

# Take the plunge

GET BLEMISHES AND OTHER SKIN PROBLEMS OFF YOUR CHEST—LITERALLY!

**Y**OU LAVISH CARE ON YOUR FACE, BUT YOU OFTEN FORGET THE IMPORTANT real estate just below—your neck, shoulders and chest. The outcome: “It develops wrinkles and blemishes, and it’s the number-one spot for sun damage,” says Regina Viotto, spa director at the Paul Labrecque Salon & Spa in New York City. To get flawless skin from chin to cleavage, stick to these strategies. **Wash wisely** “A common mistake is using an ordinary body wash on the décolleté,” Viotto says. “It strips oils that keep skin youthful.” Let your face cleanser or a moisturizing body wash or gel do the job. **Smooth over** Many women don’t apply sunscreen below the chin, says Paula Moynahan, M.D., of SkinKlinik in New York City. To prevent a crepey look, protect exposed skin with SPF 15 or higher. **Bust bumps** The chest area is often covered by clothes, trapping pore-clogging sweat. You can treat zits there with a facial product containing salicylic acid. Your concealer, however, is likely too light for your chest, so invest in a palette with an array of hues. Bring on the plunging necklines! —Hillary Quinn



**CHEST HELPERS**  
Garden Botanika Concealer Palette, \$25; H2O Plus Kiwi-Cassis Shower & Bath Gel, \$9; Clinique Repairwear Day moisturizer, \$45