

31 days to great skin!

MON

TUE

WED

Spa
SUNDAYS!

17 tip
You need at least three weeks to see results, so stick to this plan—the red icons will help you stay on track!



1 hydrate!
Start a healthy habit: Drink eight glasses of water every day to give your skin the moisture it needs.

5
DIY!
Relax yourself *and* repair your skin with a calming mask. Mix **¼ cup yogurt, half a banana, and ¼ cup mashed papaya**. Apply, leave on for 10 minutes, and rinse off.

6
Eat lean protein three times a week (see “Feed Your Face!” box, right) to help skin repair itself.



7
Prevent zits with **retinol cream**, which is a gentle exfoliator. (It’s in anti-aging products.) Two nights a week, apply it to your entire face.
try: Olay Regenerist Targeted Tone Enhancer, \$18, drugstores

8
Keep your pores clear by **removing all your makeup** each night. Tissue off eye makeup with an oil-free remover, then follow with cleanser.
try: Vichy Pureté Thermale Eye Makeup Remover Sensitive Eyes, \$10, drugstores



12
Try a **glycolic peel** to refresh and brighten your skin—and treat acne.
try: L’Oréal Dermo-Expertise ReNoviste Glycolic Peel Kit, \$25, drugstores

13 **eat “C” foods!**
Add vitamin C to your diet to help heal zits faster—sneak in at least one citrus fruit a day or take a 100 mg supplement.

14
Before bed, steam your face for three minutes to **open your pores**: Fill your sink with hot water and lean over it with a towel on your head to trap in the steam. Pat your face dry, then apply your retinol.

15
Spend three minutes **massaging** your nighttime cleanser onto your face as you wash it—this will increase blood flow and help you relax.

19
Use the mask from Day 5 to calm your skin. (The retinol may make it slightly more sensitive.) Also, put slices of **cucumbers** on your eyes to take down any puffiness.

20
Even out your skin by eating one serving of **omega-3 fatty acids** (see “Feed Your Face!” box, right) every day this week. They are anti-inflammatory to reduce redness.

21
After applying a thin layer of retinol to your entire face, dab a second layer **on any zits** to help them clear. Don’t add any other acne products—they might irritate your skin.

22
don’t pick!
Resist the urge to pop your zits—you’ll just make acne worse (and you don’t want to mess up all of your **hard work!**).

26 **keep it up!**
Repeat the glycolic peel from Day 12 to exfoliate your skin and keep your complexion bright until school starts!

27
Eat more **fiber** this last week to flush out zit-causing toxins: Try two servings of brown rice or high-fiber cereal—plus nuts or fiber-rich apples—daily.



28
Try to cut back on **caffeine** (soda, tea, coffee) until school starts—it can make your skin look dull. **Limit yourself to one a day at most.**

29
Massage cleanser into your face for three minutes in the morning. It will give you a subtly rosy glow all day.



You may be bummed about going back to school on the inside, but you can still radiate on the outside! Use this routine in August for perfect skin by **Labor Day!** BY rachael nichol



WEB EXTRA
Get answers to your acne questions at seventeen.com/acne

THU

2 Apply and **reapply sunscreen** every two hours each day—even if it's just in your makeup!
try: Physicians Formula Solar Powder SPF 20 Light Bronzer, \$13, drugstores



FRI

3 Clear out pore-clogging dirt: Wash every morning and night with a **foaming cleanser**. Got dry skin? Use a cream cleanser instead.
try: Aveeno Clear Complexion Foaming Cleanser, \$7; Nivea Visage Gentle Cleansing Cream, \$6, both at drugstores



SAT

4 Do 20 minutes of cardio at least **twice a week** to boost blood flow and make your skin glow.

9

Twice a week, use a **lavender toner** in place of your A.M. cleanser to gently remove oil. **try:** Aubrey Organics Rosa Mosqueta & English Lavender Toner, \$10, Whole Foods Market stores



10 **go to bed early!**
Keep zit-causing oils off your face at night by sleeping with hair tied back. Change your pillowcases weekly to remove the oils left by your hair.

11 Get rid of any flaky skin by exfoliating once a week. With a damp washcloth, gently rub on cleanser in a circular motion.



16 Be sure to get eight hours of sleep nightly, and don't forget your **water** and **sunscreen** every day. You're halfway there!



17 **Change your pillowcase again. And remember to apply the retinol cream before bed!**

18 **exfoliate!**
Use a **washcloth** with your cleanser again. It will prevent dead-skin buildup, which can cause zits.

23 **For the rest of the month, cut down on salty foods, like chips and fries. Eating too much salt can make your face look bloated!**

24 **Don't forget to change your pillowcases tonight. Go to bed early so you have energy to exercise tomorrow.**

25 Exfoliate with a damp washcloth. If you have a lot of blackheads, use a **gentle scrub** on those spots to get rid of them.
try: Neutrogena Blackhead Eliminating Daily Scrub, \$7, drugstores



30 Reduce puffiness by placing cool **tea bags** on your closed eyelids for 10 minutes at night.



31 **relax!**
Change your pillowcase and get plenty of rest this weekend so you'll look refreshed on the first day of school. GREAT JOB!



FEED YOUR FACE!
These foods clear your skin from the inside out.

LEAN PROTEIN

- fish
- chicken
- turkey
- beans
- eggs
- low-fat milk & cheese

VITAMIN C

- grapefruit
- oranges
- strawberries
- broccoli

OMEGA-3 FATTY ACIDS

- salmon
- tuna
- spinach
- walnuts

FIBER

- brown rice
- whole fruit
- whole-grain cereal

