

ESSENCE

*Taraji,
Octavia
& Janelle*

ON CELEBRATING
OUR SHEROES &
KEEPING OUR
HISTORY ALIVE



EXCLUSIVE

**SYBRINA
FULTON:**
TRAYVON'S
LIFE AND
LEGACY

OUR
ULTIMATE
GUIDE TO
**FLAWLESS
SKIN**

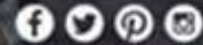
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WAYS TO
FALL BACK
IN LOVE
WITH
YOUR JOB

A BRIEF
HISTORY OF
#BLACKLOVE

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28 BOLD THINKERS AND UNSUNG HEROES
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FEBRUARY 2012



TAP IMAGES FOR DETAILS

Powders, Pollution & Probiotics

Environmental protection agents

Take a three-pronged approach to fighting pollution. First up? Sunscreen. "The ozone layer is compromised, so it lets harmful UV rays through," says Brooke Jackson, a Durham, North Carolina, dermatologist. Second, as stated earlier, antioxidants counteract free radical damage caused by our environment. Last, a simple yet effective safeguard is cleansing your face at night. "Pollution particles take time to absorb, so you have time to wash them away," says Russak. There's a new batch of products infused with pollution-fighting agents, including Dermalogica's daily exfoliant and Clarins' serum (see left).

A stomach for good skin

Taking probiotics (see below) is said to balance the body's friendly bacteria and lead to clearer, healthier skin. But Michelle Yagoda, a New York City plastic surgeon, cautions against overdoing it: "We just don't know enough about them yet. And the fear in the medical community is that excessive use could cause problems down the line." Probiotics are more clearly promising for a patient who's had two or more courses of antibiotics, which can wipe out all bacteria (not just the bad) and cause deficiencies. »

INGREDIENT GLOSSARY

ANTI-INFLAMMATORIES Inflammation is the body's response to injury. But chronic inflammation brought on by a high-sugar diet, sun exposure and lack of sleep can damage the skin. Nicotinamide and

SCROLL