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LOVE YOUR

looks

Skin Docs Reveal All

Anti-aging secrets they tell only their best friends—until now.

By BETH JANES

→ **DERMATOLOGIST** appointments, like most physician visits these days, often feel rushed: You're there about one key concern—a weird new mole, say—leaving no time to chat about your doc's skin philosophy in general, let alone her favorite products. "I ask patients what bothers them the most and we stick with that," notes Heather Woolery-Lloyd, MD, of the University of Miami Department of Dermatology and Cutaneous Surgery. But

Imagine if you could get her to divulge the good stuff—what she tells friends over drinks—from how to get VIP treatment to which products really work. We asked 10 top women derms for exactly that scoop. Try their personal musts, and soon everyone will be demanding your skincare secrets.

Fight sags and spots with retinoids

The real deal on anti-aging.

► Over-the-counter retinoid creams are A-OK. Rx ones are stronger and deliver quicker results, sure, but derms say you can find effective options at the drugstore. "I like (1) Neutrogena's Rapid Wrinkle Repair Serum (\$20; mass retailers); it contains hyaluronic

acid, so it doesn't dry out the skin," says Debra Jaliman, MD, NYC-based author of *Skin Rules: Trade Secrets from a Top New York Dermatologist*. ► Retinoids can double as a peel. Instead of a nightly dab, apply a heavy layer to trigger a few days of peeling, says Leslie Baumann, MD, founder of the University of Miami Cosmetic Medicine & Research Institute. The payoff? Extra-glowy skin. If that's too much downtime, try (2) RoC Retinol Correxion Max Wrinkle Resurfacing System (\$27; mass retailers).

Do skip steps

Busy derms are masters of the quick fix.

► Stash makeup-remover pads bedside for those too-tired-to-wash nights, just like Karyn Grossman, MD, department

chief of the division of dermatology at St. John's Health Center in Santa Monica, California. Try (3) Simple Eye Make-Up Remover Pads (\$6; mass retailers).

Think outside the box

Some beauty fixes come in unexpected packages.

► For softer skin, slather on coconut

oil right out of the shower. "It leaves my skin as soft as any lotion does," says Jessica Wu, MD, assistant clinical professor of dermatology at the University of Southern California in Los Angeles. ► Got rough patches? Exfoliate with a teaspoon of Epsom salts added to shower

The trifecta

Tight on time? Simplify with the "holy trinity" of anti-aging. Brooklyn dermatologist Erin Gilbert, MD, says: In the a.m., use an antioxidant-containing moisturizer or serum and sunscreen; at night, apply a retinoid.

10 OUT OF 10 DERMS...

USE "BABY" AMOUNTS OF LINE-SMOOTHING INJECTABLES.

All 10 derms use Botox and Dysport—and their secret is using only a little so that they maintain natural movement. (It's also cheaper that way!) "My friends are in their 30s and 40s, and if they mention fine lines, I say, 'Start with Botox,'" Dr. Gilbert says.

TARGET SKIN BELOW THE JAW.

All of our experts think of the face, neck, décolletage, and hands as a single zone that gets slathered with the same anti-wrinkle creams and sunscreen. Dr. Baumann uses retinoids almost everywhere: "my chest, breasts, arms, feet, rear end. It prevents sagging skin!"

LAVISH ATTENTION ON LASHES.

The derms agreed on the importance of beefing up lashes, which get thin with age. Several use Latisse, the Rx lash enhancer; others get extensions or swear by lengthening mascaras.



gel, suggests Doris Day, MD, clinical associate professor of dermatology at NYU Medical Center.

▶ To get a glow, have an O. "I can usually tell when patients are having regular sex," says Dr. Day. "All sorts of good things come from orgasms—a rush of good hormones, better circulation—which definitely shows up as healthier-looking skin."

Pricey but worth it!

Our pros all say not to break the bank on fancy products, but these are some of their luxe likes.

▶ Potent antioxidant (4) SkinCeuticals C E Ferulic (\$146; skinceuticals.com) "gives my skin a glow," says Dr. Baumann.

▶ For sensitive skin, (5) Elure Advanced Lightening Night Cream (\$150; elureskin.com) breaks up brown spots with a birch enzyme instead of (possibly irritating) hydroquinone, says Tina Alster, MD, director of The Washington Institute of Dermatologic Laser Surgery.

▶ Gently scrubbing (6) Clarisonic Aria Skin Cleansing Brush (\$199; clarisonic.com), provides soft yet thorough exfoliation—so many of our derms use it at home. Who knew?

Don't bother with...

The things you can do without.

▶ ...facials. This pricey spa extra won't improve skin any more than you can at home with a cleanser and moisturizer, Dr. Baumann says.

▶ ...powder makeup. Your doc is unlikely to tell you, unsolicited, to ditch powder, but she might tell a friend: "It ages the face by making pores look bigger," says Kansas City, Kansas, dermatologist Audrey Kunin, MD.

Get extra special treatment

What the pros know about getting more from your MD.

▶ Go Monday. People tend to forget over the weekend and cancel their appointment, says Dr. Woolery-Lloyd, keeping the doc on schedule.

▶ Ask about upcoming specials. Before scheduling a procedure, you can save big, says Chicago dermatologist Carolyn Jacob, MD, if you inquire about future promotions, refer-a-friend deals, and VIP discounts.

▶ Bypass daily deal coupons like Groupon. "If you don't know anything about the doctor offering the service," Dr. Woolery-Lloyd advises, "skip it."



DRUGSTORE PRODUCTS DERMS SWEAR BY

Our experts rely on these simple and easily available finds to look and feel great.



Debra Jaliman
—
(7) Olay Professional

Pro-X Age Repair Lotion SPF 30 (\$42; mass retailers). She likes the peptides: Milder than retinoids, they've been proven to build collagen.



Jessica Wu
—
(8) CeraVe Facial Moisturizing

Lotion PM (\$14; mass retailers). This is a favorite budget brand of many derms. "The ceramides moisturize without feeling greasy," Dr. Wu says.



Karen Grossman
—
Maybelline New York

SuperStay 10 HR Stain Gloss (\$9; mass retailers). "As I've gotten older, the edges of my lips have gotten weaker," she says. "Lip stains make a crisp line."



Heather Woolery-Lloyd
—
(9) Bioré

Deep Cleansing Pore Strips (\$8; mass retailers). "They really do pull out the blackheads on your nose," she notes, "clearing pores."