

## BEAUTY INGREDIENT ID

## A JUICY SKIN BOOST

Here's a new one: *A plum a day keeps the wrinkles away.* The fruit is loaded with nutrients that can improve skin health and quality, and plum oil products can help you reap the radiant benefits (without the sticky chin). Rich in potent antioxidants like vitamins A, C, and E, plum oil brightens skin, protects against aging free-radical damage, and stimulates collagen and elastin for a smooth, even-toned complexion. But that's not all—plum oil is anti-inflammatory and high in essential fatty acids shown to regulate oil production and prevent clogged pores, "so it hydrates while reducing breakouts on acne-prone skin," says Dendy Engelman, M.D., a board-certified dermatologist in New York City. Kakadu plums in particular are a good ingredient to look for in facial serums. "Clinical studies on Kakadu plum oil show that it brightens skin and has major antioxidant power," Dr. Engelman adds.



**Wander Beauty**  
Sight C-er Vitamin Concentrate with Kakadu plum oil, \$42, wanderbeauty.com



**DermaDoctor**  
Kakadu C 20% Vitamin C Serum with Ferulic Acid & Vitamin E, \$95, dermadocor.com

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## Why does my hair seem oilier in the summer, and what can I do about it?

The body's oil glands are more active in hot, humid weather, and that includes the ones on the scalp, which means hair gets greasy faster. But constantly dousing your head in quick-fix dry shampoo can damage your scalp, says Annie Chiu, M.D., a board-certified dermatologist in Redondo Beach, CA. Instead, try these simple tweaks to your routine.

### SHAMPOO LESS OFTEN

It may seem counterintuitive, but "washing your hair too frequently strips the scalp of its natural oils, which causes glands to overproduce oil to compensate," says Dr. Chiu. Wait at least a day between washes, and when you do cleanse, look for a silicone-free shampoo with tea tree oil, which helps control excess scalp oil while maintaining the skin's moisture balance. A dandruff shampoo works too, even if you don't have dandruff, "as the ingredients are gentle and help regulate the scalp's oil production," Dr. Chiu adds.

**PREVENTION PICK:** Love Beauty and Planet Sulfate-Free Tea Tree Oil & Vetiver Shampoo, \$7, target.com



### TIE UP HAIR FOR BED

To help prevent sweat and oil from seeping into it while you sleep, gather



the hair on top of your head in a scrunchie or a nonelastic hair tie that won't snag or dent strands. For short hair, a silk or satin headband can help absorb oil.



**PREVENTION PICK:** Invisibobble Sprunchie Scrunchie, \$8, sephora.com

### PICK POWDERS OVER AEROSOLS

Occasionally reaching for dry shampoo is no biggie, says Dr. Chiu. "But using it on a daily basis without shampooing can clog hair follicles and lead to dandruff or even a scalp infection," she warns. Choose a nonaerosol dry shampoo made with talc-free powder, which is kindest to your scalp.

**PREVENTION PICK:** Klorane Dry Shampoo with Oat Milk Non-Aerosol, \$20, kloraneusa.com

