

Health

SKIN HEALTH

Fine-Tune Your Routine

Innocent gaffes can sabotage your complexion. We've got the fixes so you can go filter-free.

Your SPF game is strong... on your cheeks.

We miss around 10 percent of our face each time we apply sunscreen. For full coverage, use a nickel-size dollop of SPF 30, making sure to hit the most overlooked skin cancer hot spots: the skin around the eyes (skip the lids), bridge of the nose, hairline, part, and ears. If you need immediate protection, choose a mineral-based formula made with zinc and titanium oxide, which sits on top of the skin. Chemical sunscreens need about 20 minutes to sink in.

You're mask-obsessed.

Heaven is a glass of wine and a goopy mask—just don't make it a nightly ritual. Ingredients like alpha hydroxy acids, glycolic acid, and salicylic acid (popular in rejuvenating, exfoliating, and acne masks) can dry and irritate skin if used too often, or even trigger skin to produce excess oil, clogging pores. Get your mask on one or two times a week max, and afterward, apply a concentrated lotion with hyaluronic acid to rehydrate.

You love your morning coffee, 10 a.m. matcha latte...and 3 p.m. tea.

As a skin-care ingredient, caffeine depuffs eyes and tightens skin, but swallowing too much can dehydrate your dermis, enhancing fine lines and leaving you looking drab and tired. Sip under 300 milligrams a day (about the amount in three eight-ounce cups of joe).

You sleep on your side.

Smooshing your face into a pillow for eight hours can lead to lasting creases and wrinkles over time, while bacteria and oils that transfer from face to pillowcase can cause breakouts. Can't sleep on your back? A silk pillowcase can curtail creasing (wash it every few nights to cut back on acne).

Your brows are meticulously threaded.

When your threader is flossing off those little hairs, they can break close to the skin, triggering ingrowns that can lead to annoying bumps or even painful inflammation. Wax or tweeze to guarantee hairs come out at the root.

ADVICE FROM...

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You buy fragrance- and allergen-free moisturizer.

A study found that among the 100 top moisturizers sold at major retailers, nearly half of the products labeled "fragrance-free" contain some scent and 83 percent of "hypoallergenic" creams include a potential allergenic chemical. Ask your dermatologist to reco a brand, or try our derms' pick: Cetaphil Daily Hydrating Lotion with Hyaluronic Acid (\$16, at drugstores).

Rut // You run the same route every time you lace up your shoes.

Use an app like Strava to doodle a fun shape on your digital map, then see where the course takes you. En route, interject three or four bursts of speed. Sprinting for 30 seconds before slowing down to your steady pace taps into your body's ability to stay in fat-burning mode while it cools down and repairs itself.

FITNESS

Bust Through a Training Rut

Crush boredom, plateaus, and the urge to quit with easy tweaks to your routine.

Rut // You default to your favorite video or YouTube workout on rainy days. Stream an online boutique class—Peloton bike not required (though we love 'em!). Early birds will love Obé, a new, 28-minute, no-equipment, full-body conditioning program live-streamed for six hours every morning (a monthly subscription is \$27). Logging on later? Sculpt lean lines with Studio Tone It Up, the recently launched iPhone app from power duo Katrina Scott and Karena Dawn. For \$13 a month, you get access to dozens of on-demand workouts, with new ones rolling out every week.

Rut // You go to the same cycling spot three times a week (gotta make the most of that membership!). Switching it up can offer an energizing change in perspective every once in a while. Take advantage of under-the-radar promos. Many boutique studios offer free or discounted classes for your first class or a returning visit, and some give out perks for referrals. (So tag along with a friend who's a devotee of another tribe—it's a win-win.) Deals aren't always advertised, so be sure to ask.

Rut // You've committed your strength circuit to memory—and follow it to a T. Splurge on a single training session with a personal trainer or see if you've even got one in the bank—most gyms include a free session when you initially sign up. Not only can she teach you new, compound moves (like a Bulgarian split squat, versus your standard air squat) to score extra muscle definition, but the trainer can show you new tricks on old machines (like engaging a muscle from a different angle to double-down on your gains) for the next time you circuit on your own. ■



TUNE IN!

Want even more wellness? Watch *The Doctors* during National Women's Health Week as the hosts and *WH* editors reveal extra tips and tools that help you put your health first. Check out thedoctorstv.com for more information.