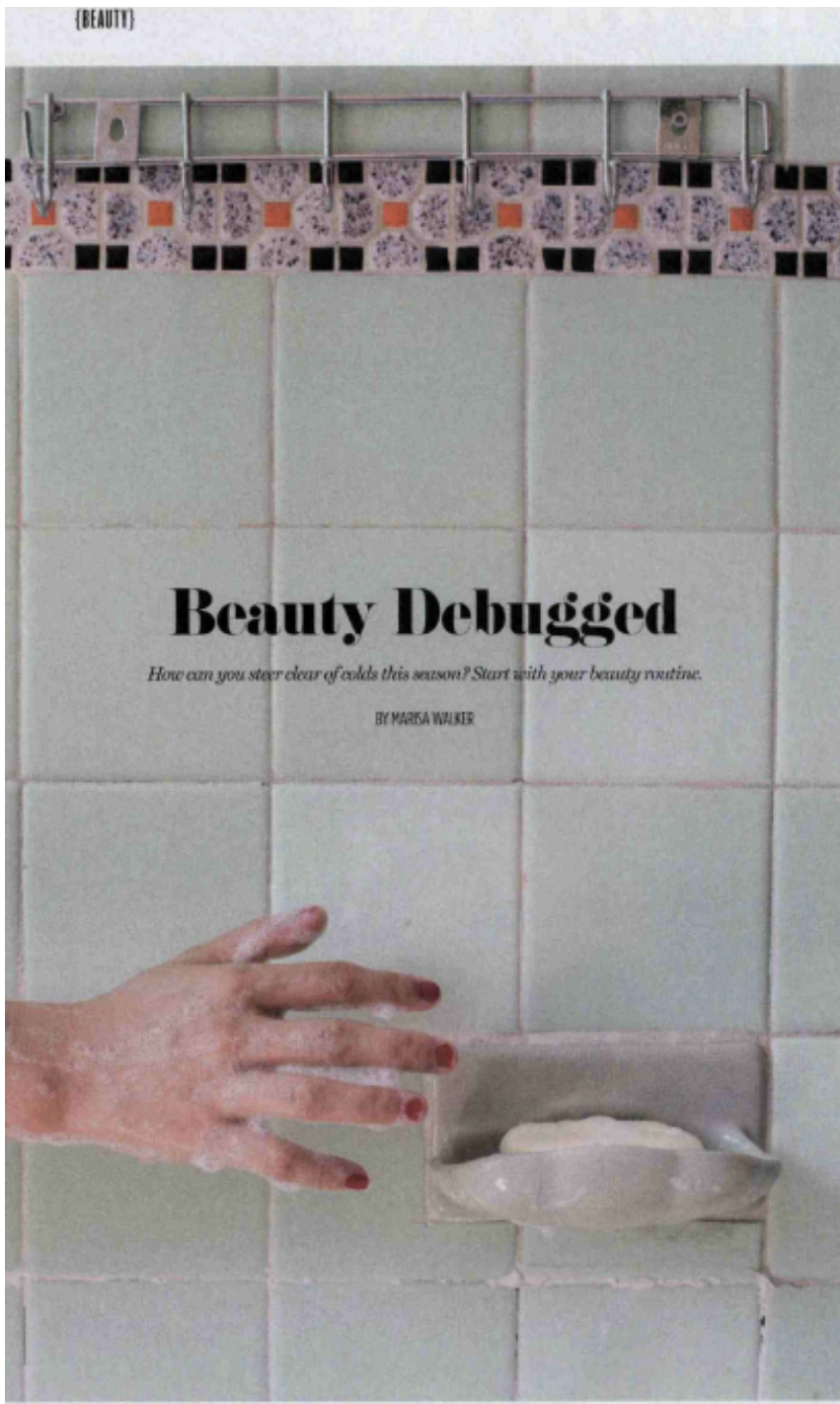


(BEAUTY)



## Beauty Debugged

*How can you steer clear of colds this season? Start with your beauty routine.*

BY MARISA WALKER

If you're health-savvy, you already wipe down your cellphone, computer keyboard and gym equipment to avoid the spread of germs—but have you tackled your beauty bag? According to the U.S. Centers for Disease Control and Prevention, the average adult gets two to three colds every year. Good old soap-and-water hand-washing is the best defense against catching a bug, but what you put on your skin elsewhere matters too.

"Frequent hand-washing, use of hand sanitizer and avoiding unnecessary touching of the face, mouth, nose and eyes help prevent the transmission of these viruses," says Dr. Brian Boyle of Dublin Family Care in Columbus, Ohio.

