

THE BEAUTY EXPERT

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APRIL 2013

**LUSH
HAIR**

*Shinier,
Thicker,
Healthier*

***Coollest
NAILS Yet***

Fun Colors, Tiny Art

**Katie
Holmes**
Is Cleaning Out
Her Closet

(Literally, yes—but figuratively, too.)

**Lessons From
The World's
Sexiest Women**

It's All in the Attitude
(And the Eyeliner, Clothes,
And Bedroom Hair)

Want to Look Younger?

Action Plan for Gorgeous Skin: page 145

Speedy-Results Peels and Lasers: page 166

And a 5-Second Stress Buster: page 234

62%

of women think they look younger
than other women their age

**CHECK OUT ALLURE'S
FIRST SURVEY ON AGING**

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There are dermatologists. And then there are the medical superstars who eat, sleep, breathe, and very often create the best anti-aging treatments around. These are their secrets.

By Brooke Le Poer Trench

Skin-Care Know-it-alls

Anti-aging Special

Imagine if Warren Buffett showed you how to invest, Serena Williams taught you how to serve, or Mario Testino gave you Instagram tips. We've assembled a dream team of the country's top dermatologists to do the equivalent for your face. While they love their pigment-zapping lasers and plumping injectables, the good doctors also know a smart over-the-counter solution when they see one. In fact, many of the dermatologists in this story have helped develop and test some of the most potent anti-aging products out there. We suggest you read, listen, and follow their invaluable advice. You'll look like a million bucks.

Home Devices

At-home fractional lasers are just one of several new devices for aging skin. Neil Sadick, a clinical professor of dermatology at Weill Cornell Medical College and the director of the Sadick Research Group in New York City, which runs FDA and clinical trials on lasers and other dermatologic treatments, analyzes three effective home gadgets.

- **Clarisonic Aria (\$199).** "Cleansing brushes are not a gimmick. People already using ingredients like salicylic acid to turn over skin and clean out the oil glands will really notice the difference. The technology boosts the effectiveness of those ingredients, giving you cleaner skin and a brighter, more even complexion."
- **PaloVia Skin Renewing Laser (\$499).** "Each time you use the device, a fine laser creates tiny wounds in the skin that stimulate collagen and smooth skin. On its own, you'll notice significant improvement in lines around the eyes after a month. Or use it once every three months to maintain the effects of an in-office fractional-laser treatment. But you have to read the directions and follow them to the letter."
- **Tanda Clear+ (\$195).** "This is great for keeping adult acne under control—I've even used it as a sub-

stitute for oral antibiotics, which a lot of women don't want to take. The blue light kills the acne bacteria in the skin and decreases inflammation. Combined with ingredients like benzoyl peroxide, vitamin A, and salicylic acid, this can really head off breakouts."

Sunscreen

For over 30 years, Darrell Rigel, a clinical professor of dermatology at New York University Langone Medical Center, has specialized in sun damage, skin cancer, and aging skin—and that whole time there's been one preventive: sunscreen. He offers ways to maximize its benefits.

- **Scrutinize the label.** "Any company can put the words 'broad spectrum' on their bottle, whether the formula protects from UVA rays or not. For a formula that shields you from all of the sun's rays, look on the ingredients list for zinc oxide, titanium dioxide, Mexoryl SX, or Helioplex."
- **Use it or lose it.** "A bottle of sunscreen can last a few years, but a lot of people don't realize that prolonged exposure to heat kills the active ingredients. So if it's been sitting in your glove box or beach bag since last year, it's time to replace it."
- **Layer it on.** "Spray-on sunscreens

are convenient, but you need to apply two layers [to ensure you don't miss spots]. And don't spray your hand and then smooth it on your body—they need to go directly onto skin."

- **Stay ahead.** "One of the easiest spots to miss is the skin just below the hairline—people so often stop short. When you apply sunscreen to your face, make sure you massage it right up until you're touching your hair."

- **Don't be timid.** "People are afraid sunscreen will sting their eyes, but a sport formula is designed to be gentler in that area."

- **Even out.** "Right-handed people tend to apply sunscreen more lightly on their left side, and vice versa. Keep this in mind and try to apply evenly."



TOP UVA AND UVB SUNSCREENS

- 1 Aveeno Protect + Hydrate Lotion Sunscreen With Broad Spectrum SPF 70**
2 Neutrogena Age Shield Face Oil-Free Lotion Sunscreen Broad Spectrum SPF 110 **3 La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid**

Brightening

We don't want to get all Lady Macbeth on you, but removing those damn spots is key to looking younger. Arielle Kauvar, the director of New York Laser & Skin Care, developed a pigment-dissolving laser treatment used by doctors around the world. She reveals three steps to brightening skin.

