

ASK HOLLY

Our beauty director gives you the lowdown on looking good



Q How often should I reapply SPF?

A "Sunscreen, regardless of the SPF, should be reapplied every two to four hours during continued outdoor activites," says dermatologist and plastic surgeon Dr. Jody Alpert Levine. If you're in the office all day, one application in the morning should be sufficient. A sunscreen with an SPF of 15 will allow a person to stay in the sun 15 times longer that they would otherwise without burning. So someone who would normally burn in 10 minutes, would not burn until after 150 minutes, explain Dr. Levine.

Q I recently moved, and the water is affecting my hair. What can I do?

A First, get a copy of your state's annual water quality report (epa.gov) to see if there are in fact health-threatening contami-



nants. Then determine if your water should be tested. A filter for your showerhead might help. Johnathan Beauty Water Show Purification System (\$95, johnathanproduct.com), makes shower water pH-balanced Reported benefits include better preservation of hair color, increased shine and softer hair and skin.

Q Do I need a special gel to tame my brows?

A A dab of hair gel and a toothbrush will do the job. We like Rimmel Style and Shine Clear Mascara (\$3, Wal-Mart) because it can be used on brows and lashes.

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