



# Facing Forward

A Definitive Guide to Skin Care

By  DERMSTORE™

Reviewed by Dr. Ashley Magovern

# Table of Contents

<b>ABOUT DERMSTORE</b>	<b>3</b>
<b>FOREWORD</b>	<b>4</b>
<b>CHAPTER 1 • How Life Affects Your Skin</b>	<b>5</b>
5 Most Common Skin Concerns and How to Deal With Them	
Your Great Skin Checklist	
<b>CHAPTER 2 • Building the Best Skin Care Routine for You</b>	<b>10</b>
Get to Know Your Skin Type	
What Happens to Your Skin at Your Age	
In What Order Should You Apply Your Products?	
How Much of Your Products Do You Really Need?	
<b>CHAPTER 3 • The Power of Cleansing</b>	<b>15</b>
The Proper Way to Cleanse	
The Different Types of Cleansers, Decoded	
DermStore's Top 10 Cleansers	
<b>CHAPTER 4 • Why You Should Never Skip Your Moisturizer</b>	<b>19</b>
What's In a Moisturizer?	
DermStore's Top 10 Moisturizers	
Make the Most of Your Moisturizer	
<b>CHAPTER 5 • Sun Protection Is Half the Battle</b>	<b>24</b>
5 Sunscreen Myths, Debunked	
Know Before You Buy: 15 Sunscreen Terms to Remember	
DermStore's Top 10 Sunscreens	
5 Sun-Safety "Rules" to Live By	
<b>CHAPTER 6 • Antioxidants: Your Skin's New Best Friend</b>	<b>30</b>
The 4 Main Benefits of Antioxidants on Your Skin	
The Best Antioxidants for You	
DermStore's Top 10 Antioxidants	
4 Tips to Maximize the Benefits of Antioxidants	
<b>CHAPTER 7 • Exfoliation and Peels 101</b>	<b>34</b>
What Exfoliant Should You Use?	
DermStore's Top 10 Exfoliants	
The 7 Commandments of Exfoliation	
<b>CHAPTER 8 • The Essential Luxuries: Serums, Masks and Oils</b>	<b>39</b>
Serums	
DermStore's Top 5 Serums	
Masks	
DermStore's Top 5 Masks	
Oils	
DermStore's Top 5 Oils	
<b>CHAPTER 9 • The Big Guns: At-Home Skin Care Devices</b>	<b>45</b>
Deep-Cleansing Devices	
Anti-Aging Devices	
Glow-Enhancing Devices	
DermStore's Top 10 Skin Care Devices	
<b>CHAPTER 10 • Glowing From Within</b>	<b>47</b>
7 Nutrients Your Skin Needs	
Why We Love Water	
DermStore's Top 10 Skin Care Supplements	
5 Unlikely Foods (and Drinks) That Slow Down Aging Skin	
<b>ACKNOWLEDGEMENTS</b>	<b>52</b>

## About DermStore

DermStore launched in 1999 with the vision of creating a trusted dermatologist-backed online store that carries the finest cosmetic dermatology products. Founded by a board-certified dermatologist, we have become a safe haven where customers could purchase with confidence.

Since 2013, DermStore has been a wholly owned subsidiary of Target Corporation, and has grown to offer a wide range of skin care and cosmetic brands. Our collection includes professional-strength formulas (otherwise only available at a doctor's office), exclusive spa care lines and salon-grade brands as well as hard-to-find niche and specialty brands from around the world.

At DermStore, we understand that your skin is precious, and so are your time and money. We'll make it worth your while. We are deeply committed to real-world product testing and bringing you an expertly curated selection—giving you our promise that we only sell products we love and stand behind. Our goal is to help you make holistic, proactive choices today that ensure lifelong benefits. We hope to inspire you to discover the very best in dermatologist-recommended solutions.



# Foreword

The world of skin care can seem a bit overwhelming. With so many brand and product choices available on the market today, it can be hard to keep up and decide which ones to try. Not knowing how or even where to begin with your skin care routine can leave you feeling confused. But don't worry, you are not alone.

As a dermatologist, I see men and women every day who wish they had started taking care of their skin earlier—and I agree with them. Regardless of the reason they are seeing me, be it for a rash or a mole, they always ask about how they can take better care of their skin on the way out. The good news I tell them is that it is never too late to start.

Our skin is a window to our inner health and wellness. There really is no shortcut to youthful-looking skin other than through a healthy mind and body. But remember that our skin is also our first line of defense against the outside world. So as you start making better food choices and exercising more often, don't forget about your skin care routine. Thankfully, with the right tools and information—like this guide—building a good regimen is easier than you think. And if you dutifully stick to it for a few months, you will really start to see changes. Transformation takes time and smart choices. Invest in good formulations, and choose products with ingredients backed by



science and research that are formulated specifically for your skin type and concern. Go beyond cleansing and moisturizing. Acquaint yourself with the skin-transforming powers of vitamin C, retinol, glycolic acid and other tried-and-true ingredients stated in this guide. And no matter the season, religious application of sunscreen remains your best defense against skin aging and skin cancer.

Good luck in your skin care journey,

Dr. Ashley Magovern

---

Ashley Magovern, M.D., is a board-certified dermatologist who owns her own practice, Manhattan Dermatology, in Manhattan Beach, California. She loves all aspects of dermatology, including both the medical and cosmetic components of the discipline. She has a passion for skin care, believes in the importance of a good home routine and loves educating people on how to come up with an individualized plan. She is the medical director for DermStore.com.



## CHAPTER 1

# How Life Affects Your Skin

According to San Diego-based triple board-certified plastic surgeon Richard Chaffoo, we start aging way before our first wrinkle appears. “We get 90 percent of our skin’s damage by the age of 18, but it could take decades for the effects to present themselves.”

As our body’s first line of defense against the world at large, our skin is exposed to the harshest elements: UV radiation, environmental toxins and microbes, frigid temperatures and harsh chemicals in skin care products. But it’s not just the outside world. Our stress levels, diet and health also have a direct impact on our skin. Over the course of a lifetime, these damages accumulate, and eventually our skin gives in, paving the way for fine lines, wrinkles, acne, uneven skin tone and persistent redness and rashes.

The good news is that, despite our past mortal skin sins and constant inner and outer threats, we can still make a difference in our skin. A good skin care routine—though it won’t necessarily undo past damages—can go a long way. “I have seen so many people prevent the damage from becoming visible by staying dedicated to a potent daily regimen,” offers board-certified dermatologist Gary Goldfaden. “With the right products, you can keep your skin looking healthy longer.”

Before we dig deeper into the right skin care regimen for you, let’s explore the four main factors responsible for the changes in your skin. While some of these factors are unavoidable and part of our natural aging process, some are actually preventable.

