

allure

THE BEAUTY EXPERT

APRIL 2009

YOUNGER FRESHER HAPPIER

- Anti-Age Creams That Really Work
- Foods That Fight Wrinkles
- Vitamins That Energize
- Timeless Ways to Dress And More

SEXIEST LIPS EVER

3 Delicious Colors You Need Now

Hide Frizz, Flatness, And Roots

With One Simple Trick

Taylor Swift

Love, Heartache &
Her Triple-Platinum Life

Black & White
And Worn All Over
Bold Dresses, Pants, Trench Coats

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1 ADD WATER.

Moisturizer isn't just a vehicle for other anti-aging ingredients—hydrating the skin overnight has benefits of its own. "Letting your skin get parched creates oxidative stress, which makes you generate damaging free radicals," explains Fredric Brandt, a dermatologist in New York City and Coral Gables, Florida. "Besides looking like you have more fine lines, if you don't moisturize you're not letting your skin repair itself—which will just lead to more damage." He suggests wearing a cream with shea butter, petrolatum, or, if you're acne-prone, silicone to help the skin hold on to water. (We like L'Occitane Shea Butter Ultra Rich Face Cream, Olay Regenerist Night Recovery Moisturizing Treatment, and MD Skincare Hydra-Pure Intense Moisture Cream.) Just put it on last in your regimen—after all anti-aging products—so it doesn't block the absorption of those ingredients.

2 OBSESS OVER YOUR PORES... A LITTLE.

As dirt and oil accumulate over time, your pores expand to accommodate them—and eventually stay expanded. Francesca Fusco, assistant clinical professor of dermatology at Mount Sinai School of Medicine, recommends the weekly use of pore strips—"they really do work"—as well as daily cleansing with a salicylic acid wash (we like Bioré Blemish Fighting Ice Cleanser). As Brandt explains it, salicylic acid is ideal because it "dissolves the oil in the pores" and clears away any dead skin that can lead to clogging.

3 FEED YOUR FACE.

Avoiding fat is so 1980s—for your diet *and* for your skin. The good fats found in avocados, fish oil, flaxseed, and evening primrose oil all contain high levels of linoleic acid, which is "really important for helping your skin make moisture-retaining ceramides," according to Leslie Baumann, director of the University of Miami Cosmetic Medicine and Research Institute. And packing your diet with foods high in antioxidants—fruits



To keep the skin around the eyes from looking crepey, the pros recommend creams with retinol, peptides, or zinc.

and vegetables such as blueberries and carrots—is just as important as slathering them directly on your skin.

4 INCREASE YOUR TURNOVER.

As people age, the natural turnover of their cells slows down, and the dead skin cells that don't slough off on their own "reflect the light at odd angles and rob your face of radiance," says Doris Day, clinical assistant professor of dermatology at New York University Medical Center. At-home glycolic acid peels can whisk away these malingers in minutes—and can be used safely up to twice a week, depending on the sensitivity of your skin. "At-home peels are among the safest, easiest, and most cost-efficient ways to brighten the skin," says Fusco. And if that isn't enough incentive, consider

this: Removing the dead cells will also improve the penetration of the active ingredients in your other skin products.

5 USE VANITY TO YOUR ADVANTAGE.

We're not going to lecture you—just read these facts and do with them what you will. Smoking destroys the collagen and elastin in the skin, and is stone-cold guaranteed to lead to more wrinkles, overall dullness, and dilated pores. Wine may be great for your heart, but more than one glass of alcohol increases the level of inflammatory agents in the bloodstream—"which can hasten sagging over time," according to Brandt. And some scientists believe that eating too much sugar may affect the body's ability to repair damaged collagen.