

primp

What's your damage?

With so many skincare options out there, it's easy to go overboard. Aggressive treatments can totally disrupt your pH balance, so that you could end up with more probs than when you started. We asked Annet King from the International Dermal Institute to give us some advice on what to do with our schizophrenic skin. —Courtney D.

What you did:	Results	The expert says	The remedy
Became a retinoid junkie	Severe, severe sensitivity	"You have thinned out your skin, which is now environmentally sensitive." Try anti-inflammatory products to help rebuild your skin.	 Prescription Intensive Rebuilding Lotion, \$80; Korner Skincare Look Famous Purifying Mask, \$70
Over-nourished	Bumpy, clogged pores	"Dry twentysomethings shouldn't slather themselves with creams meant for older skin." Use a water-based lotion instead.	 Clean & Clear Oxygenating Facial Scrub, \$7; St. Ives Apricot Cleanser Blemish-Fighting Face Wash, \$4
Had fun with glycolics and micro-derm-abrasion	A "glassy" (i.e., tight and shiny) look	"You've exfoliated away your protective barrier, which leads to dehydration." Stop scrubbing and start moisturizing.	 Clinique Moisture Surge Extra Thirsty Skin Relief, \$31; DermaNew Day Moisturizer for Sensitive Skin SPF 15, \$43
Medicated zits like crazy	Dry, crusty patches all around the pimple	"Next time, use a cotton swab to put medicine only on the blemish." Fix scabby areas with oil-free, noncomedogenic cream.	 Aveeno Clear Complexion Correcting Treatment, \$14; Neutrogena SkinClearing Oil-Free Concealer, \$8
Cleansed, cleansed and cleansed	Dehydrated and flaky	"People with oily skin tend to excessively wash it with harsh cleansers, which can lead to more oil production."	 Clarins Water Comfort One-Step Cleanser, \$30; Purpose Dual Treatment Moisture Lotion with SPF 15, \$9