



ASK MERM

Got a beauty dilemma? Get expert advice from Cosmo's beauty editor who has seen and tried it all!

Is it okay to use body lotion on my face?

“Skin is thinner on your face than it is on your body, so it should be treated differently. Body lotions are meant for healing severely dry skin, so they usually contain ‘heavier’ ingredients like oils that can otherwise clog pores on your face. Many body lotions also contain fragrances that can irritate delicate facial skin.”

Physiogel Daily Moisture Therapy Cream, P550.
Jergens Hydrating Coconut Dry Skin Moisturiser, 250 ml, P170.



Pond's Age Miracle Cell ReGen Day Cream SPF 15, 10 ml, P99.

NUXE Nuxellence Eclat, P2,750.



I'm 23. Am I too young to use anti-aging products?

“You can never start too early—as long as you do it correctly. No matter how young you are, I recommend wearing SPF 30 daily, moisturizing every night, and wearing sunglasses when outdoors. I started using anti-agers containing retinol at 18. It's important to start with the smallest dosage of retinol in your 20s; you can work your way up to higher concentrations in your 30s and 40s.”



L'Oréal Paris Excellence Crème in Red Light Brown, P495 for kit.

When should I shampoo after coloring my hair?

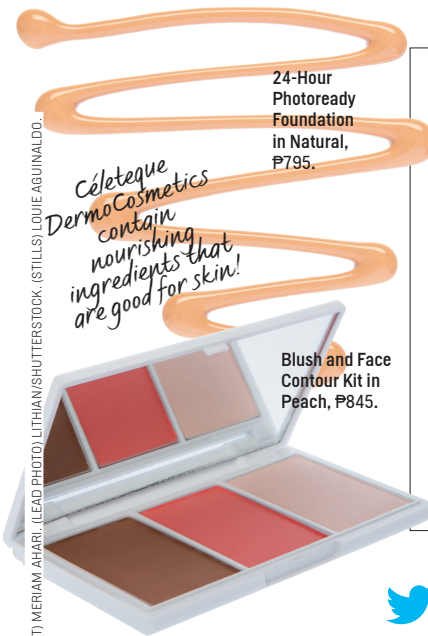
“Wait three days to shampoo. After dyeing hair, each strand's cuticle layer takes up to 72 hours to close, ‘trapping’ color. Refraining from washing allows the dye to properly adhere. Until then, spritz greasy roots with dry shampoo.”

24-Hour Photoready Foundation in Natural, P795.

I wear foundation daily. Should I let my skin breathe?

“Skin cannot respire—it receives oxygen from the bloodstream, not from the outside air. Foundations contain fragrances, oils, or preservatives that aggravate skin, so choose makeup best suited for your skin type (i.e. oil-free foundation for oily skin). It's not necessary to give skin the day off as long as makeup is thoroughly removed at the end of the day.”

🐦 📷 GOT A BEAUTY Q? MESSAGE @COSMOMERM ON INSTAGRAM OR TWITTER TO GET YOUR ANSWER IN AN UPCOMING ISSUE.



Blush and Face Contour Kit in Peach, P845.

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