



Is it normal to see blue veins on your breasts? I feel embarrassed asking, but I really want to make sure I'm normal!

When I shave my legs, you can still see the roots underneath, like little black dots on my legs. I want to have smooth-looking legs. How do I get rid of the dark spots?

Getting the best results from your shaving regimen can be a little, well, hairy. According to Dr. Vivian Bucay, a dermatologist in San Antonio, TX, spotting "dots" on the legs after shaving is fairly common, "Shaving removes the top portion of the hair, but not the root," she explains. To minimize the appearance of those "dots," Dr. Bucay suggests exfoliating your legs with a body scrub to eliminate dead skin. Also, use a sharp razor (don't hang on to those disposables too long!) and a good quality shaving gel like Skintimate. "With continued use, hair regrowth will be finer and not appear as dark," she says. Other options? Consider depilatories such as Nair, which dissolves just below the skin or even waxing, which pulls hair out at the root.

I started to wear pantiliner just in case, and now I have a rash every time I put one on. Why does this happen?

A period-related mishap is a girl's worst nightmare. But that doesn't mean you should wear a pantiliner 24/7. According to Dr. Jennifer Griffin of the Department of Obstetrics and Gynecology at the University of Nebraska Medical Center, it's not unusual for some pantliners to irritate the skin. "Avoid using scented sanitary products—their fragrance can cause allergic reactions and irritate sensitive skin. On days you use pantliners or pads, change them frequently enough so that they stay dry." And if you're worried about leaks, track your cycles so you know when to expect your period.

Put your mind at ease. "These are just normal veins that are very close to the surface of the skin and so more easily seen," says Dr. Barbara K. Snyder, Chief of Adolescent Medicine at the Robert Wood Johnson Medical School in New Jersey. "If your breasts have grown a lot in size recently, this might make the veins more obvious. In any case, this is nothing to worry about"

When I shave, I get bumps by my bikini line and they look gross. How do I get rid of them?

Those zit-looking things are ingrown hairs that get trapped below the skin's surface, resulting in irritation and swelling, just like a blemish. They can happen anywhere, but the sensitive bikini area is especially susceptible. Dr. Bucay recommends an "application of a 1/2 or 1 percent over-the-counter hydrocortisone cream twice a day to minimize skin irritation and bumps after shaving." Ingrowns still makin' ya crazy? The GL staff swears by Tend Skin (\$16, drugstore.com), a liquid you dab on ingrowns. It's magic! *

Fact or Fiction?

I recently heard that kissing can cause cavities. It seems too weird to be true!

Believe it! According to **Dr. Elisa Mello**, Cosmetic Dentist and co-founder of NYC Smile Design, kissing can cause cavities. "If you are kissing someone who has a lot of cavities or bad bacteria in their mouth, that bacteria can be passed from one mouth to another through saliva." So **Dr. Mello** advises to make sure you brush your teeth and tongue twice a day and remove excess plaque and bacteria with flossing. Your BF will thank you!



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