

14! Selena **Jeau** just for teens **J-14** Get



5 simple steps to a killer complexion!

Selena's makeup artist, Bruce Wayne, tells J-14 exclusively that her biggest beauty challenge is wearing loads of makeup while filming *Wizards*. "The key for her, and for anyone, is keeping skin clean without overdoing it," he says. Washing more than twice daily will strip skin of its natural moisture and cause it to produce excess oil, Bruce adds. "A light moisturizer every night is also a must!"

Selena's Secrets

Using products that are too strong is a common mistake. Take this skin-type test to know your skin:

- Wait 10 minutes after washing.
- Is your skin tight (dry skin), shine-free (normal skin) or shiny (oily skin)?
- Stick with a skin-care regimen designed for your skin type and your complexion will improve in 4-6 weeks!



Selena's makeup artist recommends foaming cleanser to deep clean dirt, oil and makeup.

Gorgeous Skin!

	If you have dry/sensitive skin...	If you have normal/combo skin...	If you have oily/acne-prone skin...
STEP 1: wash	<p>Use mild soap-free and oil-free cleanser a.m. and p.m. If skin appears red and blotchy, your cleanser could be too strong. <i>Benefit You Clean Up Face</i>, \$26, benefitcosmetics.com; <i>Purpose Gentle Cleansing Wash</i>, \$6, drugstores</p>	<p>Wash twice daily with warm water and cleanser formulated for normal skin. <i>Glow for Girls everyday face wash</i>, \$16, gloriyforgirls.com; <i>PHOSDERM foaming facial wash</i>, \$7, drugstores</p>	<p>Wash twice daily — oil-free cleanser is a must! Try products medicated with salicylic acid for problem skin. <i>Clear & Clear Deep Acne Cream Cleanser</i>, \$5, drugstores; <i>Cleasol Ultra Daily Face Wash</i>, \$4, drugstores</p>
STEP 2: exfoliate	<p>Slough away dead skin twice weekly to prevent breakouts and make skin glow. <i>Yes To Carrots Gentle Exfoliating Cleanser</i>, \$10, Target; <i>Zia Bamboo Exfoliant</i>, \$25, zianatural.com</p>	<p>A mild exfoliant one to three times a week will remove dead skin, creating a glow and preventing breakouts. <i>Clinique 7-Day Scrub Cream</i>, \$18, clinique.com; <i>Zia Ultimate Exfoliant</i>, \$20, zianatural.com</p>	<p>Purge pores with an exfoliating scrub (look for salicylic acid to battle breakouts) one or two times a week. <i>Bioe Pure Exfoliating Scrub</i>, \$6, drugstores; <i>Clear & Clear Blackhead Clearing Scrub</i>, \$5, drugstores</p>
STEP 3: toner	<p>A gentle fragrance-free and alcohol-free toner will balance and hydrate. <i>Nature's Gate gentle moisturizing facial toner</i>, \$10, naturesgate.com; <i>Jason Real Elements calming toner</i>, \$11, jason-natural.com</p>	<p>Alcohol-free toner after washing cleans and balances combo skin. <i>Zia Skin Rescue Astringer</i>, \$15, zianatural.com; <i>Blossom Bailey Rose Star facial toner</i>, \$11, blossom4girls.com</p>	<p>Look for a toner that deep cleans to prevent breakouts before they start. <i>Tess This Is Your Make-up Call toner for skin with attitude</i>, \$14, Sephora; <i>Bioe action astringent</i>, \$8, drugstores</p>
STEP 4: moisturize	<p>Calming or redness-reducing lotions even out sensitive skin, giving it a healthy glow. SPF is a bonus! <i>Aveeno Ultra-Calming moisturizer</i>, \$14, drugstores; <i>Glow for Girls everyday face & body lotion</i>, \$16, gloriyforgirls.com</p>	<p>Use SPF year-round to prevent discoloration and wrinkles later in life. <i>PHOSDERM daily moisturizer</i>, \$8, drugstores; <i>Dove Deep Moisture facial lotion</i>, \$8, drugstores</p>	<p>Even oily skin needs moisturizer — keeping hydrated actually prevents breakouts. Choose an oil-free formula with SPF. <i>Benefit Do It Daily</i>, \$26, benefitcosmetics.com; <i>Blossom Bailey All Star moisturizer</i>, \$14, blossom4girls.com</p>
STEP 5: spot treatment	<p>Zia zits twice daily with a benzoyl peroxide cream. Salicylic acid is too strong for you and could make blemishes worse. <i>Cleasol Ultra Vanishing Acne Treatment Cream</i>, \$9, drugstores; <i>Clear & Clear Persa-Gel 10</i>, \$6, drugstores</p>	<p>Use benzoyl peroxide for minor blemishes, salicylic acid to battle big breakouts. <i>Benefit Ki-Peri Acne Mediator</i>, \$20, benefitcosmetics.com; <i>Clear & Clear Persa-Gel 10</i>, \$6, drugstores</p>	<p>Twice daily, treat zits with a product containing salicylic acid, which is the toughest over-the-counter ingredient available for fighting pimples. <i>Bioe Bioe Blemish acne control gel</i>, \$10, drugstores; <i>Clear & Clear Advantage</i>, \$7, drugstores</p>