

# Your Beauty Questions, Answered!

## Q | How can I make my air-dried hair look polished?

—ROSE in Florida

A | Try washing your hair in the evening and sleeping with it pulled up in a silk scrunchie so it dries overnight, says Chris McMillan, hairstylist to Jennifer Aniston. In the morning apply a leave-in cream at the ends to tame frizz and add shine. “Less is always more,” McMillan says. Spritz a light-hold hairspray throughout your hair, and go.

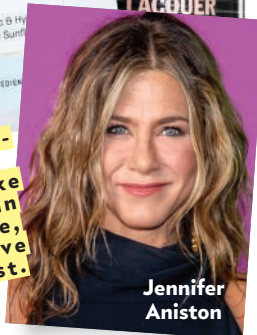
Slip Silk Scrunchie, \$39 (for 3-pack); slip.com

Harklinikken Leave-In Hair Hydrating Crème, \$56; harklinikken.com

Shu Uemura Art of Hair Sheer Lacquer Hair Spray, \$39; sephora.com



You can also blow-dry the roots, like McMillan did here, and leave the rest.



Jennifer Aniston

## Q | I keep hearing about HydraFacials. What are they?

—CHRISTINE in Texas

A | The treatment, done by dermatologists or licensed facialists, uses a medical-grade device to gently exfoliate and deeply moisturize, says derm Dr. Howard Sobel. It's pricey—\$200—but may be worth it if you want to target skin issues (from acne to hyperpigmentation) and get a smoother, glowy complexion in just 30 minutes.

## Q | Is it true that your hands show your age faster than your face?

—JANET in Washington

A | Typically yes. The skin on the back of your hands is thinner than that on your face, so you'll see the effects of the natural aging process and sun exposure—brown spots and a crepey texture—on your hands first. To slow things down, use a hand cream with SPF every day, and reapply often, says dermatologist Dr. Anna Karp.

Supergoop! Handscreen SPF 40, \$14; supergoop.com



Keep in your purse, and use throughout the day!

## WHAT'S THE BEST... BROW PENCIL

“I consider myself a makeup pro but could never get my brows quite right until I discovered this pencil. It has a superthin tip to draw hairlike strokes without going overboard, and the shade (there are seven total) blends in perfectly. Bonus: The formula doesn't budge.”



Kaitlyn Frey, assistant editor

Maybelline New York Brow Ultra Slim, \$8; ulta.com



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