From your daily lifestyle choices to your monthly hormonal cycle, see how the vicissitudes of life affect the quality of your skin.

---

## We get 90% of our skin’s damage by the age of 18.

---

### 1. THE SUN

According to The Skin Cancer Foundation, more than 90 percent of the visible changes commonly attributed to skin aging are caused by the sun. Chronic exposure to the sun’s ultraviolet rays—both UVA and UVB—breaks down collagen fibers and elastin (vital to the skin’s supple appearance) and interferes with the body’s immune and repair systems. It also contributes to the formation of free radicals (unstable oxygen molecules that attack healthy cells and permanently damage our DNA), leading to premature skin aging and, in some cases, cancer.

### 2. YOUR HORMONES

“From the teenage-blemish phase to aging skin, the ebb and flow of hormones has a key effect on the way we look,” shares board-certified obstetrician and gynecologist Rebecca Booth.

For instance, during puberty, our bodies start ramping up production of sex hormones estrogen and androgen, which results in excess oil and enlarged pores—the infamous birthplace of teenage acne. Meanwhile, fluctuating hormones during pregnancy can cause acne, dark spots, spider veins and various skin rashes to appear. As one approaches the menopause stage, when estrogen starts to decline, you'll notice that your skin becomes dry, less elastic and more prone to acne and hyperpigmentation.

Aside from estrogen, other hormones are at play. When your body senses a threat, it releases cortisol, epinephrine and other stress hormones. This process causes your muscles to tense up, heart rate and blood pressure to spike and digestive and immune systems to slow down, making you more vulnerable to free radical damage and toxin buildup. In other words: cellulite, breakouts and a sallow complexion.

### 3. LIFESTYLE AND DIET

While it hasn't been proven that certain food like nuts, potato chips and pizza can trigger acne breakouts, there is some solid evidence that your diet has a direct impact on your skin. For instance, sweets and refined carbs like white bread and pasta can cause rapid spikes in blood sugar and accelerate your skin's aging process. New York-based dermatologist Whitney Bowe explains: "Glycation is when sugar binds to other molecules in your body, such as protein and lipids. These sugar by-products do two things: They stop your cells from functioning properly, and then they create free radicals, which further damages your cells."

Moreover, processed foods that are high in sugars, also known as high-glycemic foods, can trigger acne. "High-glycemic foods contribute to acne by elevating serum insulin concentrations," shares Dr. Ashley Magovern. "This ramps up oil production and triggers inflammation. "Dairy foods have also been shown to be a trigger."

Even wines and other alcoholic beverages make you vulnerable to glycation. "Alcohol causes the blood vessels to swell, and the high levels of sugar found

in alcohol can lead to glycation, which has been proven to hinder collagen fibers from regenerating," confirms Dr. Goldfaden. Likewise, cigarette smoking plays a major part in the formation of wrinkles. Studies of identical twins have found smokers to have thinner skin (in some cases by as much as 40 percent), more severe wrinkles and more gray hair than their nonsmoking twins.

### 4. SKIN CARE CHOICES

Your skin care routine can make or break your skin. The wrong products—those laden with harsh chemicals or that don't match your skin type—are not only a waste of hard-earned money, they can also make existing skin conditions worse. But the right formulas for your skin—applied in the proper amount and in the correct order—may help reverse the damages mentioned above and even prevent them from happening in the first place.



# 5 Most Common Skin Concerns and How to Deal With Them

Skin concerns may be tough to deal with, but it helps to know that you are not alone. (Fact: Even supermodels have their own skin battles to fight.) You know what they say about an ounce of prevention? On top of that, a dash of understanding these skin problems—why and how they happen—is just where the journey to great and healthy skin truly begins. So here are five of the most common skin concerns and a few tips on how to fight back.

## 1. ACNE

According to the American Academy of Dermatology, acne is the most common skin condition in the United States, affecting 40 to 50 million women not just in their teens, but also those in their 30s, 40s, 50s and beyond. Acne occurs when a pore in the skin gets clogged, trapping dead skin cells, sebum (the skin's natural oil) and bacteria inside the pore.

**HOW TO DEAL:** Toning and cleansing your face every day is the first step toward clearing up your skin. You can also reach for a cleanser with salicylic acid or a spot treatment with benzoyl peroxide. Skin care products with AHAs (alpha hydroxy acids) can also help decongest your pores and reduce the buildup of dead cells.

## 2. FINE LINES AND WRINKLES

As our skin becomes more fragile and thin with age, it also becomes more susceptible to dehydration and environmental damage, resulting in creases, frown lines, crow's-feet and laugh lines. But not all wrinkles are caused by age and gravity. Many of us get them prematurely due to the factors mentioned earlier. No wonder Botox® and other wrinkle-reducing procedures remain one of the most commonly performed cosmetic services in the United States!

**HOW TO DEAL:** When looking for a product, keep an eye out for ingredients that inhibit free radical damage and promote collagen production, like vitamin C, to decrease the depth of fine lines and wrinkles. Likewise, year-round use of sunscreen—coupled with a potent antioxidant—protects your skin from the damaging effects of UV rays.

## 3. DARK SPOTS OR HYPERPIGMENTATION

Hyperpigmentation occurs when the skin produces too much melanin (the pigment that gives skin its color) in certain spots, which results in flat, dark patches that can vary in size and color. This condition is generally harmless and affects all skin types, genders, ethnicities and ages.

**HOW TO DEAL:** Topical treatments with ingredients like hydroquinone, arbutin, kojic acid and niacinamide and chemical exfoliants like AHAs and retinol are effective at lightening dark areas and evening out your skin tone. Wearing sunscreen every day prevents new ones from forming and stops existing areas from getting darker.