- 1. Load up on lighteners.** "There are lots of vitamins and botanicals that fade spots by interrupting melanin production, including vitamin C, vitamin B₃, soy, licorice, arbutin, and kojic acid. But they work in slightly different ways, so fit as many into your daily regimen as possible. In the morning,

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wear brighteners that are also anti-oxidants, such as vitamin C, licorice, and soy. At night, use these same pigment-reducing ingredients together with an alpha hydroxy acid or retinoid to correct skin tone and help fade dark spots."

2. Keep calm. "Any kind of irritation, including rashes or acne, accelerates the production of pigment. If your skin flares up, go back to a basic creamy cleanser and a moisturizer with ceramides until it recovers."

3. Be patient. "You can fade spots with over-the-counter treatments and should see gradual results after six to eight weeks. So don't quit a lightening regimen just because spots don't disappear overnight."



TOP BRIGHTENERS

1 Elure Advanced Lightening Night Cream **2** L'Oréal Paris Youth Code Serum Corrector **3** SkinCeuticals Pigment Regulator

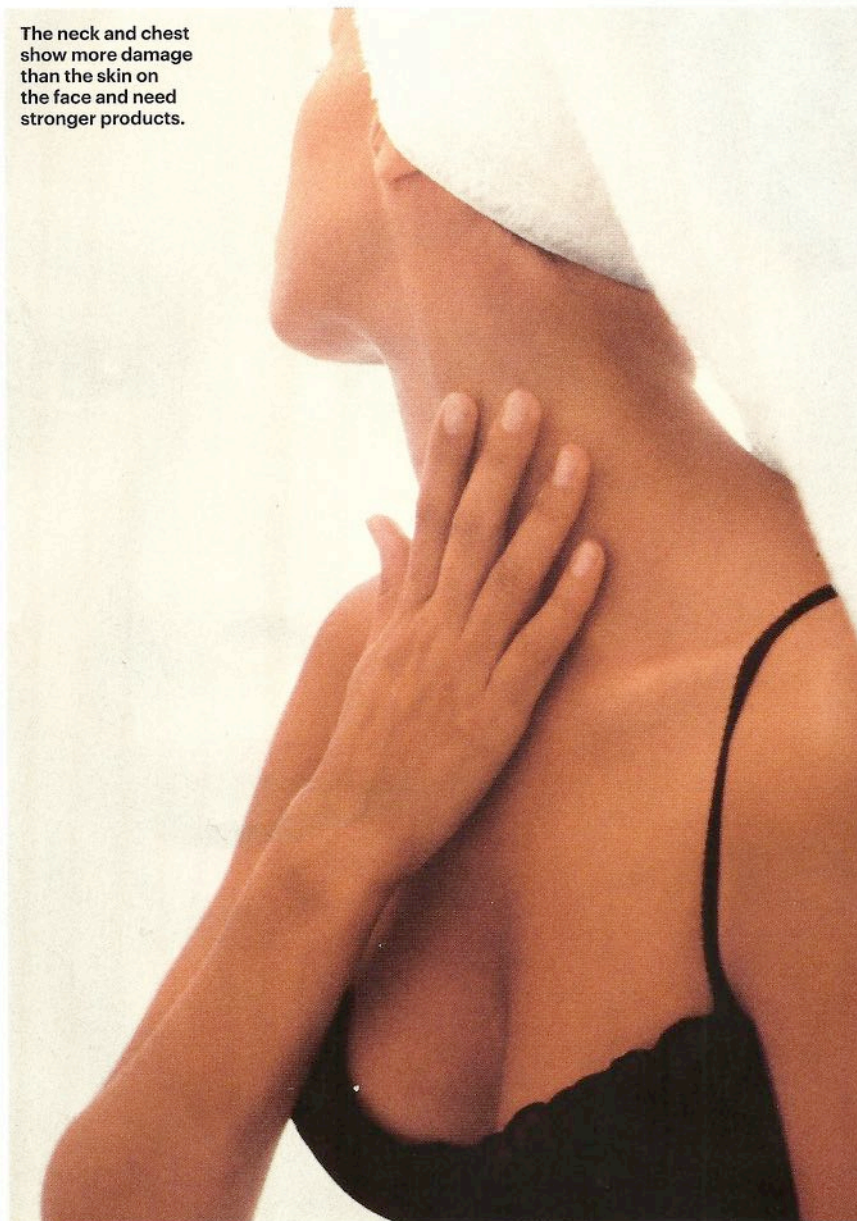
Firming

Howard Sobel, an attending physician in dermatology and dermatologic surgery at Lenox Hill Hospital in New York City, has studied hundreds of anti-aging ingredients since developing his skin-care line, DDF. To truly lift a face without a scalpel, he says, it takes radio-frequency lasers, fillers, and Botox. But there are ways to keep it from drooping in the first place.

