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Christina Applegate
On Cutting Yourself Some Slack

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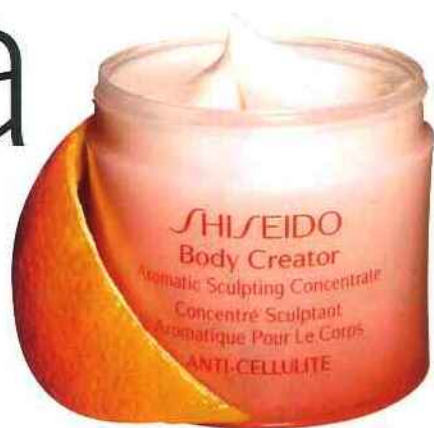
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beauty q&a



Q I'm always looking for a better cellulite solution. Any news?

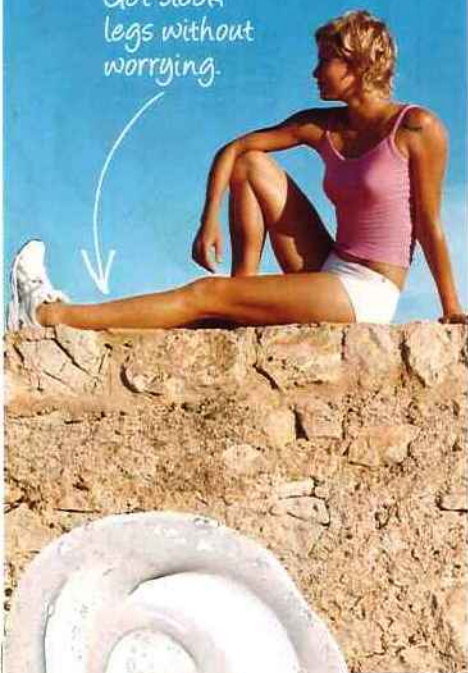
A Yes. Some bad: still no permanent fix. Some good: Beauty companies are racing to create treatments to lessen the appearance of cellulite. One I am trying and like is Shiseido Body Creator concentrate, \$63. (It's an update of the Body Creator Aromatic Gel, which SELF tested a few years ago and found slimmed things down a tad.) The new goop has chai hu extract, said to spur collagen production, so orange-peel skin looks smoother. The latest in-office advance is an Accent radio-frequency device, says Bruce Katz, M.D., a derm in NYC. In English: lasers that target fat at two depths, breaking down the fibrous tissue that makes you dimply. Here's to progress!

ASK SELF'S BEAUTY EXPERT



Have a question for our beauty director, Elaine D'Farley? Send your makeup mysteries, skin dilemmas and other beauty bafflers to beauty@self.com.

Get sleek legs without worrying.



Q I use a moisturizer that contains soy to slow hair growth on my legs. Am I getting a dose of feminizing hormones through my skin?

A You're right that soy has phytoestrogens, plant compounds that can act like the human hormone estrogen. When eaten, as in tofu, the amount your body absorbs can be significant, but "when soy is applied to your skin, the amount of phytoestrogens absorbed is minuscule and unlikely to have any systemic effects," says Jeffrey Benabio, M.D., a dermatologist in San Diego. Interestingly, the phytoestrogens aren't what is taming hair growth: Soy also contains proteins called soybean trypsin inhibitors and Bowman-Birk protease inhibitors, which block specific enzymes in the skin that are responsible for hair pigmentation and growth. So you can be silkier—safely.

Q My hair grows to right below my shoulders but never longer. How can I give it a growth spurt?

A Sorry, but you can't. Hair length is determined by genetics, age and hormonal fluctuations. You can help hair reach its maximum length by protecting it from splitting, which leads to breakage. Ask for a monthly "dusting" at the salon, suggests hairstylist Ashley Javier, of New York City. A dusting is the barest of trims; it takes off the very tips of the hairs, where they're prone to split, without lopping off a substantial amount while you are trying to gain length. Between trims, protect ends with a heavy-duty hydrating treatment such as silicone-containing Herbal Essences Long Term Relationship Split End Protector, \$3. Extra TLC may not add inches, but it will preserve the ones you've got.



Keep hair healthy to grow it long.