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MARCH 17, 1981

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## Dear Beauty Editor

### ALLERGIC REACTIONS FROM STRESS

Whenever I get nervous I break out in hives. Why does my body react this way?—*T.O., St. Louis, Mo.*

When you're nervous and under stress, blood vessels dilate and there's an increase in blood flow to the skin. This increased blood flow can make you more susceptible to environmental allergens and you develop hives. The only preventive measure is to try to stay calm when you're under stress. When you do break out, try to relax. Take deep breaths and lie down for a few minutes, or go for a walk in the fresh air. Once you relax hives will start to recede quickly. You might also take an antihistamine tablet to counteract the allergic reaction. *Don't* take aspirin unless your doctor recommends it. In some cases it can aggravate the hives. Instead, apply cold water compresses to areas that are itchy and/or swollen.

### EYE MAKEUP FOR GLASSES

My eyes look tiny behind my glasses. How can I apply makeup so they'll look bigger? Also, my glasses cover part of my cheeks. Where should I apply blush?—*R.A., Daytona Beach, Fla.*

Glasses emphasize shadows, so start by covering undereye circles with a coverup cream that works with your skin tone. Blend well. Bring out eyelids by applying a slightly shimmery shade of eyeshadow like gold, pink or peach. Use a deeper, matte shadow along the crease. Brown, plum or violet are good choices. Blend color up to browbone. Line upper and lower

lids very close to your lash-line with a deep eye-color pencil in black, navy or brown. Curl lashes; apply lots of mascara. Don't apply blush to area that is covered by glasses. After making up eyes, put glasses on and apply blush to cheeks, but along the outside of the frame. Sweep color up to temples and along hairline. Blend well so color looks natural. (*Note:* If your eyes look tiny because you're nearsighted and have very strong, thick lenses, you might ask your eye doctor about special highlighted glass, which is thinner and lessens distortion.

### ESTHETIC DENTISTRY FOR PROBLEM TEETH

My teeth are permanently discolored, and I also have nicks in my front teeth. How can these problems be corrected, without having my teeth capped?—*N.P., New Rochelle, N.Y.*

According to Ronald Goldstein, D.D.S., Atlanta, an expert in esthetic dentistry, there are new, effective and painless alternatives to capping teeth, and they're less expensive. Ask your dentist which technique is best for you. (If your dentist is not familiar with them, ask for a recommendation of one who is, or contact the *American Academy of Esthetic Dentistry, Chicago, Ill.*) **Bleaching** (for mild discoloration of teeth): During each of the three to 10 treatments required, the dentist applies a concentrate of hydrogen peroxide to the discolored tooth—up to 10 teeth can be treated at one time—then projects heat and light on the area to activate the bleaching action. Touch-ups may be needed once a year. Cost: \$75 to \$100 per treatment. **Composite resin bonding**: Effective on medium to dark stains and nicks in tooth surface. A mild acid is applied to tooth to etch the surface enamel. Over this, the dentist first applies a liquid resin, then a heavier, tooth-colored plastic. In order to cover very dark stains, the dentist must apply a resin masking agent before the regular liquid resin. Cost: \$100 to \$400 per tooth, depending on the work required. **Laminate veneers**: Procedure is the same as above, but over the last coat of plastic, a preformed plastic front is laminated to the tooth so there's a new surface. Cost: \$100 to \$400 and up, depending on work needed. These two procedures correct color and nicks as well as chipped or crooked teeth. They last about five to 10 years. ■