However, it's hard to avoid putting your fingers on your face when you need to apply sunscreen, moisturizer or lip balm. So how to stay healthy or prevent reinfection if you do come down with a bug? Try our advice for keeping viruses under wraps.

### Sticky Fingers

When it comes to creamy containers, think cross-contamination. "If you have any concern about germs, you should not be dipping your finger into anything," says New York City- and L.A.-based professional makeup artist Tomy Rivero. "I always encourage my clients to use a tiny spatula



(often provided with skincare creams) and make it a habit of scooping things out without using your fingers." If you need to buy one, try a washable silicon **Every Drop Beauty Spatula** (\$5, [everybeautybrand.com](http://everybeautybrand.com)). Not only will you keep your fingers from contaminating the container, but the wand will help you scrape out every last bit of that pricey night cream. Worried you've already spread too many germs? Simply scoop the top layer out of the jar and hope for the best.

### Mouth Matters

You wouldn't kiss someone with a cold, so protect yourself the same way when it comes to your lip products. Rivero suggests "either tossing or shaving off a layer of your lipstick if you are getting over a cold. It can eliminate transfers from when you were sick, helping you get better faster." Colds are usually coupled with chapped lips, so keep applying a petroleum-free balm like **Eos Honeysuckle Honeydew** (\$4, [drugstores](http://drugstores)), but wipe off the top layer with a tissue before reapplying. Rivero is "always a fan of using a small lip brush," such as **Sonia Kashuk Retractable Tools Lip Brush** (\$8, [target.com](http://target.com)), but clean down applicators like this with an alcohol wipe.



### Eye Care

Mascara is a safer bet when it comes to germs, unless you're a "pumper"—pumping the wand actually dries out the mascara and invites germs and bacteria. So if you pump, it's time to dump. Also, if your illness is increasing mucus in the corners of your eyes, you may want to move on. Don't feel too bad: If mascara is more than three months old, it's time to replace it anyway.

Eyeliner poses more of a problem, particularly if you apply it along the inside of your lower lash line. But there is a quick fix: "If you use a pencil in the water line, make sure to sharpen to a new point before reapplying after being under the weather," Rivero says (and the same advice applies to lip liner). And don't forget to wash your hands before applying. Most of us use the opposite hand to hold our skin steady as we draw that perfect cat's eye, so keep it clean!

## SPA SMARTS

If you're sneezing and coughing like crazy when that long-awaited spa appointment is near, should you keep it or cancel?

Laura Anne Pelliccio, salon and spa manager at **Gurneys Montauk Resort & Seawater Spa** in New York, says it may be best to sit it out. "I find that guests schedule appointments for facials, because they want to sit under the steam, which helps relieve sinuses and nasal pressure," says Pelliccio.

"This temporary form of relief is in fact, not a great solution. Spreading bacteria puts other guests at risk of getting sick and can easily give you a relapse." Instead of going to a pro, get some TLC at home. "I recommend using aromatherapy in your bath or shower for skin softening and opening nasal passages," she says. "Get enough sleep and drink lots of fluids too!"

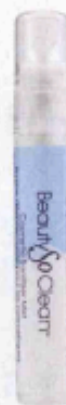
### Powder Perfection

Finally some good news: Your powder blushes, bronzers and foundations are less susceptible to contamination, even during flu season. Rivero says, "If you have not used a powder product in a while, just take a tissue and clean off the top layer of the product and it should be good to go." However, you need to make sure you are cleaning your brushes and applicators at least biweekly. Rivero advises: "Use your hair shampoo (make sure there is no tint) to clean off your brushes and lay them out to dry overnight. This prevents bacteria from growing and allows for a cleaner application with your makeup, pulling the true colors in your cosmetics." Some applicators, like the sponge **BeautyBlender Original + Solid Cleanser Kit** (\$33, [beautyblender.com](http://beautyblender.com)), come with their own solution. Just remember to remove all the product when cleansing.



### Clean Sweep

Sometimes simple is best: "I keep a small spray bottle clearly labeled 'alcohol' in my set up. Any time I feel like there might be a chance for cross-contamination, I spray (at a distance) a fine mist of alcohol to kill any superficial germs. You can do this with your brushes, some powders and creams, tip of a lipstick, etc.," says Rivero, who also recommends **BeautySoClean** (\$13 for 8ml., [beautysoclean.com](http://beautysoclean.com)). "They also created specialty wipes and an array of products to sanitize your cosmetics."



### In the Closet

While none of these tips will cure the common cold, they can help shorten the suffering by keeping germs from recirculating. Rivero's final advice is this: "Don't leave your brushes and powders inside of the bathroom. The room moistens when you shower, and humidity is bacteria's best friend. This will keep everything cleaner." 