



Earring Alert

Your hoops, studs, or dangling earrings may be the perfect fashion accessories—until they make your earlobes all dry and flaky. A study published in the *Journal of the American Academy of Dermatology* warns that earrings containing nickel can cause earlobe dermatitis—aka eczema. The authors tested 277 pairs of earrings and found that 30 percent of them contained nickel. So next time you get all dolled up, complement your outfit with earrings labeled “nickel-free” or “hypoallergenic.” Other safe choices include stainless steel, platinum, or gold.

—NICOLE DUNCAN

DID YOU KNOW...

Botox injections took only three days to travel from a rat's facial muscles to its brain stem? The researchers also found this toxin in the part of the brain associated with memory. Previously, scientists believed that Botox would not travel from the blood to the brain. One more reason to frown!

A PRIMER ON PRIMERS

Relative newcomers to the beauty scene, primers provide a smooth base for makeup. “Primer helps control oil and also reduces the appearance of fine lines,” explains makeup artist Shelly Ballesterio. “It’s like spackle for the face.”

Those with normal or dry skin will want to use it over or under a normal moisturizer before applying makeup, but if you have oily skin, use just the primer (without the cream).

CAVEAT: Steer clear of primers with synthetic fragrance, parabens, or artificial colors, and choose one of these natural alternatives instead.



1. RAW BEAUTY

Andiroba Botanical Face Primer

Hydrating andiroba oil smooths out skin's texture, while kombucha tea and açai berries brighten tone. \$36, 1 oz; rawnaturalbeauty.com



2. EVERYDAY ORGANICS

Intense Hydration Skin Primer

Primrose and jojoba oils immediately restore moisture to the skin, and added niacinamide (a B vitamin) and L-arginine (a waste-removing amino acid) help your face achieve its optimal moisture balance. \$45, 1.5 oz; everyday-organics.com



3. JANE IREDALE

Absence Oil Control Primer

Seaweed extracts calm redness and balance the pH level of the skin throughout the day, and titanium dioxide and zinc oxide provide sun protection. \$35.50; janeiredale.com

—LINDSEY GALLOWAY

18%

of people over 50 still use tanning beds, despite all the skin cancer warnings.