

You asked,
we answered —
everything you
wanted to know
about the good life.

ask audrey



Beauty

I am a 20-year-old college student who has problems with my skin. The skin near my nose (under the eyes) always has pimples and enlarged pores. I have pimples on my forehead, too. Do you have any suggestions on how to get rid of the pimples and pores on my skin? — C. Tran

Dermatologist to the stars Dr. Jessica Wu answers: When we talk about the “T-zone,” we usually mean the parts of the face that contain more oil glands and are prone to acne breakouts; in most people, this includes the forehead and nose. Asian skin tends to be thicker and contains more oil glands than Caucasian skin, so sometimes the T-zone can extend onto the cheeks and under the eyes. Since pores are the openings of oil glands, those with oilier skin will have larger and more numerous pores. When pores get clogged, they turn into blackheads, whiteheads or red pimples. One of the best over-the-counter ingredients for acne is benzoyl peroxide, which kills bacteria and helps to dry out pimples. Try Clean and Clear Persagel-10, which contains the strongest strength of benzoyl peroxide available without a prescription. This can be too drying to use every day, so start out by using it 2-3 times a week on the affected areas. For large pores, look for products that contain salicylic acid, which helps to dissolve oil and reduce blackheads. Many of my patients have had good results with Neutrogena Pore Refining Cleanser or Shiseido Anti-Shine Refreshing Lotion. While Asian skin tends to be thicker, it can also be more sensitive, so if your skin is very delicate, you may have better results with gentler botanical products, like Boscia Willow Bark Breakout Treatment, which contains natural anti-inflammatory ingredients to soothe inflamed skin and shrink pimples. If your skin doesn't respond to these treatments, I'd suggest a visit to a dermatologist, who can recommend prescription medications and stronger treatments like medical acne peels or photofacials, which can help shrink pores and keep your skin clear.

Health

I'm an avid high-heel wearer and have been for years. My profession generally requires me to sit at a desk, but I wear 4-5-inch heels and platforms almost every day and very comfortably. My question is, now that flats are back in style, I bought some flats to wear in the summer, but I notice that my feet feel a bit strange in flats. It's not painful or uncomfortable, but my feet definitely feel more comfortable in heels. Is this normal? And if not, what can I do to prevent damage to my heel-loving feet in the future? — Sandra A.

Podiatrist Dr. Oliver Zong answers: This is a problem we see very often this time of year when many women transition from heels into either more comfortable flats during the warmer months or flip-flops. When you are accustomed to wearing high heels regularly and have been doing so for some time, the sudden transition can place a lot of stress on the feet and sup-

My bedroom is so blah. Is there anything I can do to spruce it up without spending an arm and a leg? — Bored Room

The Editors answer: While we here at *Audrey* love the idea of being crafty (“let’s repaint our entire area, reupholster that ’90s sofa, and then sew some outfits for our fashion show”), when it actually comes down to it, we’re pretty lazy (not to mention, er, unskilled). But even we lackadaisical types couldn’t find a reason not to love RoomMates’ peel and stick appliqués. I mean, seriously, you peel them off and stick them onto your wall. It’s like your third grade sticker book ... just bigger. They’re cute too — chic damask styles, pop-Art flowers, even tree silhouettes (very Urban Outfitter), plus they’re removable. Check them out at www.RoomMatesPeelandStick.com.



ROOMMATES PHOTO COURTESY OF ANNE MARTIN MARKETING COMMUNICATIONS.

porting soft tissue structures such as the Achilles tendon and plantar fascia. Most often the complaint is either new onset heel/arch pain or pain in the back of the heel area where the Achilles tendon is. The first condition (heel/arch pain) is known as plantar fasciitis and is very common. The second condition (Achilles) is known as tendonitis. To alleviate the symptoms and lessen the chance of either of these conditions occurring, try gradually reducing the height of the heel over the course of a few weeks rather than shocking the feet and lower extremities by going cold turkey into flats. Think of it as “warm up exercises” for your feet. Just as you would stretch and warm up before working out at the gym, you need to let your feet “stretch” and get used to the new position. Additionally, many flats are lacking in arch support so try to find ones that are supportive. You can also try inserts.

Relationships

I’ve been dating this girl for about a month now and everything is going great. The problem is she has a lot of male friends who she goes clubbing

with on weekends, but she never asks me to join them. When I ask her about it, she brushes it off as, “oh, I just don’t think you’ll get along with them.” Is it just me, or should I be worried? Do you think she’s embarrassed of me? — Joe

Psychotherapist Meme Rhee

answers: You certainly have a right to feel left out and marginalized, particularly in the dismissive way she handled your question. Whenever we are given vague answers, it is perfectly appropriate to ask for clarification. You might ask, “Why do you think I wouldn’t get along with them?” If she offers an explanation that still feels too weak to be satisfactory, could you be bold enough to offer your thoughts and feelings on the matter? “To me it seems that you’re embarrassed of me,” or “I wonder if you would prefer to be perceived as single among your guy friends?” You can also tell her how you feel: “I feel hurt when you don’t include me.” Or tell her what you would like: “I would love to spend more time with you on weekends.” As the relationship grows deeper, it is reasonable to ask for more weekend time with her, but this implies a desire for greater commitment. You’ll have to decide if

that’s what you want. I would not advise making demands on her as this can push her away, inspire greater conflict or lying. Hopefully, she will be sensitive enough to be caring of your feelings after you tell her what you want and need from her. p

Our Experts

Jessica Wu is a Harvard-educated, board-certified dermatologist with her own line of skincare products, Dr. Jessica Wu Cosmeceuticals, which incorporate the most advanced skincare ingredients and Asian botanical extracts. You can get Jessica Wu’s fabulous skincare line at www.drjessicawu.com.



Dr. Zong is a podiatrist in Manhattan’s influential Financial District. He serves as the director of surgery at NYC Foot Care and is on the Board of Directors at Gramercy Park Surgery Center. Dr. Zong is also a cryosurgeon and co-founder of the Podiatric Cryosurgery Center of New York. For more information please visit www.nycfootcare.com.



Psychotherapist **Meme Rhee** practices in Southern California at the Akasha Center for Integrative Medicine, and the Bellavita Eating Disorders Clinic. Meme provides individual and corporate counseling, as well as cross-cultural and leadership training.



CAUGHT IN A DILEMMA? EMAIL YOUR TOUGH QUESTIONS TO EDITOR@AUDREYMAGAZINE.COM, SUBJECT LINE “ASK AUDREY.”