



**6 Superfoods That
Will Change the
Way You Eat**

(And You've
Never Heard of
Them Before)

**Apology
Accepted**

How to Forgive
Anyone—and
Why Your Health
Depends on It

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

**Live
Love & Thrive**

All the Way to 95!

**O's Guide
To Aging
Beautifully**

The Diet,
The Attitude,
And, Of Course—
The Eye Cream!

**The Prettiest
Skin of
Your Life**

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**The "Did You
Lose Weight?"
\$35 Bathing Suit**

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O, Beautiful!

Ask Val

YOU'VE GOT QUESTIONS? OUR BEAUTY DIRECTOR, VALERIE MONROE, HAS ANSWERS.



Q I'VE TRIED EVERY KIND OF HYPOALLERGENIC MAKEUP, BUT MY EYES STILL TEAR. WHAT'S MY PROBLEM?

A: If you're allergic to makeup, there are many possible culprits, says Marguerite McDonald, MD, clinical professor of ophthalmology at NYU School of Medicine. Perfumes, waxes and fats (particularly cocoa butter), metallic compounds in eyeliner or shadow, and preservatives can all cause a reaction. But if your eyes are only tearing and not itching (one of the hallmarks of allergy), it's more likely that you have blepharitis, a common and chronic inflammation of the eyelids, says McDonald. Two minutes with a warm, wet washcloth over closed lids twice a day followed by a scrub with a cleansing pad, (like those made by OCuSoft) is the standard treatment for mild blepharitis. **Keep in mind:** An ophthalmologist can determine whether an allergy or a different condition is causing your problem.

HAPPY FEET

Each May my heart sings the first time I glance down at my brightly painted toenails in a pair of sandals. So I was moved by a poignant e-mail from a reader who's ashamed of the noticeable veins on the tops of her feet. Dear Norma, here's how to feel happy about slipping out of your shoes: For a temporary fix, wet an ace bandage and put it in the freezer till it gets very cold. Then wrap it around your foot, covering the veins, for 15 minutes, says Suzanne Levine, a New York City podiatric surgeon. A permanent fix: one 15-minute laser treatment (cost ranges from \$200 to \$400). Also, lower your salt intake, and whenever you can, elevate your legs above the level of your heart. Like on a beach chair, by the sea.

Q What can I do about a port-wine birthmark on my chin?

A: Multiple treatments (often more than ten) of a pulsed-dye laser will help diminish the birthmark, says Roy G. Geronemus, MD, clinical professor of dermatology at New York University Medical Center. Because the model of the

laser and the technique used can significantly influence the results, it's important to see a doctor who is very experienced in treating port-wine stains. The treatments may also prevent the darkening of the birthmark that can occur over time. To conceal a birthmark, Geronemus recommends Microskin

(microskincenter.com), a computer-color-matched, waterproof cover-up that lasts several days and doesn't rub off on clothing. **Keep in mind:** Microskin is not widely available outside New York City; Dermablend (dermablend.com) offers foundations and concealers in a variety of shades.

SHAKA SHAKA!

One of the reasons I especially like La Roche-Posay Anthelios fluid sunscreen is that when you shake the container (as directed) before you apply, it makes a satisfying little rattle. There's even a name for it, coined at the Japanese lab where the sunscreens were first produced: "shaka shaka." The sound comes from the small ball bearing that helps emulsify the fluid. Now there's a new "shaka shaka" sunscreen: Anthelios 50 Mineral (\$32; laroche-posay.us). It offers broad-spectrum protection in a 100 percent titanium dioxide formula. It's lightweight, there's no residue, it contains no PABA, parabens, or fragrance, and it's water resistant. I tried it (after I got my shaka-shaka thing on, naturally), and though I can't tell you what else I'll be wearing this summer, I know I'll be wearing this.