#### 4. ROSACEA

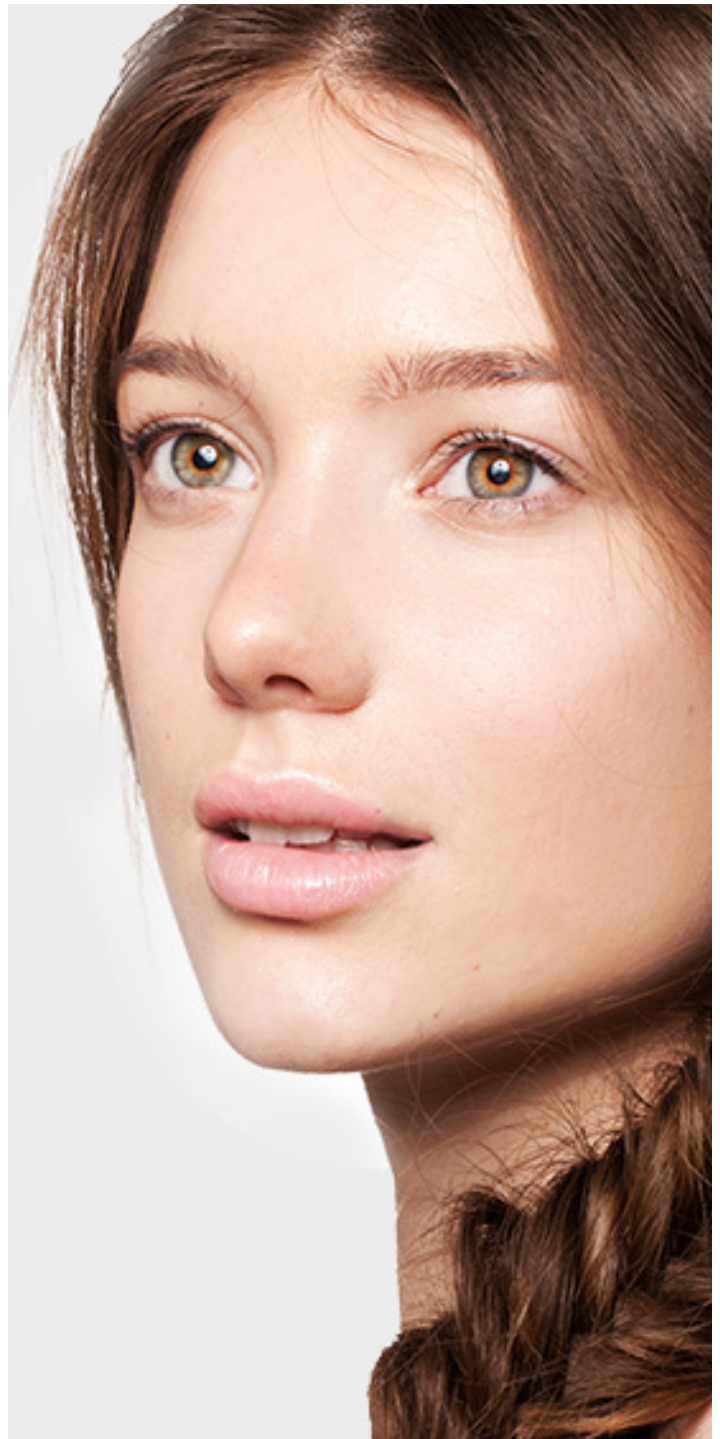
Rosacea is a common inflammatory skin disorder that affects 14 million Americans, and some of them don't even know they have it. Persistent facial redness or flushing, dilated capillaries and skin breakouts typically characterize this skin condition. In more severe cases, the nose may become more oily, bulbous and enlarged.

**HOW TO DEAL:** As of today, there is no cure for rosacea, but it can be controlled with skin care products designed to soothe easily irritated skin. Keep in mind that rosacea can become even more inflamed with sun exposure, wind, cold weather, alcohol and spicy foods, so it's important to know your triggers and avoid them. Barrier repair and sun protection are equally crucial.

#### 5. ECZEMA

Eczema, or atopic dermatitis, is a persistent rash-like skin condition characterized by dry, rough and scaly patches on the scalp, face and certain parts of the body. It's more common in children—between 10 and 20 percent compared to only 1 to 3 percent of adults—but once you have it as a child, it's possible to keep getting milder symptoms as an adult. While its exact causes are unknown, the most apparent culprits are a combination of hereditary and environmental factors.

**HOW TO DEAL:** To prevent flare-ups, avoid products that contain harsh chemicals and strip your skin of its natural oils. It's also crucial to moisturize often to maintain a healthy skin barrier.







## Your Great-Skin Checklist

- 1.** As the old adage goes: “The best defense is a good offense.” In skin care terms, your best defense against environmental damage is a good skin care routine.
- 2.** Alcohol and cigarettes have lasting effects on your skin. Thankfully, so do exercise and a healthy, balanced diet.
- 3.** Your hormones can be your skin’s friend or its worst foe at various stages of your life. Understanding how it works can potentially save you a trip to the dermatologist.
- 4.** Different folks, different skin concerns. So the right skin care products for another may not necessarily work for you.
- 5.** Just as your eyes are the windows to your soul, your skin is the window to your health—physically and emotionally. The surest route to better skin is to take care of yourself.



## CHAPTER 2

# Building the Best Skin Care Routine for You

Just how well do you know your skin? How does it behave when it's hot and humid or chilly and dry outside? What ingredients does it crave? These are all important questions because finding the right skin care products is the first step toward building a better skin care routine. Think of it as finding your skin's soul mate. It could take a lot of trial and error at first, but if you know your skin well, you'll be less likely to end up with a bad breakout.

"The same product on two different skin types may react completely differently," says board-certified dermatologist Rebecca Kazin. "This is why it's important to identify your skin type and which treat-

ments and products are right for your skin. You don't want your product to make your condition worse."

If you aren't 100 percent sure what type your skin falls under, don't worry. We've broken it down so you can get to know your skin a little bit better.

---

**The same product on two different skin types may react completely differently.**

---



# Get to Know Your Skin Type

Skin Types	Major Identifier	Your Skin's BFF	Keywords to Look For	Ingredients to Watch Out For
Normal	Skin with almost no sensitivity, dryness or oiliness.	Lucky you! Your skin can tolerate pretty much everything.		
Dry	Rough texture, dull color and tightness after cleansing are your top concerns.	<ul style="list-style-type: none"> <li>• Creamy Cleansers</li> <li>• Hydrating Boosters</li> <li>• Rich Moisturizers</li> <li>• Face Oils</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrating</li> <li>• Cream/Creamy</li> <li>• Alcohol-Free</li> <li>• Soap-Free</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Retinol</li> <li>• Salicylic Acid</li> <li>• Benzoyl Peroxide</li> </ul>
Oily	More frequent acne breakouts, visible pores and shine are your top concerns.	<ul style="list-style-type: none"> <li>• Foaming or Gel Cleansers</li> <li>• Chemical Exfoliants</li> <li>• Oil-Free Moisturizers</li> <li>• Clay Masks</li> </ul>	<ul style="list-style-type: none"> <li>• Mattifying</li> <li>• Oil-Free</li> <li>• Noncomedogenic</li> </ul>	<ul style="list-style-type: none"> <li>• Mineral Oil</li> <li>• Petrolatum</li> <li>• Alcohol</li> </ul>
Combination	Your skin is dry in some areas and oily in others (mainly the T-zone).	<ul style="list-style-type: none"> <li>• Toners</li> <li>• Spot Treatments</li> <li>• Blotting Papers</li> <li>• Multiple Masks</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing</li> <li>• Non-Drying</li> <li>• Noncomedogenic</li> </ul>	<ul style="list-style-type: none"> <li>• Similar to dry or oily skin</li> </ul>
Sensitive	Your skin tends to react to skin care products with redness, burning or acne.	<ul style="list-style-type: none"> <li>• Calming Mists (Thermal Spring Waters)</li> <li>• Soothing Botanical Oils (like aloe and chamomile)</li> </ul>	<ul style="list-style-type: none"> <li>• Calm</li> <li>• Mild</li> <li>• Hypoallergenic</li> </ul>	<ul style="list-style-type: none"> <li>• Perfumes</li> <li>• Fragrances</li> <li>• Preservatives</li> </ul>

Sometimes your skin type varies according to the season or geographical location. In that case, you don't need to switch up your entire regimen each season. A few tweaks here and there should be enough. For example, if your skin is typically normal

but turns oily in the summer, you may want to switch to a foaming cleanser or a lighter moisturizer. As we explore the different parts of your new skin care regimen, we'll offer a few product recommendations based on your skin type.