• **Hydrate with hyaluronic acid.** "As we age, our hyaluronic acid stores decrease, which means skin appears thinner and less firm. A moisturizer with ingredients that help restore the skin's moisture barrier, such as niacinamide, ceramides, free fatty acids, and cholesterol, makes skin look thicker and more supple."

• **Make more collagen.** "Everyone knows that retinol can stimulate

The neck and chest show more damage than the skin on the face and need stronger products.



collagen, but there is good science behind a few other collagen-boosting ingredients, too: Look for Matrixyl 3000, copper peptides, and glycolic acid at 10 percent strength, which also improve the quality of the skin, helping to decrease fine lines and wrinkles."

• **Pop pills.** "The healthier your diet, the firmer your skin will look. There's compelling data to show that 500 milligrams of vitamin C twice a day helps the body make collagen; coenzyme Q10 helps cells repair themselves; and omega-3 fatty acids will strengthen the moisture barrier so skin retains more water and looks firmer."



TOP FIRMING PRODUCTS

1 Olay Total Effects 7 in One Night Firming Treatment **2** DDF Advanced Firming Cream **3** Estée Lauder Resilience Lift Night

Antioxidants

Jeannette Graf, an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City, not only helped pioneer studies on peptides, she's also been researching the power of antioxidants

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for two decades. Here, the author of *Stop Aging, Start Living* (Three Rivers Press) explains how to use the latter to dodge the worst damage.

- **Overindulge.** “For the best protection, wear a formula with several antioxidants. Studies show they work together, becoming more powerful when they’re combined than when they are alone. For instance, lycopene is more potent than beta-carotene and lutein, but all three together are significantly stronger still.”

- **Make it quick.** “Wearing a sunscreen or moisturizer with antioxidants is fine, but I prefer serums, which penetrate faster than creams when applied to bare skin. The strongest concentrations are usually the most stable, so look for one in a dark or opaque bottle. A change in color, smell, or texture of the product can mean the antioxidants have oxidized and become useless.”

- **Go green.** “Much of the research into antioxidants now is in marine algae, which thrive in the harshest environments on earth. We’re going to see very potent combinations of different types of algae for skin in the near future.”



TOP ANTIOXIDANTS

1 Glytone Antioxidant Prevent Anti-Aging Serum 2 Prevenge Anti-Aging + Intensive Repair Daily Serum

3 SkinCeuticals C E Ferulic 4 Algenist Concentrated Reconstructing Serum

Neck Creams

Patricia Wexler, an associate clinical professor of dermatology at Mount Sinai School of Medicine in New York City, loves doing a good neck lipo on her patients. But even more, she loves giving them advice on how to avoid procedures altogether.



To smooth fine lines, dermatologists suggest using an at-home laser.

“Wear a formula with several antioxidants. Studies show they work together, becoming more powerful when they’re combined than when they are alone.”

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For the neck and décolletage, doctors recommend products with niacin, which has been shown to improve texture and tone.

- **Clear the way.** “Extend your daily exfoliant, whether it’s with a cleansing brush or a glycolic acid, all the way down to the top of your chest. Sloughing away the dead-skin layer allows active ingredients to absorb faster.”

- **Get the strong stuff.** “The skin on the neck and chest is thin, so sun damage is more apparent and harder to repair. Both the neck and chest require stronger formulations to reverse aging. Dedicated neck creams are more concentrated and powerful than most face creams, but some facial formulas with retinol, such as RoC Retinol Correxion Deep Wrinkle Serum, have been shown to work on the neck and chest, too.”

- **Put peptides to work.** “One of my favorite ingredients for treating damage below the jawline is tetrapeptides, like the ones in StriVectin-TL. There’s plenty of science to show they help make new collagen and elastic tissue,

which is what the neck and chest need to look firmer and younger.”

- **Strengthen skin.** “Niacin is a B vitamin that, until recently, we could not get through the skin barrier. Now a new delivery system, in the Nia 24 and StriVectin-TL lines, means it can penetrate the epidermis and strengthen the skin barrier. I’ve seen it dramatically improve the texture and tone of the neck and décolletage.”

- **Watch your wardrobe.** “When you treat skin below the jawline with anti-aging ingredients, consider the fabrics you wear. Anything scratchy, like wool, can cause irritation.”

Face Oils

Those tiny bottles of oil that promise a youthful complexion are not of the snake variety anymore. Dermatologist David Colbert, the founder of Colbert M.D. Skincare, who has

studied the skin-care and anti-aging benefits of face oils for 15 years, explains how they benefit the skin.

- **Free-radical protection.** “Many botanical oils, including argan, passion fruit, and African marula oils, are potent antioxidants. In the morning, massage a few drops onto clean skin, wait two minutes, and apply sunscreen or foundation as usual.”

- **Improved skin tolerance.** “Oils can prevent the irritation caused by some anti-aging ingredients. Argan, yangu, and borage-seed oils all decrease inflammation. Smooth one on after your nightly anti-aging treatment—a few drops will be enough to cover your face and calm the skin.”

