

Best Bargains At The Mall (UNDER \$20)

seventeen

October 2007

ALL NEW TIPS!

615 Amazing Makeover Ideas!

INSIDE: Tricks For Your Body And Your Style

Lauren Conrad Confesses

Her Side Of The Rumors From *The Hills*

17 EXCLUSIVE
Get A Sneak Peek At Lauren's New Fashion Line!



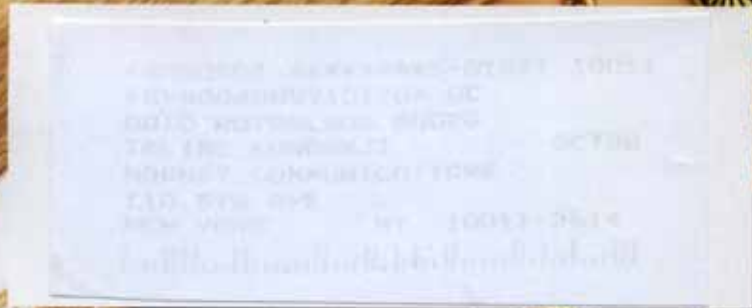
FREE T-Shirt
See Page 7

GET A CUTE BUTT

Without Working Out

Pretty Makeup & Perfect Hair

(In Minutes)



Could This Happen To You?
“I Was Arrested For Hooking Up With My Boyfriend”

17 BLOG

Track these girls' skin transformations (and get advice for yourself) at seventeen.com/skinclick.

KAITANA

Age: 19
My problem: "I'm a dancer, so I spend hours performing with heavy makeup and major sweat piling on my skin."

DOCTOR'S Rx:
a daily face wash: To kill the bacteria that causes acne, try one with benzoyl peroxide.
try: Neutrogena Clear Pore Cleanser/Mask, \$6, drugstores
a spot treatment: To unclog the gunk in pores, look for one with a high percentage of salicylic acid.
try: Vichy Normaderm Anti-Blemish Treatment Cream, \$16, drugstores



KARLA

Age: 22
My problem: "I originally went on birth control because my period was slightly irregular—but my breakouts got worse."

DOCTOR'S Rx:
a three-step system: Keep your skin under control all month long. Exfoliate and unblock pores with this cleanser/toner/moisturizer trio.
try: Clinique Acne Solutions Clear Skin System Kit, \$33, department stores
regulate hormones: Since Karla was already on birth control, changing to one that reduces her body's testosterone production will help manage breakouts.



LIA

Age: 16
My problem: "My skin is always oily. I wash and exfoliate all the time, but I can't get rid of the zits and the shine. Nothing seems to work!"

DOCTOR'S Rx:
a strong retinoid: This gel unclogs pores by removing dead skin cells—use it just twice a week. It can also help dry up excess oils and reduce acne-causing bacteria, so you break out less.
try: Retin-A Micro, available by prescription



ELINA

Age: 19
My problem: "I get these giant, painful breakouts—I've tried tons of medications but nothing seems to work."

DOCTOR'S Rx:
a mild retinoid: This will dissolve oil and reduce inflammation. Start using it twice a week for two weeks, then go up to once a day.
try: Differin 0.1% cream or gel, available by prescription
an oral antibiotic: This will dry up deep pimples and prevent new breakouts from forming.
try: Minocycline, available by prescription