# What Happens to Your Skin at Your Age

Throughout this book, you'll often hear us speak about hydroxy acids, retinol, antioxidants, peptides and growth factors. Dermatologists gravitate toward these ingredients because of the solid science behind them. As new brands, formulations and trends become available, feel free to explore different ingredients and products. The crucial factor is to ensure that you are incorporating the critical pillars of skin care. For a better understanding of what those are, let's take a look at what's happening in your skin as you age.

---

## Your 20s

---

### WHAT'S HAPPENING IN YOUR SKIN:

You might not be worried about wrinkles just yet, and your ready-for-anything attitude means you might be overlooking some easy skin care basics. But caring for your skin properly in your 20s can pay off in the years to come.

**WHAT TO DO:** The best thing you can do for your skin in your 20s is to focus on prevention. As a first line of defense, wear sunscreen suited for your skin type whenever you go out—even during winter. If you want to stay ahead of the anti-aging game, opt for an antioxidant or a low-dose retinol two or three nights a week to help undo some sun damage and boost cell turnover.

---

## Your 30s

---

### WHAT'S HAPPENING IN YOUR SKIN:

When you're at the peak of your career, managing your diet and stress levels and making time for proper sleep and exercise may be the farthest things from your mind—and your skin is likely to show it. Uneven texture and tone, visible pores, a few fine lines and an overall lackluster appearance—blame these on the slowdown of cellular turnover, reduced oil production and weakened defenses against the effects

of stress and environmental damage. Some people may also start seeing the first signs of damage, usually in the form of fine lines around the eyes.

**WHAT TO DO:** There really is no shortcut to great skin other than a healthy lifestyle. But when life happens, it's better to equip yourself with a solid routine. For crow's-feet, reach for an eye cream to prevent them from progressing. Or, better yet, try to use your facial products around your eyes, including your sunscreen. Most people seem to avoid this area, but if your skin can tolerate it (be sure to moisturize and not overdo it), go for it. You can also start incorporating gentle exfoliators to refine your pores and even out your skin's tone and texture. If you haven't done so yet, incorporate antioxidants and retinols into your routine to speed up cell turnover and help repair damage.

---

## Your 40s

---

### WHAT'S HAPPENING IN YOUR SKIN:

You're finally comfortable in your skin, but you're not quite ready to start looking like your mother. In your 40s, a lifetime of environmental assaults, gravity and the natural aging process lead to the breakdown of collagen and elastin beneath the skin's surface. This is why you may be seeing an increase in wrinkles and a decrease in skin firmness.

**WHAT TO DO:** The good news is that skin care doesn't have to get more complicated over time as long as you use products geared toward your skin's needs. Seek serums designed for your specific aging concerns, and continue to make moisturizing and exfoliating a priority to restore your youthful glow.

---

## Your 50s

---

### WHAT'S HAPPENING IN YOUR SKIN:

Menopause can do a number on your skin (among other things). Changes in hormone levels cause a drastic decrease in lipid and collagen production and prompts major skin changes like extreme dryness, deeper wrinkles, loss of volume, sagging and thinning.

**WHAT TO DO:** Try a combination of products that include hydroxy acids (like glycolic acid), antioxidants and peptides in addition to retinol. These ingredients work hand in hand in speeding up cell turnover, boosting collagen production and repairing existing damage. If your over-the-counter retinoid products don't seem to be cutting it anymore, try to up your dosage or speak with your dermatologist about prescription formulas.

