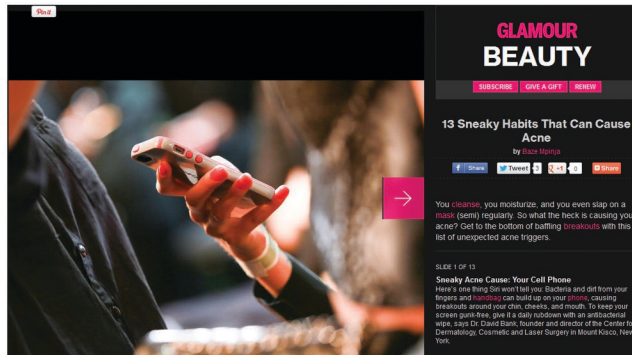


GLAMOUR BEAUTY



Sneaky Acne Cause: Your Cell Phone

Here's one thing Siri won't tell you: Bacteria and dirt from your fingers and handbag can build up on your phone, causing breakouts around your chin, cheeks, and mouth. To keep your screen gunk-free, give it a daily rubdown with an antibacterial wipe, says Dr. David Bank, founder and director of the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, New York.

Sneaky Acne Cause: Air Travel

Whether you fly coach or spring for first class, there's no escaping the dry air on a plane. When your skin is parched, the dehydrated cells build up and retain oil, which can leave you with an unwanted souvenir—acne. To prevent a post-flight breakout, apply a hydrating serum before you board, and use a mild exfoliator after you land. "The serum will bring moisture deep into the skin, and the scrub will remove the surface cells that accumulated during your flight," Dr. Bank says. Now, if only something could be done about the legroom situation.

Sneaky Acne Cause: Your Hands

You know your usual "daydreaming about Ryan Gosling" pose? Yep, it might be an acne trigger. "Most of us do it without noticing, but touching your face is a common cause of breakouts around your chin and jawline because you are bringing bacteria to your skin, as well as applying pressure to it," says Dr. Bank. So, hands off! That goes for squeezing pimples and picking at scabs too—it'll only make breakouts look worse.

Sneaky Acne Cause: Your Hair Products

"Many thick, greasy hair products like pomades and gels are chock-full of ingredients that can drip onto the skin and clog pores. If you've noticed breakouts along your hairline, neck, and back, there's a chance it could be from your products," says Dr. Bank. A few ways to fend off pimples: Take time to thoroughly rinse conditioner off your body in the shower, shield your face before you apply styling or conditioning sprays, and don't apply oils and serums to bangs or layers of hair that graze your face.