



No Pore-blem

Wherever there's a strand of hair, there's a pore – and your face is covered with them. Each is connected to a gland that produces sebum, your body's natural lubricant. When dirt mixes with the oil and clogs pores, it makes your complexion look and feel uneven. Sun damage and aging can also cause dead cells to collect around these openings, exaggerating their diameter and making them appear enlarged. **The simple solution: Exfoliate, exfoliate, exfoliate**, says Dr Low Chai Ling, medical director of The Sloane Clinic. You can opt for laser peels or slough old skin off at home with **Sloane Inc Microdermabrasion Scrub** (\$55). From now on, never go to bed without cleansing off grime and makeup. Quit touching your face too, as it introduces bacteria into the mix.



GET A LEG UP WITH MAKEUP

Want a promotion? Start wearing cosmetics if you don't already. A recent study funded by Proctor & Gamble found that people perceive those who wore makeup as more "trustworthy" and "competent".



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TRIED AND TESTED

Blemish busters

Get rid of pesky zits quickly with these pimple creams.

ON-THE-SPOT

On-the-Spot Acne Treatment

Neutrogena, www.neutrogena.com

Neutrogena

Neutrogena On-the-Spot Acne Treatment

GENTLE AID

Alcohol-free and non-stinging, **Neutrogena On-the-spot Acne Treatment** (\$11.50, personal care stores) clears pimples in a couple of days without causing dryness or tightness.



SPEEDY WORKER

Made with antibacterial tea tree extracts, **Thursday Plantation Tea Tree Blemish Gel** (\$10.55, leading pharmacies) clears small, red pimples almost overnight but takes about three days to rid bigger ones.



MULTI-TASKER

Citrielle Blemish Clear (\$16.95, selected Walsons and Guardian Health & Beauty stores) soothes the blemish to shrink it overnight. It also regulates sebum production so skin is visibly less oily.



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