

Issue 590
June 5, 2006
usmagazine.com

**BEST
BODIES
SPECIAL**

WEEK

**JANET JACKSON
FIRST INTERVIEW**

HOW I GOT THIN



**PAUL &
HEATHER
BITTER SPLIT
DETAILS**

**Now
120 lbs!**

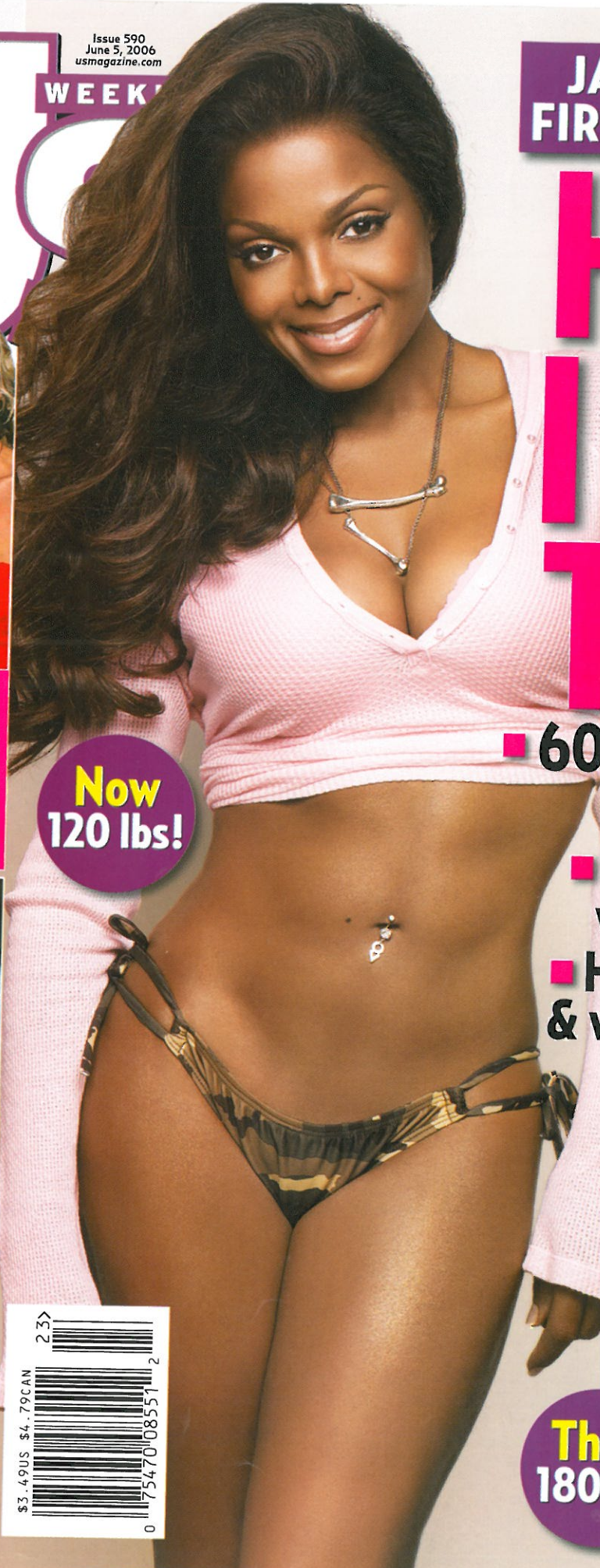
- **60 POUNDS IN 4 MONTHS!**
- **Janet's lifelong weight struggle**
- **Her daily menus & workout secrets**



**JEN & VINCE
THEIR SECRET
PLANS**



**Then
180 lbs**



Problem Solvers

dermatologist Katie Rodan tells *Us* how to stay radiant this season

Q: How do I banish dry bumps on my arms?

A: "Keratosis pilaris is caused by dry skin buildup around the tiny hair follicles and is prevalent on the upper arms and thighs," explains Rodan. To banish scaly skin, slough off surface layers with a gentle scrub. Then, apply a lotion with exfoliating alpha hydroxy acids, like lactic acid.



▶ Peter Thomas Roth AHA 12% Body Lotion, \$44, beauty.com

◀ Yves Rocher Botanical Mud Body Polish uses finely ground apricot seed powder. (\$17, yves-rocher.com)

Q: What is the easiest way to treat sunspots?

A: To lighten hyperpigmentation caused by sun damage, Rodan suggests this two-month program: Exfoliate twice a day with a scrub, then apply a lightening hydroquinone serum and sunscreen. Try Obagi-C Rx C-Clarifying Serum. (\$85, skincare-md.com)



▲ Prevent further damage with Caudalie Vinosun SPF 25. (\$55, sephora.com)

Q: How do I prevent an oily T-zone?

A: Don't over-wash! "Constant cleansing can actually trigger oil glands to produce more sebum," Rodan tells *Us*. Her solution? Use a mild foaming cleanser with oil-dissolving salicylic acid twice a day. Follow with a mattifying lotion and use blotting sheets during the day.



▲ Cosmedicine Medi-Matte oil control lotion SPF 20, \$42, sephora.com



▲ Jamie-Lynn Sigler is a fan of Biore Shine Control Cream Cleanser. (\$6, drugstores)

Q: What are the best fixes for body blemishes?

A: Perspiration in the summer can cause more breakouts on the chest, back and shoulders. Skip harsh deodorant soaps, which may further irritate skin. Instead, lather up with an acne-fighting body wash that contains salicylic acid, says Rodan. Post-shower, treat the affected area with a pre-soaked medicated pad (with glycolic or salicylic acid). "Spot treatments aren't as effective over such large and hard-to-reach areas," Rodan tells *Us*.



◀ Murad Acne Body Wash uses salicylic acid to control oil. (\$35, murad.com)

▼ Tozzi Pore Star Lucky Charms are easy-to-use glycolic and salicylic acid pads. (\$25, 888-517-8600)



Sigler



SOPHIA BUSH
The *One Tree Hill* star stays radiant with Jergens Natural Glow Face Daily Moisturizer. (\$6, drugstores)

PHOTO: PAGE FROM LEFT: JACOBSON/LEE/ANIMEDIA/SIPA PRESS; GIULIO MARCOCCI/SIPA PRESS; THIS PAGE FROM LEFT: DAVE ALLO/CONSTARTRIP/PHOTO.COM; PAUL PENTON/ZUMA PRESS; STILL LIFE: WENNER MEDIA