

# REAL SIMPLE

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MAY 2007

\$4.50US \$5.50CAN

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AOL keyword: real simple



## youth group

Anti-aging treatments can be expensive and filled with unpronounceable ingredients. But are they really the fountain of youth in a jar? *Real Simple's* testers tried treatments priced from \$62 to \$400 to identify the ones they felt best tackled the annoying signs of age, including lines, dryness, and lack of firmness. Did the products work? Well, time will tell, but testers did see initial results. Here are their top picks.



### best for oily skin

**PRESCRIPTIVES INTENSIVE REBUILDING LOTION**, \$80

This oil-free lotion has hyaluronic acid to help diminish the appearance of wrinkles. "It reduced deep lines, and my skin felt firmer," noted a tester.

**TO BUY:** [www.prescriptives.com](http://www.prescriptives.com).



### best for dry skin

**CHANEL SUBLIMAGE**, \$350

It's expensive all right. But so is upgrading from coach to first class. The payoff? "My skin was noticeably more supple," said one tester. "Such an indulgent treat before going to bed."

**TO BUY:** [www.chanel.com](http://www.chanel.com).



### best for combination skin

**DARPHIN STIMULSKIN PLUS**, \$230

Dry and oily patches need equal attention. This cream contains retinol to exfoliate and even out the complexion, plus wheat proteins to soften the skin.

**TO BUY:** [www.darphin.com](http://www.darphin.com).



### best for normal skin

**ELIZABETH ARDEN PREVAGE ANTI-AGING TREATMENT**, \$150

The antioxidant idebenone protects skin from free radicals, which speed up cellular aging. "My fine lines really seemed to diminish," a tester said.

**TO BUY:** Select Macy's.



### best for sensitive skin

**MD SKINCARE HYDRA-PURE INTENSE MOISTURE CREAM**, \$120

Genistein, a component of soy, boosts hydration, while evening-primrose oil calms the skin. This cream is also free of synthetic fragrance.

**TO BUY:** [www.mdskincares.com](http://www.mdskincares.com).

## magic erasers

Throughout history, women have fought wrinkles in odd ways, from sleeping on their backs to taping creases flat (ouch!). Some methods may have had merit. Sarah Josepha Hale, a 19th-century magazine editor, reportedly applied butcher paper soaked in apple vinegar to her forehead (a precursor of alpha hydroxy acids?). Other attempts, like the 1920s trend of electric stimulation, fizzled.

The experimentation continues today. "I had one patient buy an electrode device on TV. Science just doesn't support it," says dermatologist Jeffrey Dover of Boston. "Women have tried smearing on Crisco," says New York City dermatologist Neil Sadick. Moisturizing? Maybe. But it's best used for baking, not beautifying.

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**Spend or save?** Some anti-aging treatments are worth the splurge, but what about day creams? Visit [www.realsimple.com/saveorsplurge](http://www.realsimple.com/saveorsplurge) to find out how best to spend your beauty bucks.