

# COSMOPOLITAN

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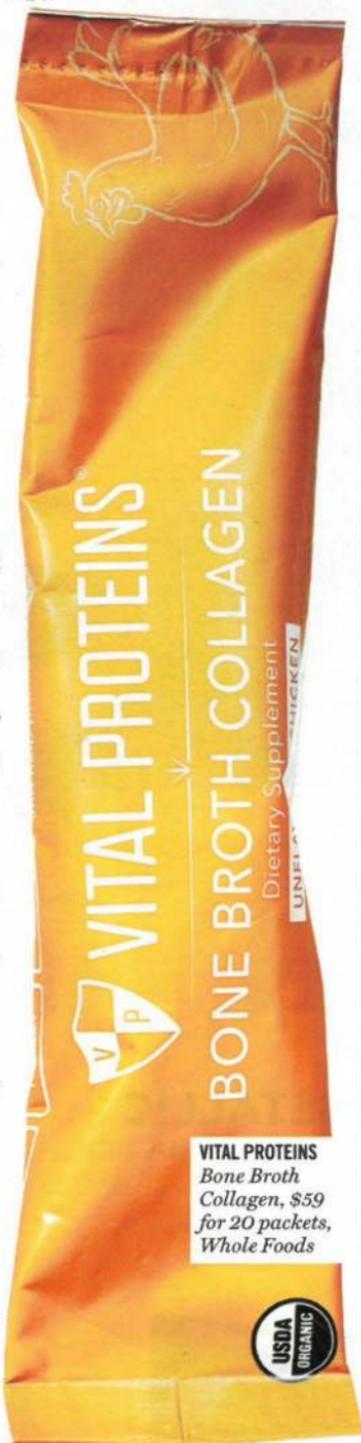
# BEAUTY

## Beauty Broth

Wellness companies are positioning bone broth as the next skin superfood. The broth, a mix of boiled-down animal bones, is said to plump skin, thanks to high levels of collagen and protein.

### HOT OR NOT? 🔥

“Ingesting collagen can have antioxidant and anti-inflammatory effects and is also a natural way to boost collagen production in the body,” says Dr. Sadick, who notes that drinking bone broth is more effective than applying topical collagen, which can’t be absorbed by skin. To DIY, in water in a slow cooker, simmer chicken bones for up to 24 hours or beef bones for up to 48 hours (the heat breaks down collagen into digestible amino acids). Or try it powdered (a slow-drying process preserves the benefits), like in Vital Proteins’ version.



**VITAL PROTEINS**  
Bone Broth  
Collagen, \$59  
for 20 packets,  
Whole Foods



## Microneedling

In an effort to smooth wrinkles, a dermatologist or trained aesthetician runs a rollerball studded with tiny needles over skin to create channels that instantly increase product absorption and, over time, promote collagen production. You can also use a less intense DIY tool.

### HOT OR NOT? 🔥

**Cosmetic dermatologist Paul Jarrod Frank, MD, is a fan of professional microneedling—the tool’s longer needles create deeper channels, which create a painless “injury” that eventually prompts the growth of new collagen. “While DIY microneedling won’t boost collagen, it can help product absorption, which can soften the appearance of lines,” explains Dr. Frank. Follow the directions very carefully, and use light pressure.**

## Polyhydroxy Acids

These next-gen hydroxy acids (an ingredient family that dissolves dead skin cells) are lauded for their ability to smooth skin and even out pigment sans irritation.

**HOT OR NOT? 🔥** “PHAs are effective, especially if you have sensitive skin,” says Dr. Sadick. Studies also show that some PHAs (like gluconolactone and lactobionic acid) have hydrating and antioxidant properties as well. Try them in topical skin care, like NeoStrata’s serum.

