

beautyflash

Framed! Your glasses may be causing zits on your nose and temples. The same way a dingy phone can trigger acne along your jaw, **dirty specs (sunglasses, too) can transfer oil onto skin**, says Marsha Gordon, M.D., a dermatologist in New York City for St. Ives. Rinse frames with soap and water weekly to wash off pore cloggers. Clear vision, meet clear skin.

Ready, set, brush Sixty-two percent of Americans say not having their toothbrush would be worse than not having clean underwear if they had to spend an unexpected night away from home, finds a study by Kelton Research, a market-analysis company in Los Angeles. Be prepared with a Fresh&Go Toothbrush, \$3; it has 30 doses of toothpaste in the handle.

Low-cost cosmetics Love high-end beauty but not high-end prices? Head to Target. Luxe makeup brands Napoleon Perdis, Pixi and Jemma Kidd are launching nicely priced collections exclusively for the chain. The coolest part: **All three lines, which include more than 80 products each, will allow you to try pre-buy** so you look lovely for less!

Lash lift Spritz a disposable mascara wand with hairspray and run it through lashes before curling for a lasting bend, says Rea Ann Silva, a makeup artist in L.A.

Strands like a star Testing on animals may be a faux pas, but testing on celebs? *Très* chic. Kate Hudson worked with her stylist, David Babaii, on his new eponymous hair-care line. The brand will donate 10 percent of profits to WildAid, a global wildlife conservation organization. **Spray damp hair with Volcanic Ash Root Amplifier, \$15**, which relies on ash and panthenol to boost body.

Telltale brows The shape of your brows significantly influences how others perceive your mood, reports the American Society of Plastic Surgeons in Arlington Heights, Illinois. **The study indicates that overplucking above the arch can make you look angry; overtweezing below arches, surprised.** Tweeze

De-stress skin You know stress damages skin; what you might not know is how to help reverse the effects—fast. Amy Wechsler, M.D., a dermatologist in NYC, offers a nine-day program in *The Mind-Beauty Connection* (Free Press), out this fall. One tip SELF loves: **Soak a washcloth in whole milk (fat soothes skin, so skim works best) and drape over your face for five minutes;** the milk's lactic acid gently e

