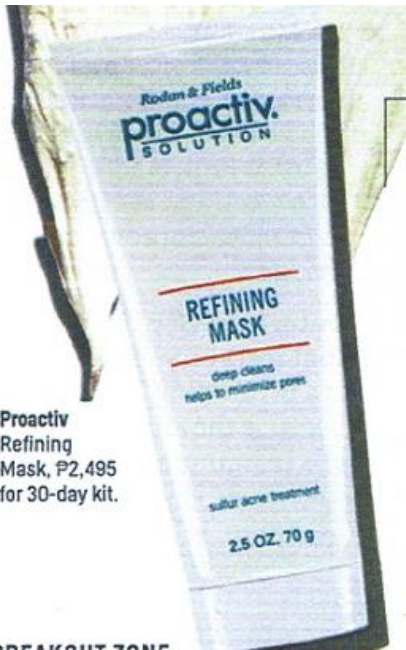


COSMOPOLITAN MAGAZINE

April 2016



Proactiv Refining Mask, \$2,495 for 30-day kit.

BREAKOUT ZONE

Nose

Inner trigger. In traditional Chinese medicine, the center of the face is associated with the heart. Any redness and blemishes here may be stress-related, says Dr. Marmur.

How to deal. Try stress-relievers like deep breathing, meditation, and yoga. And make sure to get enough rest and exercise to reduce excess cortisol and calm your skin.

Outer behavior. "Since there are a lot of oil glands on the nose, it's prime territory for acne," says Dr. Fishman.

How to deal. Salicylic-acid products are great for keeping grease at bay, but Dr. Fishman also recommends sulfur to cut oil and inflammation. Apply a sulfur mask (like Proactiv's, above) twice weekly to keep your T-zone clear.