---

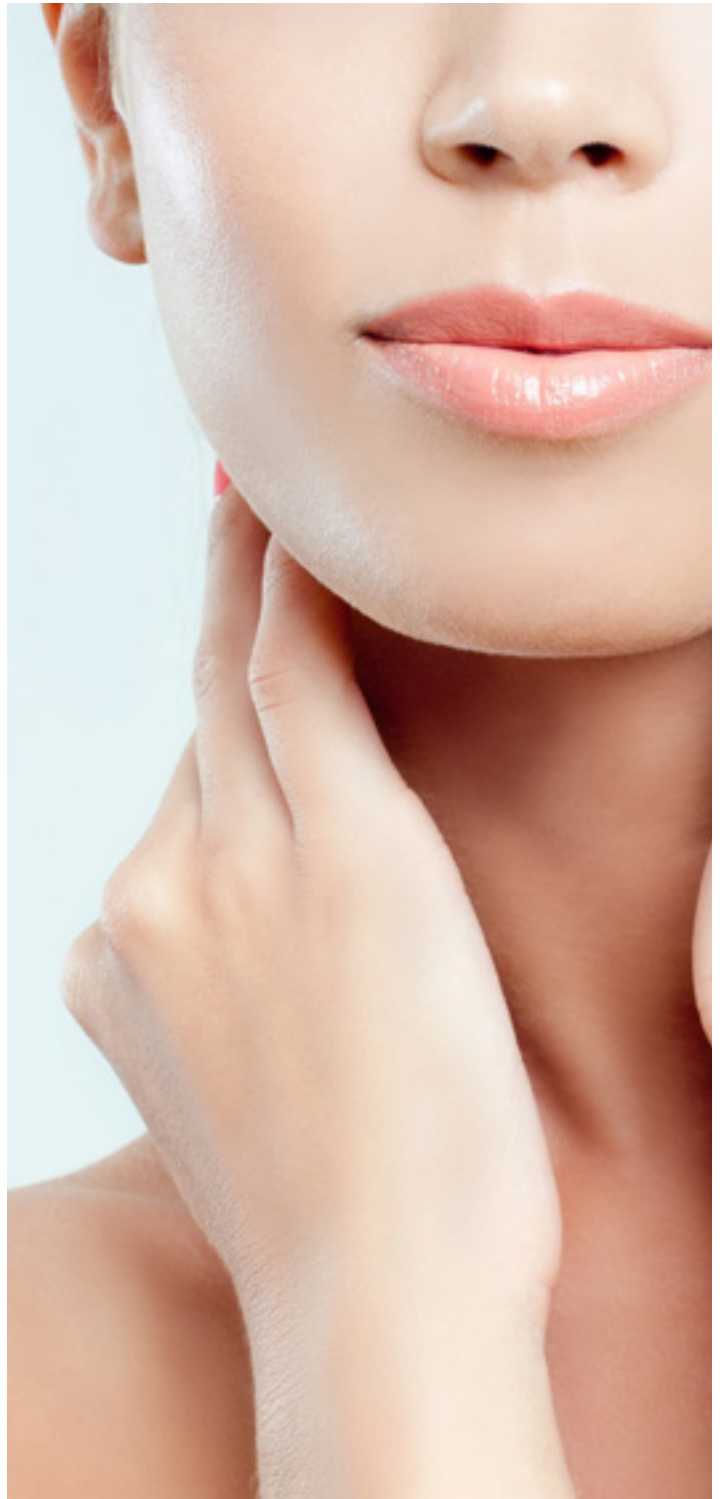
## 60s and Beyond

---

### WHAT'S HAPPENING IN YOUR SKIN:

As you settle into your golden years, your skin becomes thinner and more fragile.

**WHAT TO DO:** Focus on moisturizing and using gentle products that will be kind to worn and dry skin. Go for creams, serums and other hydrating items that are designed to retain moisture and protect healthy cells. Remember, sometimes dry skin just represents layers of dead skin cells that haven't been able to turn over quickly—especially in aging skin. It may sound counterintuitive, but using an AHA like glycolic acid can actually bring moisture back to your skin by sloughing the dead skin layers and can also allow your moisturizers to work better.



# In What Order Should You Apply Your Products?

Applying your skin care products in the proper order ensures that your skin receives the full benefits of each product. An easy rule of thumb to follow is to apply your products with the thinnest consistency to the thickest or from liquid to oil. During the day, most experts recommend a simple cleanser-toner-light moisturizer/day cream-sunscreen routine. At night, that's when you load up on skin care actives. Here's what experts recommend:

## Day

**STEP 1:** Cleanser

**STEP 2:** Toner

**STEP 3:** Moisturizer or Day Cream

**STEP 4:** Sunscreen

## Night

**STEP 1:** Cleanser

**STEP 2:** Toner

**STEP 3:** Spot Treatments

**STEP 4:** Serum

**STEP 5:** Eye Cream

**STEP 6:** Moisturizer, Night Cream, Face Oil

# How Much of Your Products Do You Really Need?

How much of your skin care products do you really need to use to maximize its benefits? If you're using too much product, you're not only wasting your money, but you could also potentially be causing damage to your skin. But if you're applying too little, chances are you're not reaping the benefits. So how much is enough? See our guide below.



pencil

Retinol



pea

Eye Cream



peanut

Primer



dime

Moisturizer



nickel

Face Cleanser



golf ball

Body Cleanser



shot glass

Body Sunscreen



## CHAPTER 3

# The Power of Cleansing

At the end of a long day, nothing feels quite as good as cleansing your face. Removing every trace of dirt, sweat and makeup allows the skin to breathe, repair and renew itself. Having a spotless surface also helps your other skin care products to penetrate your skin more deeply and perform their tasks more efficiently. As the first step in your skin care ritual, it's important to nail this part before even thinking about your serums and anti-aging creams. Here, we'll show you how to pick the right one for you and include tips on how to cleanse your skin properly. Using the right cleanser for your skin type and concern is equally important as knowing how to use it properly in order to maintain healthy, youthful-looking skin.

### The Proper Way to Cleanse

Have you ever heard the term "double cleansing"? In Asia, "double cleansing" is a method in which removing makeup and washing your face are two separate steps (and facial wipes do not count). "The first step is to take off your makeup. This is the step in which you would typically use a cleansing oil," explains cosmetic acupuncturist and herbalist Kathleen Funk. "The second step is to use a face wash to remove all the excess sebum, dirt and makeup you loosened up on the first step. This leaves your skin fresh and perfectly prepped to absorb your skin regimen."

While we don't call it "double cleansing" in the West, we also abide by the same principle. The best way to thoroughly remove pore-clogging impurities

from your skin is to remove your makeup first, then wash your face with the appropriate cleanser. We've broken this down further in three easy steps.

#### STEP 1: REMOVE YOUR MAKEUP

Choose your poison. Some people prefer a traditional oil-based makeup remover, while some opt for a cleansing oil, a micellar/cleansing water or cleansing wipes. This step is particularly important if you wear waterproof makeup.

#### STEP 2: WASH YOUR FACE

Place a small amount of your chosen cleanser into your hands and emulsify with lukewarm water. Massage it onto your skin using circular motions for at least 30 seconds. Make sure you cover a lot of ground, including commonly missed areas like along the hairline, below your ears, the front and back of your neck and your décolletage.

#### STEP 3: RINSE AND PAT DRY

Remember to rinse your face with warm water, not hot. Once done, gently pat (instead of rub) your skin with a clean, dry towel.

Experts have different opinions about how often you should wash your face. Our advice? Listen to your skin. Some skin types can benefit from a twice-a-day, morning-and-night cleansing routine to control excess oil and shine, while the same routine can make others dry and tight. As a general rule: Wash your face at night, and never sleep with your makeup on.

# Do You Really Need a Toner?

While toners were initially marketed to remove any leftover traces of makeup or cleanser and tighten the skin, the newest breed of toners do much more than that. No, they don't physically "shrink" pores as previously believed, but they can serve as a delivery system for antioxidants, calming ingredients and even exfoliating acids.

So do you absolutely need a toner? Probably not. But if you don't mind the extra step (and people do love toners), it can certainly be beneficial with the right product.

## The Different Types of Cleansers, Decoded

With so many cleansing options available, and with each one touting different benefits, it's easy to feel overwhelmed and get swayed by false marketing claims. Knowing the difference between each type allows you to filter your options and makes the hunt for the perfect cleanser a whole lot easier. A quick note for normal skin types: You can pretty much try any type of cleanser as long as your skin tolerates it.

### 1. CREAM CLEANSERS

Cream cleansers are usually thick, creamy and contain moisturizing ingredients like botanical oils. They gently cleanse your skin without stripping it of its natural oils. Cream cleansers can also come in the form of "milk" or "lotion."

**IDEAL FOR:** Dry and Sensitive Skin

### 2. GEL CLEANSERS

Gel cleansers are clear and, as the name suggests, have a gel-like consistency. Generally designed for deep cleansing, they are effective at decongesting clogged pores, removing excess oil and killing acne-causing bacteria, thanks to their antiseptic and exfoliating properties.

