

# InStyle Makeover

**OVER 100  
PRODUCTS  
TESTED!**

**50 BEST  
BEAUTY  
SECRETS**

**DRESS  
YOURSELF  
THIN**

**GET  
YOUR  
SKIN TO  
GLOW**  
At Every Age

**QUICK  
WEIGHT  
LOSS  
TRICKS**

**YOUR NEW  
HAIRCUT!**

**Vanessa  
Hudgens  
School Girl  
to Style  
Star**

THE SPECIAL ISSUE FALL 2009  
UNTIL OCTOBER

\$3.99US \$5.99CAN

95>



0 72440 10648 2

# Home Improve



## 20s

**WHAT'S GOING ON** "In general, these are skin's glory days," says N.Y.C. dermatologist Dennis Gross. "Typically, the complexion is clearer than it was in the teens. Tone is good. The face is firm, and UV damage doesn't usually appear until later."

Clinique liquid facial soap, oily skin formula, \$15; [clinique.com](http://clinique.com).



### in the morning

The key is balance, so look for a gel-based face wash that will wipe out oil but won't overdry your complexion. If America's derms could convince you to do only one thing, it would be to apply an SPF every day.

Bioré Skin Preservation Dual Fusion moisturizer SPF 30, \$15; at drugstores.



### in the evening

Your A.M. cleanser will also take care of makeup and dirt. Moisturize with something gentler to restore the skin barrier.

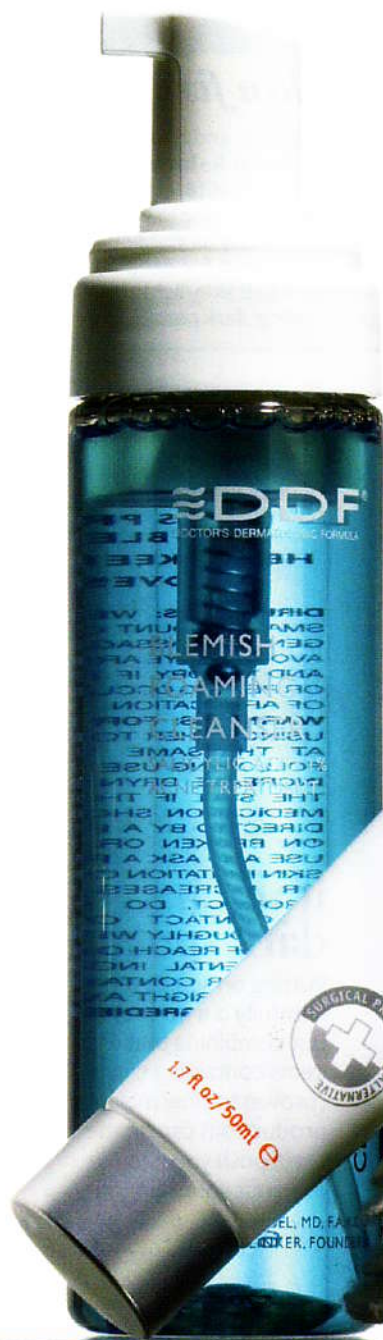
Dove Sensitive Skin facial lotion, \$7; at drugstores.



# ments

If only we could snap our fingers and—poof!—perfect skin would magically appear (and stay that way forever). Alas, it takes a little work, starting with a basic regimen and ratcheting it up a notch as we age. Here, simple tweaks that will keep you glowing for years to come

WRITTEN BY MEGAN DEEM  
PHOTOGRAPHED BY DAVID LAWRENCE



DDF Blemish foaming cleanser, \$32; sephora.com.



MD Skincare All-Over blemish solution, \$84; ulta.com.

## if you have acne

On the bright side, “People who have problems in their 20s usually end up aging better overall,” Baumann says, because they start taking serious care of their skin earlier. In the meantime, look for products with salicylic acid, benzoyl peroxide, or sulphur listed on the label. “Those are the only ingredients recognized to treat acne,” Gross says.

## Q If I wear SPF daily, will I get enough vitamin D?

Unlikely. Though low-grade vitamin D deficiencies are relatively common among residents of cold, gray climates and dark-skinned people who wear SPF, skin cancer is the greater health risk for most people, says Miami Beach dermatologist Leslie Baumann. She suggests **getting your vitamin D levels measured** (a blood test that costs around \$120 and may be covered by insurance) to determine whether you’re out of balance. Keep in mind: If you live in a sunny place, 10 to 15 minutes of UV exposure a day (it doesn’t have to be on your face) is all your body needs to produce ample vitamin D.



## extra credit

Got pimples? This cool gizmo can clear up to 90 percent of them in 24 hours, according to company-sponsored studies. It uses heat to destroy bacteria (which causes the inflammation you see as a blemish). A couple of caveats: You need to use it the minute you feel a pimple coming on, and it doesn’t work on cystic acne.

Zeno Mini, \$89; myzeno.com.