

endless task! I'm sure you're not in such a dirty situation all day long, but it's still important to wash your hands before you touch your face.

It's especially important to scrub your nose very well! The nose is very porous and if you look closely at it you'll see blackheads deep within the surface. A good face brush or a hot soapy cloth scrubbed over it should take care of the problem.



just lots of washing should keep your complexion clean.

If, on the other hand, your skin is dry, a moisturizer is fine. In fact, suntan lotion is a very good moisturizer. One thing about actors and actresses, as soon as they get some time off they like to go to Hawaii or just get some sun—then they get a burn because it's too much sun too fast!

You can take care of that by using a *cream* suntan lotion first, then oil later. Also,

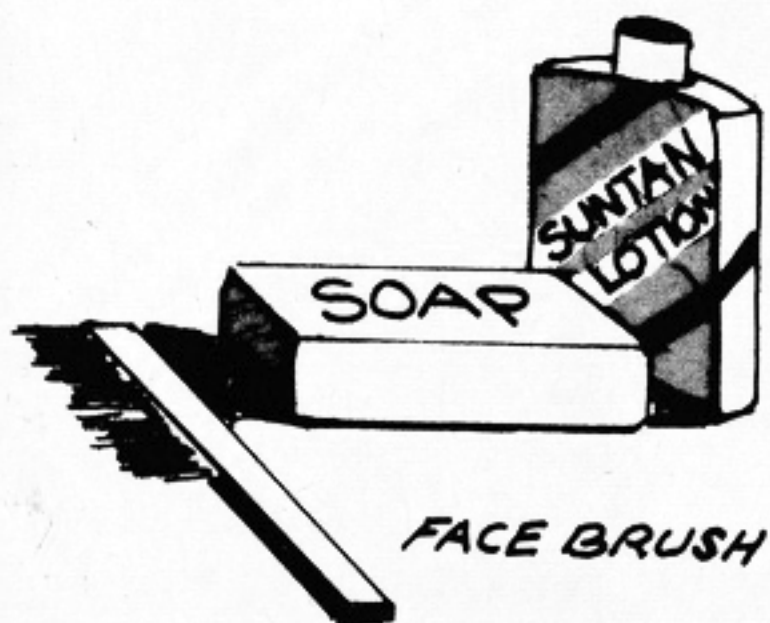
when using any kind of suntan oil at all, keep it off the nose! The nose never needs oil! Use a cream lotion there.

Okay! So now your complexion is scrubbed and shiny clean. Why get it dirty again by covering it with make-up? Make-up may cover complexion problems, but it doesn't help them any. The best way to a great complexion is no makeup at all.

If you do want to wear it when you go out then at least wash it off immediately the first chance you can! There's nothing that looks more beautiful than a natural skin glow. I think the only make-up girls should wear to school is a touch of mascara, a little blush and some lip gloss.

You don't need false eyelashes, either. If you apply your mascara properly, you

CONTINUED ON PAGE 48



Of course blemishes are a problem to everyone at some point in their life, but here's a good rule to follow. There are certain areas on your face where you should *never* squeeze your blemishes because it could leave a permanent scar!

IT'S SAFE BELOW

Draw an imaginary line from the corner of your nose to the end of your jaw bone under your ear lobe. Any area *below* the line is safe to squeeze, but any area above the line and up to your eyebrows may scar if you squeeze it.

In these areas it's best to use a hot compress (just a very hot soapy cloth will do) and gently press it to your face. This will usually bring the blemish out.

Drying agents like alcohol are fine to use if your skin is excessively oily, otherwise,



"LET'S TAKE CARE OF THAT smudge," says Mel to Susan. Seems she got something in her eye and smeared a bit of her mascara getting it out!