

# Prevention

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## If You're Not Fixing These 3 Beauty Issues While It's Still Winter, You're Making A Big Mistake

By [Aviva Patz](#) February 2, 2016



Covering up for cold weather gives us a chance to remedy nagging beauty woes on the down-low. Here are some issues you might have neglected during flip-flop season and the fixes that no one will ever suspect. ([Want to pick up healthier habits? Sign up to get daily healthy living tips, beauty fixes, and more delivered straight to your inbox!](#))

### Beauty woe: Foot fungus

**Pro fix:** Lasers, such as Cool Touch, can "decrease the overall infection load by raising the temperature underneath the nail plate to a point at which many fungi can't survive," explains dermatologist **Chris G. Adigun, MD, a nail specialist in Chapel Hill, NC.** You'll still need topical antifungals, but lasers may jump-start the healing. (\$800 to \$1,200, not covered by insurance)

**DIY fix:** Oral antifungals are still the gold standard, but two new topical treatments—Jublia and Kerydin—promise to defeat fungus when applied daily for a year. They penetrate the nail plate (even through polish!) to deliver meds right to the source of the infection. A study in the *Journal of the American Academy of Dermatology* showed a cure rate of up to 55% after using Kerydin daily for 48 weeks. (By prescription, covered by insurance)

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### **Beauty woe: Bikini bumps and ingrown hairs**

**Pro fix:** Laser treatment stops bumps and ingrowns by halting hair growth. "A single wavelength of light energy seeks out the pigment in the hair root, heating it and damaging the follicle so it can no longer produce a hair," explains dermatologist Jessica Krant, MD, of the Laser & Skin Surgery Center of New York. A 2015 study in the *British Journal of Dermatology* confirms that laser hair removal helps resolve stubborn ingrown hairs. (3 sessions, \$350 to \$500 each. Not covered by insurance)

**DIY fix:** Apply a warm compress for 15 minutes daily until bumps clear up. In the meantime, give your razor a rest, allowing hair to grow in more fully, and don't even think of tweezing or waxing, which removes the entire hair and can lead to deep ingrowns, as the new, thin baby hair is sometimes not strong enough to find its way out. (Here's [how to prevent ingrown hair in the first place](#).) After a season of rest, growth will be healthier and your hair will be less prone to growing in funky.

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### **Beauty woe: Arm bumps, aka keratosis pilaris**

**Pro fix:** A glycolic peel can help dissolve the small dry-skin particles plugging the hair follicles on your outer arms or thighs. "Then you can whittle away at the bumps at home with a 10% glycolic lotion," says New York City dermatologist Neal Schultz, MD. "Apply it once or twice a day and you'll see results in 3 weeks." A 2015 study in the *Journal of Clinical Medicine* confirms that glycolic acid improves the look of keratosis pilaris. (\$150 to \$250. Not covered by insurance)

**DIY fix:** Apply a 10% glycolic lotion once or twice a day for 3 weeks. Once the bumps are gone, decrease gradually—use once daily for a week, then every other day for a week. If the bumps return, start over with the full dose for 3 weeks. (\$10 to \$68, not covered by insurance)

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