



1 NP Set eye liner in Dubai, \$12, target.com

2 MAC Mineralize blush in Pleasantry, \$21, marcushyatt.com

3 Victoria's Secret Very Sexy Brilliant Lip Shine in Flip, \$12, victoriassecret.com

4 Clarins liquid eye liner in Blue Shimmer, \$24, clarins.com for stores

5 Urban Decay lipstick in Gravity, \$22, urbandecay.com

6 Lauren Hutton First Kiss Lip & Cheek Stain in Joe, \$24, laurenhutton.com

8 Avon Smooth Mineral eye shadow in Midnight Meuve, \$4, avon.com

7 L'Oréal Paris Wear Infinite Star Secrets Quads in Kerry's Bronzes, \$7, drugstore.com

I crave new makeup, but I'm horrible at picking colors. Are there shades that actually complement any skin tone?

—Monique T., Chicago, IL

Yes, there are! For daytime, earth-tone shadows like chocolate brown and taupe will enhance blue, green, or brown eyes, says New York City makeup artist Troy Surratt. At night, forest greens, navy blues, and eggplant work on any complexion because they combine warm and cool undertones. For your kisser, pick stains and glosses, which will blend with your natural lip color. Blue-based reds, in particular, are universally flattering. And stick with warm, bright pinks for your cheeks to give them a natural-looking flush.

Why does my eye randomly start twitching? How can I make it stop?

—Sarah K., Houston, TX

When eyelid muscles spaz out, dry eye is usually the culprit, says University of Miami ophthalmology professor Richard G.

Shugarman, M.D. Any air blowing in your face can suck the moisture out of your peepers, triggering a twitch. Other causes are stress, fatigue, and (gulp) caffeine. To quell the quiver, treat eyes with a warm compress (use a clean, damp washcloth) and eye drops (not contact lens solution) four times a day for two to

three days. If your twitch continues for more than three days or if you notice a sty developing, see an ophthalmologist.

Can you get chicken pox more than once?

—Robyn V., Atlanta, GA

You probably don't need to stress about

a second round of the itchy scourge, says WH advisor Brunilda Nazario, M.D., a medical expert for WebMD and a board-certified specialist in endocrinology and metabolism. You can be reinfected by the varicella-zoster virus, which causes chicken pox in children and shingles in adults, but it's rare. "Once you've had chicken pox, you usually become immune to it for life," Nazario says.

Is my shower a cesspool of germs?

—Jessica C., Ithaca, NY

Though some bacteria live in soap scum, it's unlikely they'll cause anything worse than a runny nose, says Norman Pace, Ph.D., a professor of molecular biology

ADVISOR ON CALL



DERMATOLOGY
Francesca Fusco, M.D.

My face gets red when I work out. Is there anything I can do?

—Amy J., Madison, WI

Getting your blood pumping at the gym gives you plenty of wide-open blood vessels that can leave you looking sunburned. Some experts say that one way to get out of the red is to suck on an ice cube. A touch of cold to your palate can make your blood vessels contract, cutting redness off at the source. If your splotches linger, try a few dabs of OTC hydrocortisone cream or a lotion from Eucerin's Redness Relief line to get back your color to normal. If the redness lasts longer than four hours, call your doctor.

ASK THE EXPERT

HAVE A QUESTION FOR US? GO TO WOMENSHEALTHMAG.COM/ASKWH

WIN

Women's Health

LOSE YOUR BELLY!
See results in just 12 days!

14 AMAZING SEX SECRETS
(Use them or lose them!)

15 FAT-BURNING POWER FOODS

MORE ENERGY—INSTANTLY!

1,132
Smart New Beauty, Fitness, Nutrition, Health & Sex Tips!

SUCCESS WITHOUT STRESS

FLAB-FREE BUT LEAN THIGHS!

LOSE YOUR BELLY BUYER'S GUIDE

October 2008