

Feel great, look great. It's *that* simple

DO YOU HAVE MYSTERY SPOT SYNDROME?

Do you keep breaking out in spots in the same place? If so, it's likely you've got acne mechanica. "This occurs when something rubs or presses on the skin," explains cosmetic dermatologist Dr Puneet Gupta from The Private Clinic in London. "It's particularly common if heat is also involved, which is why mobile phones are a trigger for some people." The good news? Treatment is simple – a few dabs of Oxy 10 or a similar remedy will calm the spots down, but to stop them recurring, you need to identify the trigger. Check out the most common causes...

YOUR SPOTS ARE:

On the sides of your nose
THE LIKELY CAUSE: Heavy glasses or oversized sunnies

YOUR SPOTS ARE: Beside the ear or on the jaw

THE LIKELY CAUSE: Phones – particularly mobiles

YOUR SPOTS ARE: On the back of your neck

THE LIKELY CAUSE: Your statement necklace

YOUR SPOTS ARE:

On your chin
THE LIKELY CAUSE: Resting your chin on your hand

YOUR SPOTS ARE:

On your shoulders
THE LIKELY CAUSE: A heavy handbag or tight bra straps

YOUR SPOTS ARE:

On your chest or mid-back
THE LIKELY CAUSE: Your sports bra

fact

According to The STI Clinic (www.thesticlinic.com), some sexual infections have increased by 2,000% in the past 10 years. One word: condoms.

COSMO TESTS

THE HYDRACOACH

Helen Foster tries out a water bottle that nags you to drink more



"Don't let the 27-page manual put you off! To use this, just fill it up, enter your weight and it works out how much water you should drink in a day.

The special straw measures how much you've drunk and how close to your target you are. It also estimates your average consumption per hour."

The verdict: "After three days using the Hydracoach,

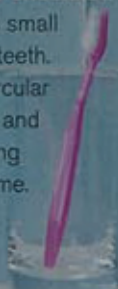
I was definitely drinking more water. Every time my hourly average dipped below 33oz, I made it a rule to sip. It's a bit gimmicky but it's fun to use and it also helped me cut my fizzy drink consumption by half as these don't count towards your total. Instead I'd refill the bottle to reach my target."

• *The Hydrocoach is available at John Lewis, priced £24.95. Visit www.hydracoach.com*

Brush up!

It seems 72% of us don't brush for the recommended two minutes – so to get the perfect technique we asked top US dentist Dr Jan Linhart for his ultimate toothcare checklist:

- Use a brush head that's small enough to reach your back teeth.
- Scrub front teeth in a circular motion, molars side to side and backs up and down, focusing on two or three teeth at a time.
- Brush for two minutes.
- Brush your tongue.
- Floss.



PEAK PERFORMANCE

Always forgetting birthdays or nights out with the girls? Don't panic – your brain probably still has a way to go before it reaches its peak. Researchers have found our brains are at their peak at age 39, which means we're all getting better every day!



MELT YOUR MIGRAINE

New research says yoga can cut the risk of migraine by 70%. If you feel one coming on, try this exercise from yoga expert Lisa Askem (www.benditlikelisa.co.uk): sit on the floor, back to the wall, knees bent, feet wide apart. Rest elbows on knees and interlace fingers, palms together. Make thumbs and index fingers into an 'L'; place thumbs at the top of your nose, one under each eyebrow. Tilt your head forward until it rests on your index fingers; breathe deeply for three to five minutes.

