



## 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 Intensivs** 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

## 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

10

#### 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



IN YOUR

Dr. Susan C. Taylor

@ drsusantaylor

## 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;

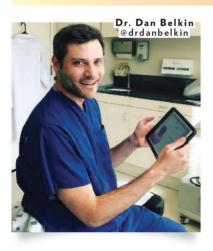
at drugstores



Regula beauty

This hydrogel version contains antiinflammatory evening primrose oil.

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



## 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.



### 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