

beautyq&a



Q My earlobes are stretched after years of wearing heavy earrings. Can they be fixed?

Rita Will, Merrick, New York

A Yes, if you're willing to spend 400 bucks or so and brave a needle (twice!). Injections of fillers such as hyaluronic acid (Restylane, Juvéderm) or collagen, which are often used to make lips pouty and smile lines disappear, can also plump your earlobes, reducing droop and making the skin tighter, says **Robert Guida, M.D.**, a cosmetic surgeon in New York City. (The results last nine months to a year.) Even though the procedure may seem minor, choose a doctor who has performed it many times before; it's easy to overdo and make your lobes look too large, **Dr. Guida** says. And once you've perked up your ears, try to lighten their load!



Q I've heard caffeine can be bad for your skin. Is that true?

Kimberly Templeton, Roanoke, Virginia

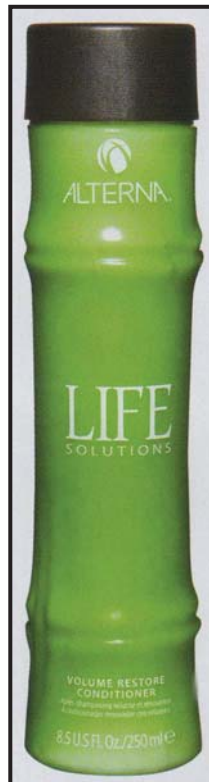
A Nope. Drinking it can dehydrate you, which can make skin appear dull, but that's temporary. Used topically, the substance may deliver benefits. In studies on mice, caffeine applied to the skin was found to prevent and even repair sun damage. Also, "caffeine quickly constricts blood vessels, helping combat rosacea," says Leslie Baumann, M.D., professor of dermatology at the University of Miami. No wonder so many caffeine-containing products crowd store shelves now. (Dr. Baumann likes antiaging Replenix CF Cream, \$54.) Caffeine's getting good buzz!

Q I have limp hair, and I want to try a volumizing conditioner, but isn't that an oxymoron? I thought conditioners smoothed hair down.

Page Bayless, Houston

A Some can do both. As your hairs rub together, they create friction. That can rough up the cuticles, causing frizz, tangles and flyaways—the things typical conditioners aim to prevent by moisturizing, says John Gray, M.D., of London, a member of the European and North American Hair Research societies. But there can be a good effect of friction: It increases the space between hairs, giving a style more oomph. To encourage that, volumizing conditioners use polymers with positively charged ions to counteract the negative ions of static electricity, which is what makes strands cling together. Basically, you're conditioning each strand so it feels smooth, then making all those hairs scoot away from each other so they take up more space!

Life Solutions Volume Restore Conditioner, \$26, adds body, subtracts frizz.



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