

InStyle

Katy Perry
Pretty in Pink!

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OF AMAZING
OUTFITS
A GUIDE TO
REWORK
YOUR KEY
PIECES

**FALL'S
HOT
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**WAKE UP
GORGEOUS!**
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THE Style Secrets ISSUE!

**2012's
NEW SKIN
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What Will Work
For You & What's
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Say Good-Bye to

DULL SKIN

Sure, you can fake a glow with makeup. But there's nothing like the real thing. Here's how to make your complexion sparkle



Stash in your bedside table.

20s

"Stress, poor sleep, and not washing your face regularly are the main culprits in your 20s," says Washington, D.C., dermatologist Elizabeth Tanzi. Skipping on z's makes skin sensitive and dry, and increases stress hormones that trigger inflammation (redness) and acne. To prevent this, cleanse thoroughly every night (store presoaked wipes near your bed so you aren't tempted to sleep with makeup on). Two to three times a week, deep-clean with an exfoliating scrub. **DAILY Rx** La Fresh Oil Free face cleanser, \$10; lafreshgroup.com. **POWER FIX** Ren Micro Polish cleanser, \$30; at Sephora.

"The rate of cell turnover slows at this age, diminishing skin's usual luster," says New York dermatologist Macrene Alexiades-Armenakas. "Surface bumps also take longer to heal now, which can create an uneven texture that casts shadows." In the A.M. and P.M., slather on a cream with brightening vitamin C. A weekly peel with a 25 percent blend of AHAs will supercharge your regimen.

DAILY Rx Bliss Triple Oxygen+C Energizing cream, \$54; blissworld.com. **POWER FIX** Exuviance Performance peel AP25, \$68; at Ulta.

30s



The vitamin brightens

Hormonal shifts during this decade "can make skin thinner, flakier, and pallid or ashy in tone," says Dr. Tanzi. "Now's the time to really get aggressive about rebuilding the skin's inner scaffolding so light bounces off it." Choose a skin-firming retinol serum that's souped up with antioxidants and hyaluronic acid to prevent dryness, says Dr. Alexiades-Armenakas. Once a week, apply a hydrating mask to restore dewiness. **DAILY Rx** Replenix All Trans Retinol Smoothing serum 3X, \$53; dermstore.com. **POWER FIX** Epionce Enriched Firming mask, \$38; lovelyskin.com.



Retinol helps firm; green tea fights free radicals.

40s

Blame solar elastosis—aka deep-seated sun damage to the second layer of skin—for blahness in your 50s. "UV exposure over time breaks down collagen and elastin fibers, creating a yellowish cast," explains Dr. Alexiades-Armenakas. To ward off future damage, look for a cream that contains strengthening peptides, plus optical brighteners and antioxidants. You might also try one of the new at-home shortwave light-therapy gadgets; when used weekly, they promote collagen and elastin growth beneath skin's surface.

DAILY Rx 37 Extreme Actives cream, \$295; neimanmarcus.com. **POWER FIX** Palo Via Skin Renewing laser, \$499; palovia.com.

50s+



Zap without fear! (It just tingles a bit.)

In-Office Procedures

Still a no-glow after a regimen of topical creams? You might be a candidate for one of these new combination treatments

MICRODERM-PLUS

WHAT IT IS A micro skin-polishing treatment topped off with either LED (a form of light therapy that reduces redness) or pressurized oxygen (which restores moisture). **COST** \$150–\$500 per treatment. **FREQUENCY** Expect to go twice a year in your 30s and 40s, and every other month in your 50s. **DOWNTIME** Little to none.

COMBO CHEMICAL PEEL

WHAT IT IS A customized blend of AHAs, such as glycolic acid, and high-potency retinol that exfoliates skin, reduces brown spots, and minimizes wrinkles. **COST** \$150–\$500 per session. **FREQUENCY** Plan to go once every 4 months. **DOWNTIME** Minor redness and peeling for 2 to 3 days.

DUAL FRAXEL

WHAT IT IS This laser delivers two wavelengths—one to stimulate collagen, the other to help activate skin-cell growth so skin looks brighter and more even. **COST** \$750–\$1,500 per visit. **FREQUENCY** A series of 2 to 3 sessions is usually needed, but the results last several years. **DOWNTIME** Expect pinkness and mild swelling for 3 to 10 days.