



COUNTER INTELLIGENCE: ZINC

Skin care's next antiaging secret has been hiding in the shampoo aisle for 41 years. A compound known as zinc pyrithione, which has been used by Head & Shoulders since 1965 to fight dandruff by eliminating the cause of excessive cellular turnover on the scalp, can improve the skin even when there aren't flakes, says Dianna Kenneally, a senior scientist at Procter & Gamble Beauty: "Recent research indicates that zinc fights the microbes that irritate skin and cause it to shed off."

Zinc's soothing benefits can help the body from top to toe. Unlike zinc oxide, which is commonly used in sunscreens as an inert UV blocker, zinc pyrithione acts as an anti-inflammatory and antibacterial agent that speeds wound healing, quells eczema, negates the impact of free radicals, and kills pore-clogging bacteria; zinc carbonate is an active component of rash-reducing calamine lotion. "Zinc-based enzymes are key for general dermal health. We're finding that zinc may also have antiaging benefits," says

Melanie Grossman, MD, a dermatologist and clinical instructor at Columbia University Medical School. "Applying zinc topically should help the skin to function at its best." The Collective Wellbeing Active Charcoal/Zinc Body Wash, Sally Hershberger Face Place Face Shampoo, and Dermalogica Super Rich Repair cream all incorporate the mineral to reduce microscopic irritations.

Zinc has also proven helpful with acne. Patricia K. Farris, MD, a clinical assistant professor of dermatology at Tulane University School of Medicine, believes that zinc works on many levels to eliminate breakouts. "It calms overactive sebaceous glands, inhibits oil-producing enzymes, and kills the fungal and bacterial organisms that can worsen pimples," she says. And zinc (which can also be found in lines such as Neutrogena Advanced Solutions and Murad Acne Complex) regulates—it doesn't reduce—oil production, so it won't dry out normal skin.

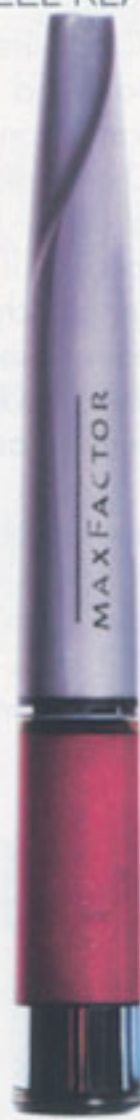
Meanwhile, the Head & Shoulders shampoo that started it all is getting a makeover. A revamped version, out this month, has a new zinc formula with more moisturizers and a less-medicinal smell.—MEAGHAN KEELEY

Think zinc: (From top) Murad Acne Spot Treatment; Dermalogica Super Rich Repair cream



TOP 5: LASTING LIPSTICKS

ELLE READERS VOTE ON WHICH SHADES STICK AROUND THE LONGEST



"You never need to touch up" with **Max Factor Lipfinity Everlites** in **Cherished** because it "always looks fresh."

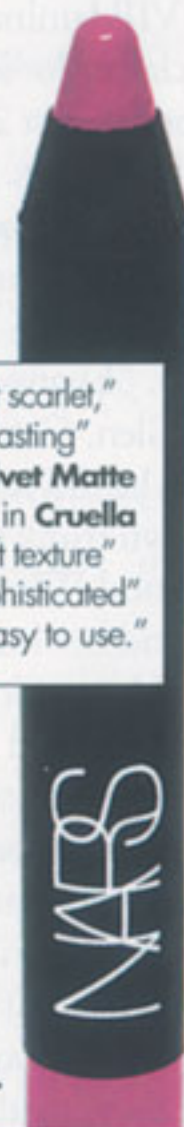
"Sexy" **Chanel Creme Lipstick** in **Shanghai Red** "glows on lips" with a "vibrant" and "Red Delicious" hue.



Topped with gloss, **M.A.C Pro Longwear Lipcolour** in **All Nighter** "stays flawless" and "won't smudge on his lips."



A "perfect scarlet," the "long-lasting" **NARS Velvet Matte Lip Pencil** in **Cruella** has a "soft texture" that's "sophisticated" but still "easy to use."



"All day long" **Revlon Colorstay Overtime** in **Sheer Rosette** "gives shine" and a "natural pink finish."



Log on to ELLE.com/Top5 and be counted. In March, see which blemish treatments clear things up.