

ELLE

**FALL
FASHION
PREVIEW**

MARY-KATE!

ON THE RUMORS,
HER COOL FASHION
SENSE, AND HER
GROWN-UP CAREER

**GORGEOUS
HAIR**

**DO IT YOURSELF:
BREAK FREE FROM
SALON BONDAGE!**

**THE DIRTY
LITTLE SECRET
OF BREAST
IMPLANTS**

**DON'T
GET HIGH,
GET HAPPY!**
CLUB DRUGS THAT
CURE DEPRESSION—
THE REAL SCIENCE

**IS HE LYING
TO YOU?**

HOW TO KNOW
WHEN YOU'RE
BEING DUPED

**300+
IDEAS**

**BE THE FIRST TO TRY
THE NEW BAGS,
BOOTS, JACKETS,
JEANS, AND MORE**

NO SHE DIDN'T!

**A FASHION
EDITOR'S
CHEAP &
CHIC FINDS**

**\$150
HEAD
TO TOE**

EXCLUSIVE!

**PROJECT RUNWAY
WINNER CHRISTIAN
SIRIANO ON WHAT
GAVE HIM THE EDGE
+ THE CLOTHES THAT
MADE POSH A FAN**



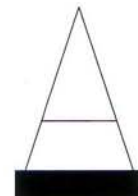
JULY 2008
USA \$4.50

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HYALURONIC ACID

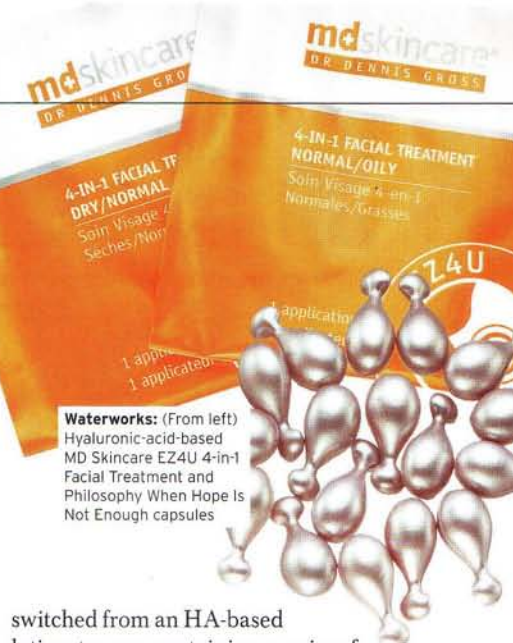


Although hyaluronic acid has gained a dermatologist (and celebrity) following as the power plumper in mega-popular fillers such as Juvéderm and Restylane, the glucose-based skin builder, discovered in 1934, is one of the most common skin-care ingredients (next to water) and can be found in almost every moisturizer—from break-the-bank serums to dollar-store tubs of cream.

Think of hyaluronic acid (HA) as a micro-sponge: When applied topically, it holds up to 1,000 times its weight in water and can actually pull moisture from the air into skin, as well as increase water circulation within the dermis. "Because of its ability to move water around, hyaluronic acid stands out from other humectants; it hydrates every layer of the skin," says Dennis Gross, MD, a dermatologist in New York City who has written several articles on the benefits of HA and formulated many products in his MD Skincare line with the humectant as a main ingredient. A study published in *Cosmetics and Toiletries* showed a 25 percent increase in skin hydration approximately two hours after application of a low-dose (0.1 percent) HA-based cream (most moisturizers contain up to 2 percent).

Hyaluronic acid's benefits go beyond the bottle, thanks to its absorbent characteristics combined with its hypo-allergenic properties (it doesn't require a preshot patch test like collagen or fat do). "When injected, it truly mimics Mother Nature," says David E. Bank, MD, a dermatologist in Mount Kisco, New York. "With age, the skin produces less hyaluronic acid, along with collagen and elastin. Placing hyaluronic acid into the dermis helps reflate the skin's bottom layer."

Injections are part of a two-pronged HA approach often advocated by doctors: The shots deliver inside-out benefits, while making HA part of a daily skin-care regimen ensures top-down results. But some experts suggest checking the Weather Channel before slathering on an HA-rich product. In low humidity (think Las Vegas or the inside of an airplane), HA could, theoretically, react to the dry surroundings by taking water from skin. "It can pull moisture out of the skin because the hyaluronic acid isn't able to get enough water from the environment," says Leslie Baumann, MD, director of cosmetic dermatology at the Miller School of Medicine at the University of Miami. Baumann agrees that there are only a few studies backing this claim but notes that she's seen chronically dry complexions do a 180 after patients



Waterworks: (From left) Hyaluronic-acid-based MD Skincare EZ4U 4-in-1 Facial Treatment and Philosophy When Hope Is Not Enough capsules

switched from an HA-based lotion to one containing a mix of other hydrators, such as glycerin, and lipids like ceramides, omega-3s, or other essential fatty acids. "A cocktail of both humectants and lipids is needed to keep the skin hydrated," Baumann says. "Hyaluronic acid alone just isn't enough."

Baumann prefers a mix of vitamin A derivatives and HA, like that found in the prescription-only Atralin or the over-the-counter Neutrogena Healthy Skin Anti-Wrinkle Intensive Night Cream. "I love the idea of combining hyaluronic acid with a retinoid," says Baumann, who uses this combo to treat patients who have extreme sun damage. "Under the right weather conditions, hyaluronic acid can help decrease surface dryness often caused by retinoids, especially for those with sensitive skin." —NICOLE CATANESE

Still lifes: Steven Krause

ELLE TOP 5

You voted these lip glosses your summertime makeup essential



SHEER PLEASURE
Neutrogena MoistureShine Lip Soother in Glaze "has it all," including SPF 20, glycerin, and a light tint that's "perfect for every skin tone."



POT PAINT
You say **NARS Lip Lacquer in Baby Doll** "picks a colorful punch." The finger-friendly texture "isn't too sticky," and the bright pigment is "great for day or a night out."



SHINE ON
"So flattering," the megaglossy **M.A.C Lipglass in Viva Glam VI** "looks brilliant alone and equally stunning layered over lipstick."



MOISTURE SURGE
Clinique Superbalm Moisturizing Gloss in Raspberry is packed with antioxidants, while the "splash of color" makes on-the-go touch-ups "super easy."



COLOR SHOT
Fruit-flavored **Lancôme Juicy Tubes Jelly Ultra Shiny Lip Gloss in Miracle** "tastes yummy" while the transparent shimmer "stays on better than any other gloss."

Log on to ELLE.com/Top5 to vote for your beauty favorites and view past poll results.