**IDEAL FOR:** Oily and Combination Skin





### 3. FOAM CLEANSERS

Foam cleansers are lightweight cleansers that start out as cream or gel and burst into a rich, foamy lather. This type of cleanser removes excess oil as effectively as gel cleansers.

**IDEAL FOR:** Oily and Combination Skin

### 4. OIL CLEANSERS

Washing your skin with oil may sound like a recipe for breakouts, especially if you have oily skin, but most experts disagree. An oil cleanser is a gentle way of removing pore-clogging debris—including waterproof makeup—without drying your skin.

**IDEAL FOR:** All Skin Types

## The New Crop of Cleansers

Need more cleansing options? The new breed of cleansers utilizes unique ingredients that promise to give you the same squeaky-clean look without leaving your skin tight and dry.

### 1. CLAY CLEANSERS

Known for their absorbing power, clay cleansers purify your skin by drawing out excess oil and toxins from your pores.

**IDEAL FOR:** Oily and Combination Skin

### 2. CLEANSING BALMS

These cleansers come in the form of wax and melt into an oil-like consistency. They're usually followed by washing your face with a separate cleanser.

**IDEAL FOR:** Dry and Sensitive Skin

### 3. MICELLAR CLEANSERS

Originating in France, micellar waters feature “micelles”—or tiny oil molecules suspended in soft water—that attract oil, dirt and makeup. Another great thing about them: You don't need to rinse them off with water.

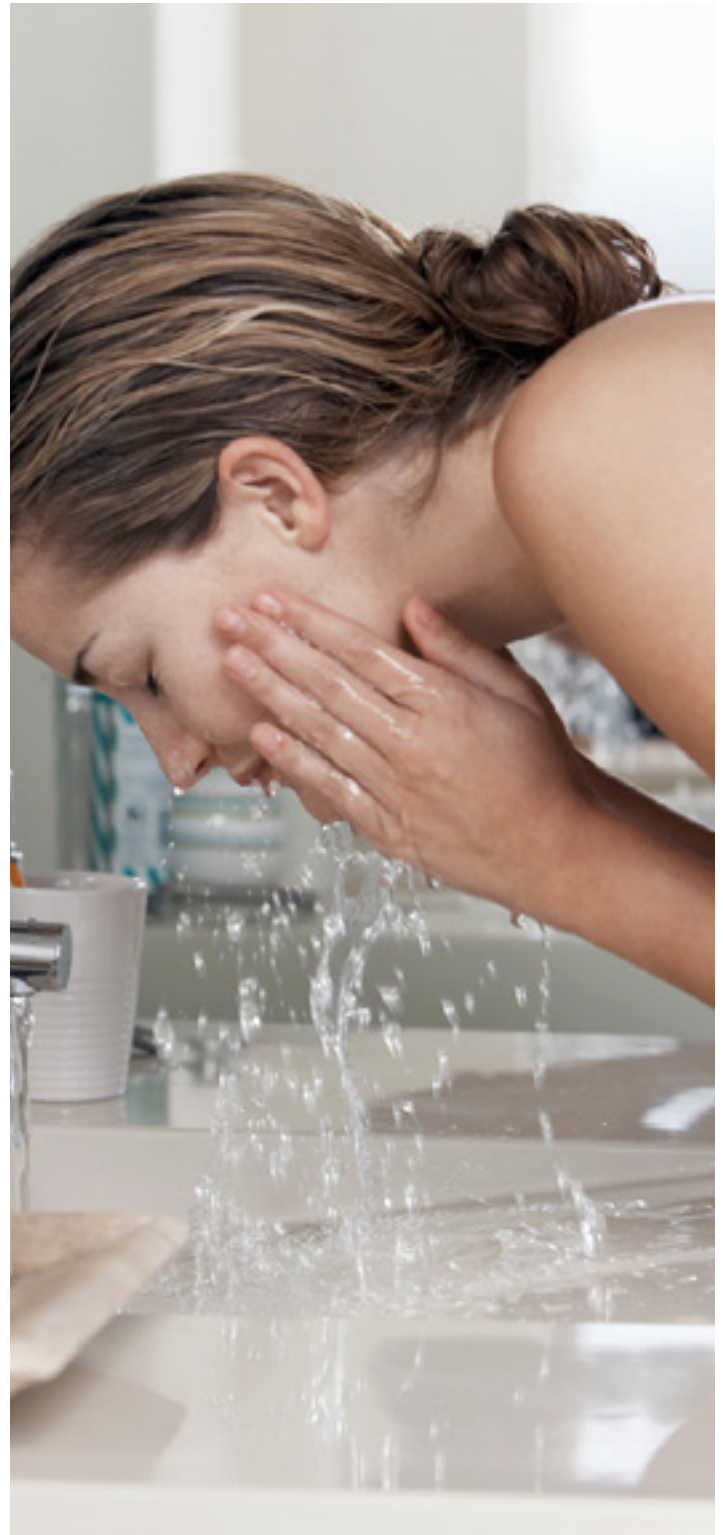
**IDEAL FOR:** Dry and Sensitive Skin

### 4. CLEANSING CLOTHS, MITTS AND SPONGES

There are cleansing wipes, and then there are cleansing cloths, mitts and sponges. These cleansers

are made with special fibers—some are plant-derived and don't require the use of any traditional cleansers—to thoroughly remove impurities while also sloughing off dead skin cells. A few examples are muslin cloths, kassa/kessa mitts and konjac sponges.

**IDEAL FOR:** Oily and Combination Skin



# TOP 10

CLEANSERS  
BY DERMSTORE



**1. DHC**  
Deep Cleansing Oil



**6. Jan Marini**  
Bioglycolic Face Cleanser



**2. Glytone**  
Mild Gel Wash



**7. PCA Skin**  
Facial Wash



**3. Obagi**  
Nu-Derm Foaming Gel



**8. La Roche-Posay**  
Toleriane Purifying Foaming  
Cream Cleanser



**4. Glytone**  
Mild Cream Wash



**9. Avène**  
Cleanance Cleansing Gel  
for Face and Body



**5. SkinCeuticals**  
Purifying Cleanser



**10. Dermalogica**  
Special Cleansing Gel



## CHAPTER 4

# Why You Should Never Skip Your Moisturizer

“Do I really need a moisturizer?” Dermatologists get this question all the time, and for the vast majority of us the answer is yes. Board-certified dermatologist Sandra Kopp elaborates: “Even though your body has its own natural lubricating system—consisting of glands that secrete oil or sebum—to maintain a protective coating against outside conditions and infections, most of us do need extra hydration after the havoc that sun, weather and harsh chemicals wreak on our skin.”

