably skip it or spot-apply it just where needed. Don't, however, skip the SPF. Dr. Price recommends trying one of the new sunscreens that contain Z-Cote, a transparent form of zinc oxide that gives the most protection, yet won't interfere with your other products. Try Skin-Ceuticals Daily Sun Defense, \$26.

## HAIR REPAIR

### Is a daily instant conditioner enough to keep my hair healthy, or do I need a deep conditioner?

There's no cut-and-dry answer—it depends on the length of your hair and what you've done to it. If you have short hair and don't color it, your instant conditioner should do the trick. If you color it, you need a little more conditioning but still don't need a lot, since most damage is removed by frequent cuts. Try a fast-acting, five-minute deep conditioner like Pantene Pro-Vitamin Deep Fortifying Treatment, \$3.49. If your hair is long, you need extra conditioning regardless of whether you perm or color it, according to Seattle hairstylist Gary Howse, because to get to its current length, your hair has been through a lot of abuse (blow-dryers, curling irons, styling-product overload). Try using one of the new preshampoo deep conditioners, like Sebastian Potion 7, \$17.50, every other week. These products are applied to dry hair, left on for 20 minutes, then shampooed out. If you have long, chemically processed hair, use a heavy-duty protein-based deep conditioner. Try Redken Extreme Treatment, \$12.95.

Do you have a beauty question you'd like answered? Write to us at Beauty Q & A, Cosmopolitan, P.O. Box 1407, Radio City Station, NYC 10101; or E-mail us at [cosmo\\_beauty@hearst.com](mailto:cosmo_beauty@hearst.com).

## KISS OF THE MONTH Eva Herzigova



"For night, I love to go with a classic red. I'm currently into Maybelline's Lip Express Lipstick N' Liner in One in Rocket Ruby."