- **Plumping skin.** “In your late 30s, wrinkles suddenly look deeper because skin’s natural oils decrease, the moisture barrier breaks down, and skin dries out. Most creams contain a little oil, but not enough to make a big difference in

water loss. Because oils are lipophilic—or fat-loving—they pass through the lipid layer of the skin faster, preventing water loss and plumping skin with moisture more effectively. Olive and coconut oils are great moisturizers.”

• **Better absorption.** “If you apply an oil before your anti-aging cream, the oil molecules behave like tiny Trojan horses—tricking the skin into letting active ingredients, like retinol, glycolic acid, and vitamin C, deeper into the skin and closer to the collagen-producing fibroblasts. All without irritating the surface.”



TOP FACE OILS

- 1** Darphin Chamomile Aromatic Care
2 Colbert M.D. Illumino Face Oil **3** Fresh Seaberry Moisturizing Facial Oil

Inflammation

The link between inflammation and aging is a tricky one. A controlled dose of inflammation (from a peel, microdermabrasion, or a laser) can make you look younger, but too much has the reverse effect. Fredric Brandt, a dermatologist in New York City and Miami, explains how to make it your skin's best friend—not its worst enemy.

• **Good inflammation.** “Inflammation is good for your skin when it's short in duration—a few days at most. It's a response to injury, so it initiates your skin's repair process, and that includes boosting collagen production, which smooths and firms your skin. The best way to do this is with an in-office laser treatment, but you can get good results at home with a mild glycolic, lactic, or salicylic acid peel, a microdermabrasion scrub, or a home laser device, like the PaloVia.”

• **Bad inflammation.** “Chronic inflammation is the bad kind. There are all sorts of causes, including skin diseases like rosacea; stress, which causes your

body to produce hormones that affect insulin levels; smoking; alcohol; and sun damage. Glycation, which you get from eating too much sugar, is another cause of inflammation. Sugar molecules bond to skin and break down collagen and elastin. Good habits are the way to avoid the bad inflammation: Cut down on alcohol, wear sunscreen, and eliminate white foods, sucrose, and fructose from your diet. And do two things that have been shown to reduce inflammation: Exercise and take three grams of omega-3s a day. Typically, I recommend products with anti-inflammatory ingredients, like green tea, grape seed, pomegranate, pycnogenol, ceramides, and aloe.”

Glycolic Peels

Play a quick game of word association with any beauty editor, and “Dennis Gross” will match up with “at-home peel” every time. The dermatologist and founder of 900 5th Dermatology in New York City, who developed one of the first at-home peels, explains everything we need to know about dropping acid—on our face.

• **Peels can help shrink your pores.** “Not everyone realizes that there are benefits to peels beyond the immediate skin brightening: The pores expand as sebum and dirt accumulate in them—and the older you get, the more likely

they are to remain enlarged. Daily peels can actually shrink them.”

• **The more (acids), the merrier.** “You'll get better results from a peel that combines several beta and alpha hydroxy acids, including glycolic, rather than one acid at a high strength. Not only do the acids work synergistically, but a combination—at lower strength—is less irritating, too.”

• **Your postpeel routine matters.** “A minute or so after the peel, the dead layer of cells have been removed and the newer, fresher ones are primed for anti-aging ingredients. Apply a serum with peptides, retinol, or vitamin C, followed by a barrier-boosting moisturizer.”

• **It's possible to OD.** “The best peels deliver the same amount of acid every time, so look for one that comes on presoaked pads or in a controlled delivery system. Pouring a formula onto a cotton ball, it's very easy to overwhelm the skin.”



TOP AT-HOME PEELS

- 1** Avon Anew Clinical Advanced Retexturizing Peel **2** Dr. Dennis Gross Skincare Alpha Beta Daily Face Peel
3 Philosophy The Microdelivery Triple-Acid Brightening Peel

Plant Life

As director of the McDaniel Institute of Anti-Aging Research in Virginia Beach, dermatologist David McDaniel has the inside track on the newest and most potent ingredients. And right now, he's excited about stem cells in plants:

“A lot of the big cosmetic companies are in the process of setting up plant stem cell research divisions, and that's because while botanicals are powerful, the potency of an ingredient varies widely depending on where, say, the blueberry or coffee cherry was grown,” he says. “Taking the stem cell allows us not only to standardize an ingredient but can also make it more potent—signaling repair of cells and even DNA deep within the skin. **Lancôme Absolue L'Extrait** is one of the first to do this well; the cream has rose stem cells, which they've shown can firm skin. Another is the **Origins Plantscription SPF 25 Anti-aging Cream**, with raspberry plant stem cells shown to smooth fine lines. This is just the beginning—plant stem cells are the new frontier for anti-aging.”