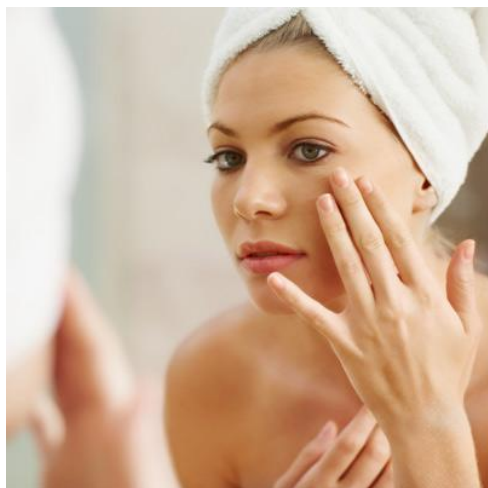


Quiz: Are You Wasting Your Beauty Products?

Stop! Before you squeeze any more toothpaste out of the tube, find out exactly how much of your beauty products you really need to use.

By Bora Chang



Question: Retinoids

For the best wrinkle-fighting power, how much of a retinoid should you apply to your face?

- a. A pea-sized drop or less
- b. A dime-sized amount
- c. A quarter-sized amount
- d. Enough to see a visible layer

Answer: A. A pea-sized drop or less

Don't be tempted to slather a retinoid on in hopes of waking up looking 10 years younger. A pea-sized drop is all you need to spread a thin layer on your forehead, cheeks, chin, and nose. "You need very little of it to be effective," says Graf. **Using too much of a retinoid can cause dryness, flaking, and redness, especially if you have sensitive or dry skin, says Rebecca Baxt, MD, a dermatologist in Paramus, New Jersey, and New York City.** (Although people are rarely inclined to use too little, too small an amount can make the retinoid ineffective.)