

The Gorgeous Skin Issue!

SHAPE

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SHAPE

Jillian
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real results

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You ever feel, *you know,* not so fresh?

That was the first line of the 1980s douche commercial that cut straight to the heart of my teenage insecurities. Yes, I felt not so fresh sometimes. After cheer-leading practice! And gym class! And just, you know, sometimes! But every teen magazine on the market warned that douching was not only unnecessary but actually a bad idea that could upset the natural bacterial balance and cause infection.

Well, shoot. Over the years, I had to make do with a spritz of citrus perfume in the panties. And then along comes **Sweet Spot Labs On-the-Go Wipettes** (\$3 for seven, target.com), which maintain your pH balance while making your lady parts smell lovely. Say what you will, but I'm a feminist who likes when her V smells like vanilla, so these wipes have found a permanent place in my gym bag.

I used to worship the sun, and I have the skin cancer scar to prove it. But I have seen the light—make that the shade.

OH, SUGAR!

Most body washes and wet wipes contain glycerin, a sugar-based ingredient that yeast can thrive on (no, thank you). Sweet Spot wipes are glycerin-free.

Preach!

I could lead a sermon on the evils of the sun. So it was like hearing the choir sing when Carly, one of *Shape*'s editorial assistants, said to me, "I've been walking to work, and I think I need a sunscreen that's higher than SPF 20. Can you recommend one?" Flashback to a year ago, when Carly was new to *Shape* and she came to work sporting the kind of sunburn that hurts to look at. I laid into her: "How could you do that to yourself? Don't you realize that the sun causes wrinkles? And brown spots? And skin cancer? Did you protect your lips, at least? It's the most delicate skin on your face!" No one is more evangelical than a former sinner, and Lordy, have I sinned. So when I made a sunscreen convert out of Carly, I felt as if I had saved her soul and her skin. I handed her a tube of the new **Elizabeth Arden Prevage City Smart** (\$68, elizabetharden.com), which has SPF 50 plus an invisible shield that protects skin from harmful pollutants—perfect for her walk to work.

Insta inspo

There I was, spending some QT on @dmartnyc, the Instagram feed for Daniel Martin, the Dior makeup artist behind this month's "Beauty Under the Sun" (page 192), when he posted a GIF of supermodel Veronica Webb. I must have watched it, like, 30 times. How does her skin look so damn good at 51 years old? Turns out that Webb is a huge fan of **Rodan + Fields** skin care—she even sells the stuff. She uses **Redefine Regimen** (\$193, rodanandfields.com), which contains some of my favorite antiaging ingredients, including AHAs, niacinamide, and of course, sunscreen! ★