**BUT HERE’S THE THING:** Moisturizers don’t exactly add moisture to your skin. What they really do turns out to be much more important than you think. To shed light on this, we asked skin experts to weigh in.

### 1. IT SLOWS DOWN THE AGING PROCESS.

“Using a moisturizer morning and night plays a big part in achieving healthy and younger-looking skin,” offers Bioelements director of education Teresa Stenzel. “Of course, the appropriate cleanser, toner, broad-spectrum sunscreen and weekly exfoliation are important as well, but your moisturizer is what ‘seals’ the deal.”

According to Stenzel, when your skin’s barrier function is impaired, it allows all sorts of pollutants, bacteria, free radicals and UV rays to attack your skin, damaging healthy cells and speeding up your skin’s aging process. The result: fine lines, wrinkles, hyperpigmentation and sagging skin.

“Antiwrinkle creams are actually moisturizers,”

adds board-certified dermatologist Fayne L. Frey. “In fact, 80 percent of all ingredients found in moisturizers, anti-aging creams, eye creams, night creams and firming creams are actually similar. These products increase the water content of the skin, improving the appearance of fine lines and wrinkles.”

### 2. IT PREVENTS INFLAMMATION AND MAKES YOU BREAK OUT LESS.

If you think sensitive, oily and acne-prone skin doesn’t need to be moisturized, think again. According to board-certified dermatologist Purvisha Patel, when the skin is not properly hydrated, it becomes easily irritated and becomes a lot more susceptible to allergens and breakouts.

“If you don’t use enough moisturizer, the skin can crack and become sensitive,” she explains. “And when you become exposed to products or agents that are too harsh for your particular skin type, your body will release histamine in your skin, which you’ll recognize as an allergic reaction or acne breakout.”

### 3. IT DELIVERS ACTIVE INGREDIENTS THAT ADDRESS YOUR SKIN CONCERN.

Some moisturizers are also designed to do more than just moisturize. Some also contain active ingredients—from exfoliants to antioxidants to anti-inflammatories—to deliver added benefits to your skin.



“Moisturizers are not one-size-fits-all,” says Stenzel. “A moisturizer formula is designed to work with your skin type, not just to keep your skin smooth, lubricated and balanced, but also to deliver active ingredients that soothe, repair or rejuvenate, depending on what your skin needs. This is why it’s important to know what your genetic skin type is and pay attention to what your skin is lacking, so you will know which formula is best for you and get the most benefit out of your moisturizer.”

#### **4. IT STRENGTHENS YOUR PROTECTIVE BARRIER AGAINST ENVIRONMENTAL DAMAGE.**

As our body’s protective barrier, the skin’s main function is to expel toxins and prevent harmful elements from entering and attacking our body. But without an adequate supply of water (which basically makes up every living cell in our body, including skin cells) the skin loses its ability to perform its duty.

“In order for the skin to function with the maximum efficiency and be protected against environmental agents, it needs to be adequately hydrated,” says board-certified dermatologist David Bank. “Dehydrated skin will not be able to maintain an intact barrier. Moisturizers, therefore, help to bring and maintain water levels in the surface layers of the skin and help

keep the skin’s water at an optimum level.”

#### **5. IT PRIMES YOUR SKIN FOR MAKEUP.**

Moisturizers also act as a barrier between your skin and the chemicals in your makeup. It also evens out your skin’s surface, allowing your makeup to glide more easily.

#### **6. IT SOOTHES YOUR SKIN AND IMPROVES YOUR COMPLEXION ALMOST IMMEDIATELY.**

We all know what dry skin looks like: rough, scaly, dull and with occasional white, flaky patches. Since some moisturizers contain humectants and emollients—agents designed to attract and trap moisture on the outer layers of your skin—moisturizers can improve the appearance of your skin almost immediately.

“Moisturizers that contain emollients and humectants are designed to make the skin feel soft and appear smooth,” explains Dr. Frey. “Humectants work by attracting water from below the epidermis and from the atmosphere and drawing it into the stratum corneum. Emollients, on the other hand, soften the skin and impart a smooth and silky feel. Both are great at improving the appearance of dry skin.”

# What's in a Moisturizer?

There is currently a broad array of products designed to moisturize your skin—from creams to oils to balms. But before we look into that, it's important to understand the ingredients that go into your product. There are three main types of moisturizers: **humectant**, **emollient** and **occlusive**. All three of them are designed to do different things.



## Humectants

### KEY INGREDIENTS

---

Glycerin (or glycerol), hyaluronic acid, propylene glycol, urea, sorbitol and alpha hydroxy acids (like glycolic and lactic acid)

### WHAT THEY DO

---

These ingredients prevent moisture loss by drawing water from the atmosphere into the top layer of the skin.

### IDEAL FOR

---

Oily and Combination Skin

## Emollients

### KEY INGREDIENTS

---

Lanolin, mineral oil, ceramides, dimethicone, coconut oil and other plant-based oils.

### WHAT THEY DO

---

These ingredients work by filling the cracks in between skin cells and sealing in water. Most facial moisturizers have humectants and emollients acting in tandem.

### IDEAL FOR

---

Dry and Sensitive Skin

## Occlusives

### KEY INGREDIENTS

---

Shea butter, petrolatum, beeswax and paraffin.

### WHAT THEY DO

---

Occlusives provide a thicker protective barrier to prevent water loss.

### IDEAL FOR

---

Severely Dry Skin (as well as thicker parts of the body such as hands, feet, elbows and knees)

# TOP 10

MOISTURIZERS  
BY DERMSTORE



**1. Avène**  
Clean-Ac Hydrating Cream



**6. SkinCeuticals**  
Emollience



**2. La Roche-Posay**  
Anthelios SX Daily  
Moisturizing Cream  
With Sunscreen



**7. Dermalogica**  
AGE Smart Dynamic Skin  
Recovery SPF 50



**3. PCA Skin**  
Collagen Hydrator



**8. Éminence**  
Coconut Age  
Corrective Moisturizer



**4. Avène**  
Antirougeurs Day  
Redness Relief Soothing  
Cream SPF 25



**9. Jan Marini**  
Bioglycolic Bioclear  
Face Cream



**5. EltaMD**  
PM Therapy  
Facial Moisturizer



**10. NeoCutis**  
Bio-Cream Bio-Restorative  
Skin Cream



# Make the Most of Your Moisturizer

**1.** Most experts agree that the best time to apply a moisturizer is when the skin is still moist. After using a gentle cleanser, lightly pat your face damp and then immediately apply a layer of moisturizer to lock in the hydration.

**2.** Remember to adjust your moisturizer each season as you would your wardrobe. No matter your skin type, winter calls for heavier products like balms, oils and creams, while most skin types can do away with lighter fluids and gels during warmer months.

