

SUMMER'S BEST DRESSES, SHORTS, BIKINIS, BAGS

allure

THE BEAUTY EXPERT

MAY 2009

GET A GREAT BODY

The Fastest Way To Flat Abs

PLUS: The Useless Moves to Skip

The Cheater's Diet

Lose Weight & Win a Spa Trip p.166

12 Embarrassing Skin Problems

Clear Up Back-ne, Bumps, Scars & More

LOVE THE SUN

Hold the Wrinkles

Blak

Q: I have a white scar on my knee that's been there for a while. What can I do to get rid of it?

A: If the scar is raised, a series of cortisone injections could deflate it in about two weeks.

Kelo-cote, a silicone gel available at drugstores, can also help flatten raised scars. This new rub-on gel is "remarkably effective when worn daily for about two to three months," says James Spencer, associate professor of clinical dermatology at Mount Sinai School of Medicine, who recently studied it.

\$3.50 US \$4.50 FOR

05 >

