

COSMOPOLITAN

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Hilary Duff
Is Back
and
Kicking Ass

THE
5-MINUTE
Flat-Abs
WORKOUT

63

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COSMO CAREERS

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and cucumber help detoxify the liver and rehydrate the body, and drinking water with lemon flushes out impurities to clear the skin," says Bridges.

Outer behavior. Do you break out after getting your brows waxed, threaded, or tweezed? Ripping out those hairs can cause inflammatory acne.

How to deal. Use honey as a skin-calming spot treatment. "Raw manuka honey is naturally anti-inflammatory and antibacterial, and since it's a humectant, it's not drying," explains Dr. Fishman. Sounds weird, but it works. Leave it on for 15 minutes, then rinse.



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