

Billy Porter
OVERCOMING ABUSE TO
BECOME A TV TRAILBLAZER



Britney's Next Moves

Free From Her Father's Control
& Facing New Challenges



People

October 18,
2021

**Chilling
New
Details**

**WHAT
REALLY
HAPPENED
TO**

Brittany Murphy?

In 2009 the *Clueless* star mysteriously died at just 32.
Now shocking secrets are emerging about her
final days and her husband's dark past

The Best Skin at Every Age

TOP DERMATOLOGISTS SHARE THE SECRETS THEY USE TO KEEP THEIR SKIN GLOWING

IN YOUR 30s

what you should know

"The damage from your younger years will inevitably rear its head," says Dr. Shereene Idriss, 37. One common sign: freckles from sun exposure. To keep your skin tone even, apply a glycolic acid serum followed by a dark spot corrector on extra stubborn areas at night. Seal in the combo with a soothing moisturizer, and put on SPF in the morning.



the pro's product picks

Chemical Exfoliator

It promotes cell turnover for a brighter complexion.

L'Oréal Paris Derm Intensifs Revitalift Glycolic Acid Serum, \$30;
at drugstores

Moisturizer

The star ingredient, oat, helps strengthen the skin's protective barrier.

Aveeno Calm + Restore Oat Gel Moisturizer, \$18;
at drugstores



IN YOUR 40s

what you should know

"Now is the time to invest in products that restore your skin's elasticity," says Dr. Kavita Mariwalla, 44. A serum or moisturizer with peptides (amino acids the skin uses to make collagen and elastin) will help bring the bounce back. You should also step up your eye routine with a weekly hydrating mask.



the pro's product picks

Peptide Cream

This improves texture and hydrates, thanks to argan oil.

Neocutis Bio Cream Firm, \$73 (for 15 ml.);
neocutis.com

Eye Masks

These gold foil discs de-puff and make circles less noticeable.

Wander Beauty Baggage Claim Eye Masks, \$25 (for 6 sets);
wanderbeauty.com



3 Must-Haves for Your Body



Neck & Chest Serum

This reduces the look of wrinkles when used in the morning and at night, says Dr. Kavita Mariwalla.

Revision Skincare Nectifirm Advanced, \$134;
revisionskincare.com



Lotion

The dry skin remedy replenishes ceramides, which decrease as we age, says Dr. Susan C. Taylor.

Eucerin Advanced Repair Lotion, \$10;
at drugstores



Sunscreen

SPF all over is a must; protect and look radiant with this illuminating formula, says Dr. Shereene Idriss.

Supergoop! Glowscreen Body SPF 40, \$42;
supergoop.com



Dr. Ellen Marmur
@dr_ellen_marmur

IN YOUR 50s

what you should know

"Estrogen deficiency leads to sagging, fine lines and thinning during this decade," explains Dr. Ellen Marmur, 52. To give your complexion an instant boost, use a quartz face roller every morning. Also effective: applying a hydrating face mask packed with firming peptides a few times a week.

the pro's products picks Face Roller

Use immediately after applying a serum to help it penetrate deeper.

Herbivore Rose Quartz De-Puffing Face Roller, \$40;
herbivorebotanicals.com

Sheet Mask

This hydrogel version contains anti-inflammatory evening primrose oil.

MMSkincare Repose Face Masks, \$80 (for 4); mmskincare.com



"A roller provides a temporary tightening effect," says Dr. Marmur.



Dr. Susan C. Taylor
@drsusantaylor

IN YOUR 60s

what you should know

By this time, the natural aging process is leading to less volume in your face, says Dr. Susan C. Taylor, 63. You can't turn back the clock, but an antioxidant serum can help improve dark spots caused by cumulative exposure to pollutants, and a retinol can reduce wrinkles.

the pro's product picks Vitamin C Serum

A few drops of this favorite keeps free-radical damage at bay.

SkinCeuticals C E Ferulic, \$166;
skinceuticals.com

Hyaluronic Acid Moisturizer

Apply it before retinol to prevent dryness and irritation.

Neutrogena Hydro Boost Gel-Cream Extra Dry, \$18;
at drugstores



Dr. Dan Belkin
@drdanbelkin

FOR men

what you should know

"Typically men are not as consistent with sunscreen as women," says Dr. Dan Belkin, 37. "That lack of sun protection will contribute to accelerated aging." In addition to applying SPF (every day!), swap your soap for a gentle face cleanser that will remove your formula but not over-dry skin.



the pro's product picks Face Cleanser

This wash has calming oatmeal, chamomile and aloe vera.

NYDG Colloidal Oatmeal Cleanser, \$12 (for 1 oz.);
nydg.com

Tinted Sunscreen

The lightweight mineral formula protects skin with zinc oxide.

Isdin Eryfotona Ageless SPF 50, \$66; isdin.com