

**DR.OZ**

Happier in 7 Days? Yes, Possible

# THE GOOD LIFE

## How to Eat Less Sugar & NEVER MISS IT

- ✓ Slim down, no dieting
- ✓ Kick your cravings
- ✓ Get heart-healthy

**FREE BOOKLET**

**YOUR ALLERGY RESCUE PLAN**  
Spring is saved!

**Dr. Oz's 23 Favorite Foods**

Lifesaving Tips from an EMT P.36

**12**

**ANTI-AGING SECRETS DOCTORS KNOW**

**REVEALED**  
The science of looking young

**THE FASTEST WAY TO BURN 100 CALORIES**  
and zoom your metabolism

MAY 2016 \$3.99





## FIND YOUR SKIN FIXES

You've read the docs' advice—now grab the right products and get going.

### TO SMOOTH AND FIRM

■ Exfoliating with glycolic acid twice a week softens skin (and fine lines).

Peter Thomas Roth Gentle Complexion Correction Pads (\$40, [sephora.com](http://sephora.com))

■ An over-the-counter product with 1% retinol boosts collagen to firm skin and fight wrinkles.

SkinMedica Retinol Complex 1.0 (\$93, [skincare.com](http://skincare.com))

■ Layer a peptide cream over your retinol for even more collagen building.

Olay Regenerist Micro-Sculpting Cream Fragrance-Free (\$26, drugstores)



### TO CALM IRRITATION

■ A creamy face wash with aloe helps relieve redness.

Paula's Choice Skincare Calm Redness Relief Cleanser (\$17, [paulaschoice.com](http://paulaschoice.com))

■ Natural rose oil nourishes and soothes skin—plus, it adds a dewy glow.

Aerin Rose Oil (\$68, [estelauder.com](http://estelauder.com))

■ Chamomile quiets irritation, and shea butter moisturizes.

Eminence Organic Skin Care Calm Skin Chamomile Moisturizer (\$58, [buynaturalskin.com](http://buynaturalskin.com))

### TO TREAT BROWN SPOTS

■ Retinol and antioxidants help fade pigmentation.

StriVectin Advanced Retinol Intensive Night Moisturizer (\$12, [strivectin.com](http://strivectin.com))

■ Antioxidants vitamin C and ferulic acid work to brighten skin.

Dermadoctor Kakadu C Serum (\$95, [sephora.com](http://sephora.com))

■ Broad-spectrum sunscreen, used daily, is key to preventing future damage.

Dr. Jart+ Every Sun Day Sunscreen (\$34, [sephora.com](http://sephora.com))



### TO COMBAT BREAKOUTS

■ A spot treatment containing salicylic acid gets rid of zits.

Neutrogena Rapid Clear Acne Eliminating Spot Gel (\$8, drugstores)

■ The 0.5% salicylic acid in this toner cleans pores and clears breakouts.

La Roche-Posay Effaclar Clarifying Solution (\$15, drugstores)

■ Retinol is not only a gold standard anti-ager; it's also a proven acne fighter.

Exuviance Super Retinol Concentrate (\$78, [ulta.com](http://ulta.com))



### TO ADD MOISTURE

■ Wash your face with a hydrating cleanser that won't strip skin.

Dove Sensitive Skin Beauty Bar (\$4 for two, drugstores)

■ Super dry? Slather on an emollient cream with ceramides.

SkinCeuticals Triple Lipid Restore 2:4:2 (\$125, [skinceuticals.com](http://skinceuticals.com))

■ Or moisturize with a formula rich in natural oils like olive and jojoba.

The Body Shop Oils of Life Intensely Revitalizing Facial Oil (\$39, [thebodyshop.com](http://thebodyshop.com))



Flip back for great info from the new skin experts.