

# GIRLS' LIFE

## Vacay mode on!

A v. aesthetic vision board

Hayley LeBlanc

is the main character

QUIZ!  
Who's your bestie for the restie?

🧐  
HOW DOES your crush \*REALLY\* FEEL?

(we did some digging)

Coconut girl vibes ahead

(Yes, it's a thing. Yes, we love it.)

We just redid your room... and it's adorable see page 78

## CHOOSE YOUR SUMMER FASHION ADVENTURE

Your beach day starter pack



Sun, sand and...  
shaving bumps?  
We've got the  
answer to spots,  
sensitivity and so  
much more.



**It's**

officially  
shorts and swim-  
suit szn—and  
we're v. ready for  
loungy beach  
days and starry  
bonfire nights. But  
all that sunshine,  
shaving and, yep,  
even sweat can  
wreak some seri-  
ous havoc on your  
skin. That's why  
we consulted the  
experts about your  
summer-specific  
dermis disasters.  
What we learned,  
right this way...

# Summer skin sitch?

*We just solved it*

( THE SKIN SITCH )

## RAZOR BURN

**AN EARLY-MORNING JOG SOUNDED LIKE A STELLAR IDEA...UNTIL YOUR FRESHLY SHAVED ARMPITS START STINGING. YEOUCH.**

**SOLVED:** When you're reaching for your razor more frequently (thanks, tank tops), it's not uncommon to experience irritation. Dermatologist Dr. Anar Mikailov recommends waiting until the very end of your shower to shave, so your hair has time to soften. Pop in a fresh cartridge (yep, every time), lather up with a rich shaving cream (like Truly Happy Hairless Shave Butter, \$22, ulta.com) and use light, singular strokes in the same direction the hair grows. Right after you've dried off, apply an unscented moisturizer to any just-shaved spots (even your armpits and bikini line) to nip dryness and sensitivity in the bud.

( THE SKIN SITCH )

## MORPHING MOLES

**YOU'RE RINSING OFF AFTER A LONG DAY AT THE BEACH, AND A FRECKLE ON YOUR STOMACH SUDDENLY LOOKS A LITTLE DARKER THAN YOU REMEMBERED. THAT'S NOT SKIN CANCER...RIGHT?**

**SOLVED:** Take a deep breath: The majority of moles are harmless and a natural part of your skin, says Dr. Elena Hawryluk, member of the Society for Pediatric Dermatology. Some moles become more noticeable after sun exposure because UV rays stimulate the production of the skin pigment melanin. That being said, if you notice a spot that really stands out from the others (or has suddenly changed in size or shape), make an appointment with your doc. "It's important to have a mole checked if it's black, bleeding, hurting or behaving differently than your other moles," Dr. Hawryluk notes. Skin cancer is rare among teens, but it's better to be safe. Speaking of that, here's the hundredth (millionth) reminder about the best way to prevent skin damage: sunscreen, sunscreen, sunscreen (we like Glow Recipe Watermelon Glow Niacinamide Sunscreen SPF 50, \$34, sephora.com).

# Ugh, I have acne on my...

*Sigh. It's not summer without a bothersome breakout (or 10). Have no fear: We found the clear-skin solution for every area of your bod.*



### BACK

Dermatologist Dr. Charles Puza recommends adding a medicated scrub to your shower routine. "Try benzoyl peroxide, which kills acne-causing bacteria," he says. Lather up with Clean & Clear Acne Triple Clear Exfoliating Scrub (\$8, target.com).



### CHEST

"Treat chestne similarly to how you would treat facial acne," says dermatologist Dr. Zenovia Gabriel, "with ingredients like glycolic acid and salicylic acid." Our fave fix? Swipe a Dr. Zenovia Skincare 10% Glycolic Acne Control Peel Pad (\$42, sephora.com) over your chest a few times per week.

### BOOTY

Minimize trapped sweat and dirt by getting out of sweaty shorts soonest, then use an acne-fighting shower gel like Curology Acne Body Wash (\$12, curology.com) to help ward off blemishes.



( THE SKIN SITCH )

## BUG BITES

**YOUR COUSIN'S BACKYARD BBQ LAST NIGHT WAS A BLAST—BUT YOU WAKE UP IN THE A.M. TO PUFFY, ITCHY SPLOTCHES ON YOUR ARMS. GAH!**

**SOLVED:** As annoying as these spots are, try not to scratch them—that can cause bleeding and scarring (hard pass). Instead, apply an ice pack to reduce any inflammation and cover the bite with a thin layer of hydrocortisone cream or calamine lotion. For some all-natural relief, ingredients like eucalyptus and avocado oil can help hydrate and soothe your skin (try Kinfield Relief Balm, \$14, kinfield.com).

( THE SKIN SITCH )

## CHICKEN SKIN

**YOU PULL ON YOUR FIRST PAIR OF SHORTS FOR THE SEASON AND NOTICE SMALL, REDDISH SPOTS DOTTING YOUR LEGS. YIKES, WHAT ARE THEY? RAZOR BUMPS? INGROWN HAIRS?**

**SOLVED:** It's most likely keratosis pilaris, a harmless skin disorder characterized by rough bumps on your thighs and arms. The condition is caused by malfunctioning oil glands in your skin, which plug hair follicles and lead to redness and irritation. The bumps can get worse when your skin is dry, so use KP Away Keratosis Pilaris Lipid Repair Emollient (\$41, kpoway.com) to nourish your natural moisture barrier.

( THE SKIN SITCH )

## SUNBURN

**EPIC POOL DAY! EXCEPT YOU FORGOT TO REAPPLY YOUR SUNSCREEN AFTER TAKING A DUNK—AND NOW YOU'RE A LOBSTER.**

**SOLVED:** Let's state the obvious: "The safest way to deal with sunburns is to prevent them with sunscreen," says Dr. Hawryluk. But if the damage is done (it happens), soothing ingredients like aloe vera and menthol can provide relief and minimize itchiness (we heart Bondi Sands Aloe Vera After Sun Gel, \$9, bondisands.com). You can even store gels and creams in the fridge for extra cooling power. Ahh...