

beauty smarts

Quick fixes for minor mirror ouches from *First's* style pro Tracy Perez



? DOES WEARING LIPSTICK CAUSE LEAD POISONING?

Since I use lipstick every day, I was a bit concerned when I read that traces of lead have been found in my favorite brand. Should I be worried?

After consulting doctors and researching the subject, I'm not concerned. It's true that a study by The Campaign for Safe Cosmetics found traces of lead (thought to be a by-product of certain dyes) in 20 of the 33 lipsticks they tested. But *First's* medical expert, Donnica L. Moore, M.D., says there's no proof that the miniscule amounts of lead you may inadvertently ingest will cause harm. (She does note that, at much higher levels, lead exposure can result in fertility problems and other health issues.) Still, it's worth pointing out that many brands (including Revlon, Wet n Wild and MAC) have no detectable levels of lead. So if you'd like peace of mind—or if you're pregnant or trying to conceive—Dr. Moore suggests using a lead-free lipstick.

? CAN A PILL REALLY PREVENT BODY ODOR?

I just heard about a pill called BodyMint that many stars are reportedly taking to stop body odor. I was intrigued because, now that I'm wearing thick socks and

boots every day, my foot odor is atrocious! Are these pills worth a try?

BodyMint (\$20 for 60 tablets, at BodyMint.com) owes its powers to an extract of the plant pigment chlorophyll, called *chlorophyllin*. This compound helps neutralize the internal toxins that cause bad breath and underarm and foot odor. But your question got me thinking: Chlorophyll supplements can be found at drugstores and health-food stores for much less, so I tested BodyMint against Now Chlorophyll 100 mg (\$10 for 90 capsules, at health-food stores). I used these brands separately for a week each and noticed an improvement in my foot odor after three days with each product. I actually preferred the Now brand because BodyMint lacked a gel coating, making it hard to swallow. My verdict: Try a cheaper supplement before reaching for a pricey internal freshener.

? HOW DO I GET A "GLOW" THAT'S RIGHT FOR WINTER?

I'm as pale as a ghost. But I hate the smell of self-tanner, and bronzer looks too dark and heavy for winter. I just want subtle color. Any suggestions?

Your best bet is to try one of the new light-reflecting pressed powders that offers a range of bronze, peach and gold hues in a single compact. I like Physicians Formula Shimmer Strips Custom Bronzer, Blush & Eye Shadow in Waikiki Strip (\$11.95, at drugstores). To add subtle warmth to your complexion, mix the gold and peach shades together and apply the resulting color along the brow bones and cheekbones. For a more sun-kissed effect, sweep a brush through *all* the colors and lightly dust your forehead, cheeks and nose.



! HELP! MY MINIMIZER BRA MAKES ME LOOK FAT!

I love wearing thick, cozy sweaters, but I'm top-heavy as it is, and the extra bulk makes my bust look huge. I tried wearing a minimizer bra, but it actually made me look 20 pounds heavier! What should I do?

It's counterintuitive but true: Minimizer bras can make the body look larger. That's because their flattening action spreads breast volume under the arms as well as up and down the length of the torso, making the upper body appear thick and shapeless. You're better off with a bra that offers ample lift since raising the breasts makes the bustline appear narrower. Also, look for seamless heat-molded cups, which prevent breasts from sticking out too far while imparting a more natural, rounded shape. The overall effect: The bust looks smaller (and you look thinner) from the front and from the side. A style that earned top marks from online reviewers: the Fantasie 4510 Smoothing Molded T-Shirt Bra (\$59, at Freshpair.com or call 866-373-7472), which is available in cup sizes up to G.

From left: Masterfile; Andy/Jump.



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Battling a chronic skin woe? Tired of tussling with a body snafu? Share your problem, and beauty and style pro Tracy Perez will come up with a fix. Mail your questions to Beauty Smarts, *First* magazine, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632.