

Doc or Drugstore?

If you're trying to clear up a stubborn skin issue, don't assume you need to visit a dermatologist. Here's when to go OTC—and when you need an M.D.

If you have...

Constant flaking and drying

HIT THE DRUGSTORE Your cleanser may be stripping the top layer of skin, says Heidi Waldorf, M.D., a dermatologist in New York City. Switch to one that locks in moisture with lipids and proteins. Try **Cerave Hydrating Cleanser** (\$11.99, drugstores).

Cystic acne

SEE THE DERM Has the occasional blackhead turned into bouts with red under-the-skin bumps? A doctor's arsenal of oral antibiotics, hormonal treatments and corticosteroid injections can help prevent long-term scarring.

An old acne scar

HIT THE DRUGSTORE To help fade a scar, boost skin-cell turnover with a cream with retinol, like **Vichy LiftActiv Retinol HA SPF 18 Total Anti-Wrinkle Renovating Care** (\$46, drugstores). Be patient: It can take several months to see results.

Ruddy patches

SEE THE DERM Constantly flushed cheeks can be a sign of rosacea, a skin disorder resembling adult acne that can be treated with a regimen of oral meds, prescription gels and azaleic acid–pumped topical creams, like Finacea.

Supersize pores

HIT THE DRUGSTORE "Pores worsen when hair follicles clog with oil," Dr. Waldorf says. **Clean & Clear Advantage Blackhead Eraser Exfoliating Cleanser** (\$19.99, drugstores) combines salicylic acid with a vibrating pad to slough off dead skin.

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Sweet Treat

We're crazy for cocoa! The latest mani softens hands with hydrating chocolate.

Rich in dryness-busting flavanols, chocolate can be good for your skin. No wonder the most popular winter-weather service at Carol's Daughter Back Room Hand & Foot Spa in New York City is the Haute Chocolate Manicure, owner Lisa Price says. "The treatment teams moisturizing cocoa with soothing mint and skin-brightening milk," she says. Pamper your fingers—and warm up too—with this at-home version.

1. In a bowl, mix a half packet of hot-chocolate mix, the contents of a peppermint tea bag, and a half cup of cold whole milk.
2. Fill the bowl with enough warm-to-hot water to cover your fingers.
3. Soak your hands for five minutes.

Great Hair All Season

Flatness, hat head, frizz—winter can do some funky things to hair. Save your style with these easy tricks.

MANE GRIPE: Limp strands

THE FIX: Root lifter + blow-dryer

To instantly add body, work a palmful of volumizer, like **Aveeno Nourish + Style Volumizing Foam** (\$7.49, drugstores), into damp roots. Then pull hair up from the scalp with a round brush as you dry, says Jessica Tingley, a celebrity hairstylist in Los Angeles.

MANE GRIPE: Product pileup

THE FIX: Apple cider vinegar + volumizing shampoo

In the shower, massage a half cup of vinegar into roots. Then shampoo with a volumizing cleanser, like **Sally Hershberger Supreme Head Shampoo for Normal to Thin Hair** (\$9.50, drugstore.com). The combo works like a gentle clarifying treatment.

MANE GRIPE: Frequent flyaways

THE FIX: Leave-in conditioner + hand cream

Prevent static electricity in your hair by locking in moisture with **Nexus Botanluxe Nourishing Botanical Leave-in Conditioner** (\$11.99, drugstores). A quick way to stop midday frizzies: Lightly smooth a dime-size amount of hand cream over unruly strands.

save your skin STAT!

People who ate about **one serving of oily fish every five days** had a 28 percent decrease in occurrences of actinic keratoses—precancerous growths on sun-exposed skin—according to a study in *The American Journal of Clinical Nutrition*. Eat salmon, and wear your SPF daily.

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