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Beauty

I WISH...for crystal-clear skin

Complexion perfection is on everyone's wish list—and it's attainable, thanks to technology. The newest treatment for adult acne is pulsed light. Blue light therapy, performed in a series of 8 to 10 in-office treatments (\$50 to \$150 each), attacks bacteria in the skin. To tackle the problem with over-the-counter products, try benzoyl peroxide and salicylic acid. Use them in a wash rather than a lotion, which stays on the skin and can be too dry-

ing, says Elizabeth Tanzi, M.D., codirector of laser surgery at the Washington Institute of Dermatologic Laser Surgery in Washington, D.C. Or combine traditional zit fighters with calming botanicals, like **Kiehl's Blue Herbal Spot Treatment, \$13** (which contains salicylic acid, ginger root and cinnamon bark), for a milder option. Instead of just treating a breakout, cleanse with a mud clarifying formula, such as **Fresh Umbrian Clay Face Treatment, \$45**.

I WISH...to send my under-eye bags packing

Eyes are the window to...your sins. Puffy bags under your lower lids are often the result of getting too little sleep, eating salty foods or drinking alcohol. For best results, tackle puffiness with preventive measures first—sleep with your head slightly elevated on pillows to reduce fluid retention, and limit your sodium and spirits consumption. For the best quick fix, soak a washcloth in cold water and hold it

over your eyes for 10 minutes. "This action constricts blood vessels and releases some of the swelling," says Dr. Tanzi. (We also like to keep **DuWop I Gels, \$20**, in the refrigerator for the same effect with even less effort.) To battle dark circles, caused by visible blood vessels, use a vitamin K-packed eye serum or cream, shown to strengthen capillaries. Try **MD Skincare Lift & Lighten Eye Cream, \$33**.

