

LOOK 5 YEARS YOUNGER
AN M.D.'S SUPER SIMPLE PLAN

THE 2-MINUTE AB MOVE
WE'RE NOW DOING EVERY DAY

SHAPE
YOUR
LIFE

YOUR
BIGGEST
DIET
MISTAKES
EXPERT
FIXES

SHAPE

GUARANTEED!
RESULTS BY SEPT. 30

**4-WEEK
SLIM
DOWN**

SHRINK YOUR BELLY,
TONE YOUR BUTT &
SCULPT LEANER LEGS
START TODAY!

EXCLUSIVE!

**JENNIFER
ANISTON'S
10-MINUTE
EMERGENCY
FAT BLAST**

← TAKE THE
**KRISTEN
BELL
CHALLENGE**

"MY 30 BEST
STAY-FIT TIPS"
TRY ONE EVERY
DAY THIS MONTH!

EXCLUSIVE PLAN

**YOGA
BURN &
FIRM**

**READER TESTED
THE BEST
NEW BEAUTY
PRODUCTS**

FOR MORE
OF WHAT YOU
LOVE
TURN HERE

#BXJLBO *****AUTO**5-DIGIT 10022
#SHP0288777394/9# MAR11
A03 WSHPT SEPT0 0025 #492 #121684
MDSKINCARE
KENDRA KOLB
444 MADISON AVE STE 802
NEW YORK NY 10022-6965

BEST IN BEAUTY



More than 3,000 readers, SHAPE editors, and beauty experts named these good-for-you skin, makeup, and hair products the top picks of 2010. Try them and find a few new faves of your own! BY SALLY WADYKA



FACIAL CLEANSERS

- **Clean & Clear Advantage 3-in-1 Foaming Acne Wash (\$7; at drugstores)** "Acne washes tend to feel and smell medicinal, but this one was luxurious," said a tester. Its key ingredient is salicylic acid, "a gentle exfoliator that clears zits by speeding cell turnover," explains SHAPE advisory board member and dermatologist Darrell S. Rigel, M.D.
- **Kinerase PhotoFacials Daily Exfoliating Cleanser (\$40; sephora.com)** "After a few days of using it, my face felt much smoother," raved one tester of this gentle wash. Improvements in skin texture come from a mix of antioxidant-rich superfoods—including kiwi, pineapple, and pomegranate—in combination with jojoba and silica beads.



FACIAL MOISTURIZERS

- **Olay Regenerist UV Defense Regenerating Lotion SPF 50 (\$30; at drugstores)** This lightweight lotion not only delivers a potent dose of broad spectrum sun protection, it also treats normal to oily skin with a revitalizing mix of ingredients, such as firming amino-peptides and green tea, to fight line-inducing free radicals. "My skin drank it up instantly, and it left my face looking radiant but not greasy," said one tester.
- **Kiehl's Açai Damage-Correcting Moisturizer (\$44; kiehls.com)** Antioxidants help skin repair itself, and this formula contains açai berry to do just that. But the benefits don't stop there; it also has hydrating shea butter. "I love that it doesn't contain any parabens, since these can be irritating to sensitive skin," says SHAPE advisory board member and dermatologist Ruth Tedaldi, M.D.

FACIAL EXFOLIATORS

- **Neutrogena Oil-Free Acne Wash Redness Soothing Gentle Scrub (\$7; at drugstores)** "This exfoliator is one of my favorite products," says Tedaldi. "It has 2 percent salicylic acid to zap zits without over drying skin." That pimple fighter is balanced by soothing aloe and chamomile to calm acne-related redness.
- **Origins Brighter By Nature High-Potency Brightening Peel (\$38; origins.com)** The natural fruit acids in this twice-weekly treatment help skin safely shed dulling dead cells. And calming Japanese basil leaf extract ensures your face won't look irritated afterward. "My skin glowed for days," said one tester.





EYE CARE

■ **Neutrogena Retinol NX Concentrated Retinol Eye Cream** (\$59; qvc.com) Testers were looking for a hydrating, fast-absorbing eye cream that would also smooth crow's-feet. And thanks to its ultra-light yet creamy texture and some powerful ingredients, this one delivered. "Retinol and vitamin C lessen the look of wrinkles over time, while hyaluronic acid adds instant plumpness," says Rigel.

■ **Bare Escentuals RareMinerals Active Triple Treatment Eye Cream** (\$28; sephora.com) Testers adored this product both for what it doesn't have—irritating fragrances and parabens—and what it does: potent anti-agers that produce mega results. The hydrating "but not at all oily" formula uses natural mineral electrolytes plus plant and seaweed extracts to reduce the look of fine lines, minimize puffiness, and send dark circles packing.



ANTI-AGING

■ **Olay Regenerist Anti-Aging Eye Roller** (\$23; at drugstores) "I was skeptical of anything that claims to 'de-puff,'" admitted a tester. "But after a few days, I did look less sleep-deprived." The three rollers massage away swelling and "deliver a potent dose of anti-agers like pentapeptides, which build collagen," says SHAPE advisory board member and dermatologist Jeanine Downie, M.D.

■ **Chanel Sublimage Essential Regenerating Fluid** (\$295; chanel.com) Some antiaging creams are too thick for all but the driest skin or too heavy to wear under makeup. But this greaseless lotion is neither. The wrinkle-fighting secret lies in an antioxidant-rich extract from a plant native to Madagascar. "It helped to smooth the deepest lines on my forehead," said a staffer.



DOCTOR BRANDS

■ **BEST MOISTURIZER Dr. Gerald Imber Youth Corridor Soothe & Defend Moisturizer with SPF 30** (\$45; youthcorridor.com) The celebrated author of *The Youth Corridor*, Dr. Imber is sought after by celebs. So it's no wonder that his product line is such a hit. This moisturizer is jam-packed with nourishing vitamins C and E, and it provides SPF. "It's the perfect multi-tasker," said one tester.

■ **BEST TREATMENT Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion** (\$32; mdskincare.com) Treating acne is just one of Dr. Gross's specialties, so it's no surprise that this product is so effective. It relies on natural ingredients, like willow bark extract and sulfur, to clear up skin fast. "Plus, it didn't make my face red or flaky," said a tester.

■ **BEST SERUM Murad Active Radiance Serum** (\$89; murad.com) Known as the healthy skin doctor, Dr. Murad's serum transforms skin with potent doses of vitamin C and alpha hydroxy acids to encourage cell turnover. "My face looked radiant after just two weeks of using it," said a SHAPE editor. "Plus, it absorbs so quickly you don't even know it's on your skin!"



SERUMS

■ **Neutrogena Ageless Restoratives Anti-Oxidant Booster Serum** (\$20; at drugstores) "It's like a booster shot for my skin!" exclaimed one tester. The hydrating serum is packed with free radical-fighting antioxidants—including feverfew and vitamin E—plus soy, "which can help brighten skin tone and even out texture," says Rigel.

■ **Origins Brighter By Nature Skin Tone Correcting Serum** (\$40; origins.com) Some of the chemicals commonly used to banish brown spots can be too harsh for sensitive skin. This gentle, citrus-scented serum relies instead on plant-derived vitamin C. "After a few weeks of daily use, my complexion looked fresher and more even," said one tester.

