

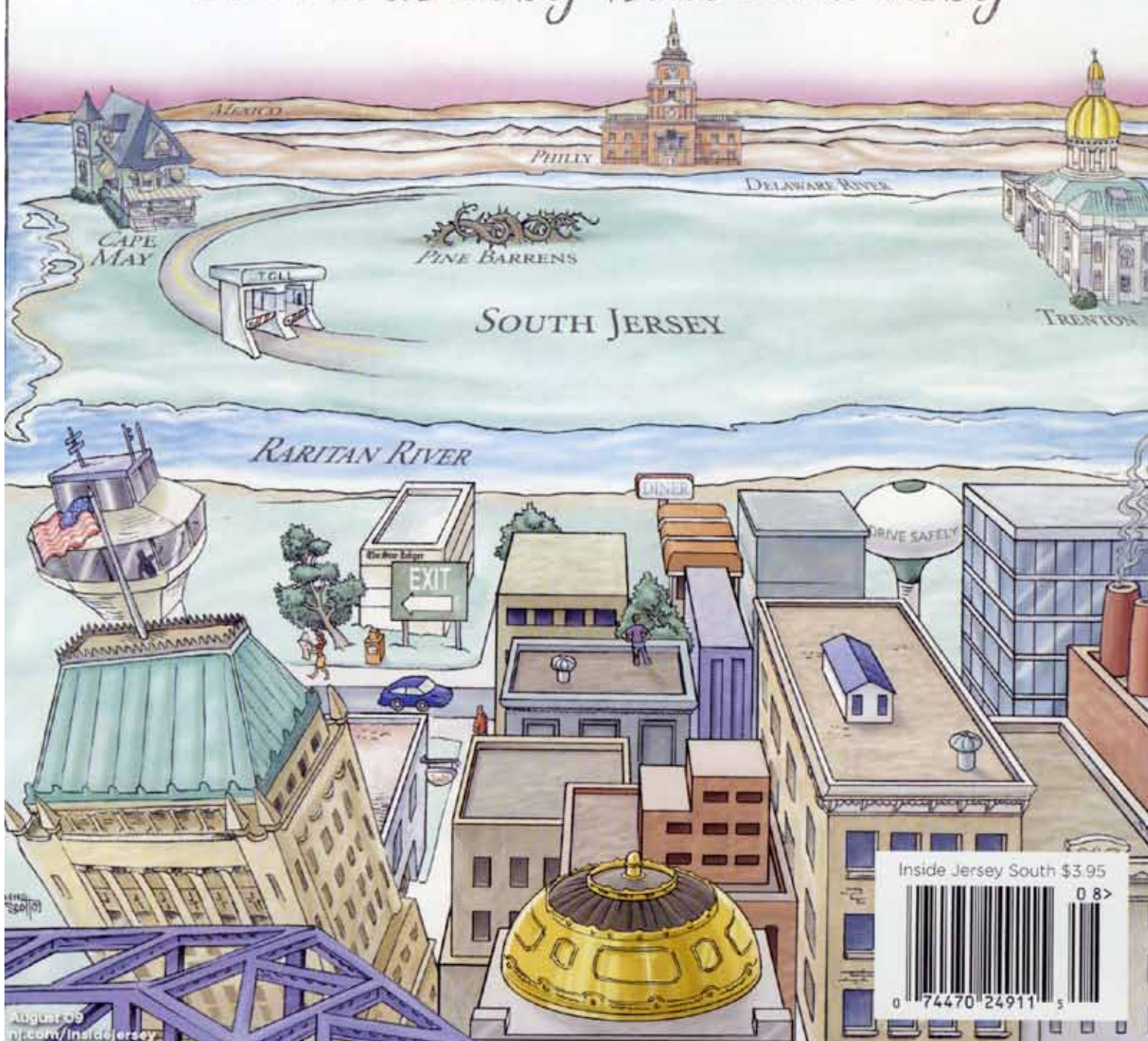
Inside [★]Jersey

**McGREEVEY
CALM AND CANDID**
FIVE YEARS
AFTER THE MELTDOWN

"HEART"
A SHORT STORY
FOR A LONG HOT
SUMMER

A STAR-LEDGER MAGAZINE

How North Jersey views South Jersey



Inside Jersey South \$3.95



0 74470 24911 5

Inside Living Beauty

Spotted! Banish blemishes with these new zit-zappers.

1. It violates common sense, but the experts at **Decléor** say application of its **Aromessence Ylang Ylang** essential oil can counteract overactive glands and reduce inflammation. \$68. Milagro Day Spa at the Atlantic Club in Manasquan and Red Bank. milsfrom.com.



Let's Face It

2. **Clinique** has added a new salicylic acid-enhanced concealer to its **Acne Solutions** line; it comes in three shades, and in a green tint to neutralize redness during flare-ups. \$13.50. Macy's. clinique.com.



3. For the first time in three years, popular acne regimen **Proactiv** has expanded its skin care line: **The Clear Purifying Mask** harnesses the pimple-fighting power of sulfur, for extra-oily skin. It can be used as a night lotion. \$20. proactiv.com.



4. For men and teenage boys hit with the double whammy — breakouts on the face and back — there's **Shea Terra Organics' Black Soap Elixir** in bracing Mint Marrakesh. The all-in-one cleanser leaves skin tingling and clear. \$18. sheaterraorganics.com.



By **VICKI HYMAN**

If the summer heat makes your skin pump oil faster than OPEC, consider the latest blemish-buster in medical director Susan Tanne's arsenal. It's a gentle, noninvasive LED treatment that alternates blue light, to kill acne-causing bacteria, and red light, to reduce redness. How gentle? While traditional acne treatments can leave skin feeling raw and swollen, patients have been known to doze off during the 20-minute Lightwave therapy.

For most patients with moderate acne, it takes six to eight treatments to achieve noticeable improvements, and the Lightwave machine can be targeted to the chest and back as well. Tanne says the treatment reduces blemishes by 60 percent to 70 percent and lasts several months, provided patients are properly cleansing between visits. What could dim your enthusiasm for LED therapy? An eight-week course at Tanne's Cosmetic Laser MD in Livingston costs \$480 and is not covered by insurance.

Vicki Hyman may be reached at vhyman@starledger.com.