

We Asked 17 Dermatologists to Share Their "Holy Grail" Skin Care Product for Aging Skin

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By Audrey Noble

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Each product we feature has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we may earn commission.

There are tons of formulas that promise to help skin age gracefully, while supplying a healthy glow—but which ones really work? Here, the pros help us cut through the noise with picks you can rely on.

As far as [anti-aging products](#) go, you probably feel like you're hearing or reading about a new one each day. That's the way we feel, too. While there are plenty of great [skin care formulas](#) on the market, there are others that don't deliver the results they promise. When there's so much to choose from, how do you make smart selections? If the end goal is to harness your truest, most natural beauty, you'll find that the best way to do so depends partly on your preferences, your lifestyle, and [your age](#). That means that a product your best friend or sister swears by might not give you the results you need.

In your 20s, for instance, experts say your skin care goal should focus squarely on [protection](#) from the elements, such as UV rays and smoke. In your 30s, when years of [sun exposure](#) starts to show up in the form of hyperpigmentation, your focus should be to minimize it. And in your 40s, a prime intention of your routine involves keeping [dryness](#), sensitivity, and fine lines at bay.

While hearing about the products your friends and family members love can lead you to some of the greats, their suggestions are tailored to their needs. That's we think there's an even better group of people whose recommendations you should absolutely consider: top dermatologists who really know their stuff. We asked 17 of them to share their personal favorite anti-aging products, and they did not disappoint. Ahead, these professionals reveal the formulas you can rely on to give you a gorgeous, youthful complexion. (Spoiler alert: If there's one takeaway, it's that you'll want to [add retinol](#) and [sunscreen](#) into your regimen, stat.)

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Dr. Jeannette Graf, MD

"The Senté Dermal Repair Cream has heparan sulfate analog, which deeply moisturizes severely dehydrated and repairs aging skin," says [Dr. Jeannette Graf](#), a board-certified dermatologist and assistant clinical professor of dermatology at Mount Sinai School of Medicine, noting that it also [diminishes redness](#).

Shop Now: *Senté Dermal Repair Cream, \$164, dermstore.com.*

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Dr. Elyse Love, MD

Vitamin C is a quintessential anti-aging ingredient, and it deserves a place in your routine. "The Vitamin C + Arbutin Brightening Serum is a favorite of mine," explains [Dr. Elyse Love](#), a board-certified dermatologist at [GlamDerm](#) and [Spring Street Dermatology](#). "It pairs 10 percent L-ascorbic acid with additional antioxidants to protect the skin from free radical damage, contains arbutin, a natural alternative to hydroquinone, to promote an even skin tone, and has a smooth glide—but is non-comedogenic and tolerated well by [sensitive skin](#)."

Shop Now: *Obagi Vitamin C + Arbutin Brightening Serum, \$90, lovelyskin.com.*

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Dr. Rachel Maiman, MD

"Retinol is considered by most of us dermatologists to be the 'holy grail' [anti-aging ingredient](#)," explains [Dr. Rachel Maiman](#), a cosmetic and general dermatologist at [Marmur Medical](#). It stimulates skin cell turnover, she explains, resulting in a bright, even complexion and helps preserve collagen stores that naturally wane over time. "This medical-grade retinol night cream is amazing because it also contains lactic acid," Dr. Maiman says, which further aids cellular turnover.

Shop Now: *SkinBetter Science AlphaRet Overnight Cream, \$125, skinbetter.com.*

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Dr. Angela Lamb, MD

"So many of my patients really complain about tired eyes and how they look on video conferencing," says [Dr. Angela Lamb](#), a board-certified dermatologist and associate professor of dermatology at the Icahn School of Medicine at Mount Sinai—which is why she recommends this serum from Charlotte Tilbury. "It has that right mix of caffeine and a cooling tip for fast action and an instant [decrease in eye puffiness](#)."

Shop Now: *Charlotte Tilbury Cryo-Recovery Eye Serum, \$65, charlottetilbury.com.*

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Dr. Marisa Garshick, MD

Looking for an affordable drugstore option? "This night cream packs a punch. It contains retinol to help improve the appearance of fine lines and wrinkles, as well as vitamin B3, also known as niacinamide, which can be soothing and help with skin tone, while simultaneously hydrating," explains Dr. Marisa Garshick, a board-certified dermatologist at MDCS Dermatology. It's also gentle on the complexion, she says, and safe to use nightly.

Shop Now: *Ponds Rejuveness Advanced Hydrating Night Cream, \$7.99, [target.com](https://www.target.com).*

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Dr. Kafele Hodari, MD

Dr. Kafele Hodari, a board-certified dermatologist at Hodari MD Dermatology, calls this serum his "facelift in a bottle." "It is my absolute favorite product and contains concentrated high-quality growth factors that plump the skin and reduce sagging," he says. "The moisturizing effects are noted immediately, while the improvement in laxity can be seen within two weeks of starting application. The addition of marine extracts, botanicals, and ingredients that support not just healthy collagen, but elastin make this a true one-of-a-kind formula."

Shop Now: *SkinMedica TNS Advanced+ Serum, \$295, [dermstore.com](https://www.dermstore.com).*

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Dr. Hadley King, MD

Credit: Courtesy of Amazon

It should go without saying, but SPF is critical to your successful aging routine. This one "provides not only 100 percent mineral broad spectrum SPF 50+ sunscreen, but it also contains DNA repair enzymes to help address previous sun damage," says Dr. Hadley King, a board-certified dermatologist and clinical instructor of dermatology at the Weil Medical College of Cornell University. "It's actually repairing and protecting at the same time."

Shop Now: *Isdin Eryfotona Actinica Daily Mineral SPF 50+ Sunscreen, \$55, [amazon.com](https://www.amazon.com).*

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Dr. Ellen Marmur, MD

Dr. Ellen Marmur, a board-certified dermatologist and founder of MMSkincare, played a key role in developing her all-time favorite formula: "I love the MMSkincare Revive Serum because it is a cocktail of everything I need for radiant skin—antioxidants, peptides, microbiome enhancers, aloe, and humectants," she says. "It contains a core essence of peptides to assist new collagen and elastin formation. Acetyl Hexapeptide-8 reduces wrinkles and expression lines by safely inhibiting the release of neurotransmitters that control muscle contractions; this may extend the benefits of anti-wrinkle cosmetic procedures, such as Botox."

Shop Now: *MMSkincare Revive Serum, \$85, mmskincare.com.*

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Dr. Yunyoung Claire Chang, MD

Excess sun exposure "is responsible for increased fine lines, wrinkles, brown spots, uneven texture, and skin laxity," says Dr. Yunyoung Claire Chang, of Union Square Laser Dermatology; stop sunny rays in their tracks, she says, with this physical sunscreen, complete with broad-spectrum UV coverage. "It also contains hyaluronic acid to boost hydration. Another plus is that it is tinted, so it masks brown spots," she notes.

Shop Now: *EltaMD UV Elements, \$34, dermstore.com.*

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Dr. Sameer Bashey, MD

Dr. Sameer Bashey, a Los Angeles-based dermatologist, likes anti-aging products with a proven track record. "They also need to protect the skin from DNA damage caused by the sun," he says. He typically recommends prescription Retin-A, but for those looking for an on-market option, he suggests ZO Skin Health Daily Power Defense. "It strengthens the skin with a touch of retinol that is gentle enough for sensitive complexions and daily use," he notes.

Shop Now: *ZO Skin Health "Daily Power Defense" Antioxidant Serum, \$150, zoskinhealth.com.*

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Dr. Doris Day, MD

Credit: Courtesy of Blue Lizard Sunscreen

"Sun and excessive exposure to artificial light has a direct effect on aging. Daily (and generous) sunscreen application is essential—for all skin types and tones," advises Dr. Doris Day, a board-certified dermatologist at Day Dermatology and Aesthetics in New York City. But there is more to the age's sun protection, she says, than slathering on SPF 50: Newer formulas prioritize blue light blockers, too. "I recommend Blue Lizard Sheer Face Mineral Sunscreen Lotion SPF 50 due to the sheer application and antioxidant-rich formula that works to offsets the oxidative stress that comes with visible light, infrared light, *and* UV light," she says.

Shop Now: *Blue Lizard Sheer Face Mineral Sunscreen Lotion SPF 50+*, \$15.99, bluelizardsunscreen.com.

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Dr. Pat Wexler, MD

Credit: Courtesy of Ulta

"No. 7 Lift and Luminate Triple Action Night Cream is a great moisturizer that improves pigmentation and contains African oils like marula (which is highly moisturizing), plantain extracts (for firming), and green tea (to combat inflammation)," says Dr. Pat Wexler, the owner of Wexler Dermatology, of her go-to anti-aging formula.

Shop Now: *No. 7 "Lift and Luminate" Triple Action Night Cream*, \$24.99, ulta.com.

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Dr. Anne Chapas, MD

Another retinol proponent, Union Square Laser Dermatology's Dr. Anne Chapas says this product's star ingredient (you guessed it: retinol!) can get deep into your dermis to stimulate collagen production. "With consistent use over time, it has been scientifically proven to reduce fine lines, wrinkles, and even out skin tone," she says, noting that this SkinMedica formula is one of the best over-the-counter retinol iterations she has tried.

Shop Now: *SkinMedica Retinol Complex 0.5*, \$78, dermstore.com.

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Dr. Tara Rao, MD

"RoC Retinol Correxion Sensitive Night Cream is easily accessible and nice for sensitive skin," says Dr. Tara Rao, a clinical instructor of dermatology at Mount Sinai.

Shop Now: *RoC Retinol Correxion Sensitive Night Cream, \$17.95, [walmart.com](https://www.walmart.com).*

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Dr. Francesca Fusco, MD

While Dr. Francesca Fusco, of [Wexler Dermatology](#), notes that retinol and sunscreen are her first two favorite aging fighters, her third involves hair—not skin. "I see patients every day with complaints of thinning, shedding, and textural changes," she shares. "A good start for healthy hair is a supplement that nourishes and supports strands, like NutraFol."

Shop Now: *Nutrafol Core for Women Hair Supplements, \$79, [amazon.com](https://www.amazon.com).*

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Dr. Shereene Idriss, MD

"La Roche-Posay Redermic R Retinol Cream is an affordable retinol that performs well," says Dr. Shereene Idriss of [Idriss Dermatology](#). "It has an elegant formulation that doesn't leave you irritated and boosts collagen production."

Shop Now: *La Roche-Posay Redermic R Retinol Cream, \$56.99, [dermstore.com](https://www.dermstore.com).*

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