**ANOTHER TIP:** Stick to products specifically formulated for the face—facial skin has unique qualities that require special consideration.

**3.** Though a good moisturizing regimen is a great start, it is also important to stay hydrated and get essential nutrients—vitamins, essential fatty acids that are the building blocks for healthy skin—from the food that you eat.



## CHAPTER 5

# Sun Protection Is Half the Battle

As we've stated in the previous chapter, more than 90 percent of the visible skin changes associated with aging (think fine lines and wrinkles, uneven skin tone and sagging skin) are actually caused by the sun's ultraviolet (UV) rays. If that statement alone isn't scary enough to send you into summer hibernation mode, we don't know what will. But here's an encouraging thought: In the same study, researchers found that subjects who applied broad-spectrum sunscreen with an SPF 15 or higher every morning—and were diligent about reapplying every couple of hours—reduced their skin aging by 24 percent. This is significantly less than subjects who only used sunscreen occasionally.

This tells us three things we didn't know before. One, the sun plays a much bigger role in skin aging than what we originally thought. Second, the majority of sun damage we get isn't actually from yearly beach vacations but from seemingly innocent day-to-day activities like running errands and enjoying an outdoor brunch. Third, wearing sunscreen remains your best defense against sun-induced damage.

Despite what we know about sunscreens, there are still so many misconceptions about how to use it correctly. Here are five of them.

---

As we've stated in the previous chapter, more than 90 percent of the visible skin changes associated with aging are actually caused by UV rays.

---





# 5 Sunscreen Myths, Debunked

## **MYTH 1:** Just about any sunscreen will do.

---

The SPF number on your sunscreen bottle indicates how well it can protect skin against UVB rays—the kind that’s responsible for sunburn and skin cancer. But there’s another range of radiation you’re exposed to while in the sun: UVA, or the rays responsible for skin aging. To make sure you’re protected against both UVA and UVB, look for sunscreens that say “broad spectrum” on the label and offer an SPF of 30 or higher.

## **MYTH 2:** The SPF in your foundation should be enough.

---

Unless you’re a theater actress, you’ll never apply enough foundation to reap the benefits of the SPF it contains. Experts recommend applying a nickel-size amount of sunscreen as the last step in your skin care routine and before applying makeup to keep your face adequately protected. And don’t forget your entire body!

## **MYTH 3:** Higher SPF means you can spend more time outdoors.

---

No matter how high the SPF, the FDA recommends reapplying sunscreen every two hours for optimal protection. One ounce is advised for keeping your entire body protected—so in a given day spent at the beach, one person could use almost an entire bottle of SPF 30 sunscreen in order to stay properly protected from head to toe.

## **MYTH 4:** As long as you don’t go outside, you are protected.

---

UVA rays can penetrate glass, so even if you spend a lot of time in your car, you’re not completely protected. Applying a broad-spectrum sunscreen should be a daily, year-round habit.

## **MYTH 5:** Darker skin tones don’t need sunscreen.

---

While those with darker complexions have a naturally higher SPF protection in their skin, they are still at risk for skin cancer and aging, making sunscreen application an absolute necessity. Some sunscreens tend to give dark skin a gray appearance after application, but newer liquid and more sheer formulas can provide darker women with protection without changing the way their skin looks.

# Know Before You Buy: 15 Sunscreen Terms to Remember

While we can't avoid the sun, religious application of sunscreen can make a whole lot of difference in our skin in the long run, not just in delaying visible signs of aging but in preventing melanoma, the most dangerous form of skin cancer. But with a dizzying array of sunscreen options available, how do you choose the right one for you? Before we go there, let's unlock the mystery that is your sunscreen's label. Here are 15 important sunscreen terms to keep in mind.

## 1. SPF (SUN PROTECTION FACTOR)

A measure of how much UVB radiation it would take to burn protected skin (with sunscreen) relative to the amount required to burn unprotected skin (without sunscreen). Let's break it down. For example, if your skin normally burns after 10 minutes in the sun, an SPF 15 would allow you to stay in the sun without burning for approximately 150 minutes or 15 times longer.

So does that mean SPF 80 is that much better than SPF 50? The FDA says there's not enough data to support that, so its most recent ruling limits the maximum SPF value on sunscreen labeling to "SPF 50+."

## 2. UVA (ULTRAVIOLET A)

Accounts for up to 95 percent of the UV radiation reaching the planet's surface. They are less intense than UVB, but they penetrate the skin more deeply and play a major part in skin aging and wrinkling.

## 3. UVB (ULTRAVIOLET B)

The shorter of the two UV rays as well as the more intense (especially between 10 a.m. and 4 p.m.), UVB damages the skin's more superficial epidermal layers, causing skin reddening and sunburn. It plays a key role in the development of skin cancer.

## 4. BROAD SPECTRUM

This means that the sunscreen provides protection

against both UVA and UVB rays.

## 5. CHEMICAL SUNSCREEN

Protects your skin by using chemical filters to absorb UV light. Commonly used chemical filters include avobenzone, oxybenzone, Mexoryl SX and XL and Tinosorb M.

## 6. MINERAL SUNSCREEN

Historically appearing white, it works by deflecting or blocking the sun's rays with mineral filters zinc oxide and titanium dioxide. They're believed to be less irritating than chemical sunscreens because they don't penetrate the skin and contain less irritants and allergens. Also known as physical sunscreen, formulations have greatly improved in recent years, and it's quite easy to find one that doesn't impart a whitish hue.



## 7. PHOTOSTABLE

This means it doesn't degrade or change its form when exposed to sunlight. You will most often see this term on sunscreen containing avobenzone, which can be unstable if not formulated properly. An unstable sunscreen will not offer the sun protection that it claims on the label and can put you at risk for sunburn.

## 8. WATER RESISTANT

The ability of the sunscreen to stay on the skin—and maintain its SPF level—after 40 to 80 minutes of water exposure. The FDA only allows the claim “water resistant” on sunscreen labels because it believes no sunscreen can rightfully claim to be waterproof.

## 9. NANOPARTICLES

These particles measure less than 100 nanometers in diameter. Some sunscreen ingredients—like zinc oxide—are reduced to this size so the sunscreen dries clear instead of white. Some consumer and environmental groups have raised concerns about the health risks of nanoparticles, though recent studies revealed that nanoparticles are considered safe.

## 10. NON-COMEDOGENIC

This term means the product will not clog your pores—an important factor to consider if you have oily, sensitive or acne-prone skin.

## 11. MELANOMA

It's the most dangerous type of skin cancer and the leading cause of death from skin disease.

## 12. SUN SPOTS

These flat, brown or black spots appear on the areas of the skin exposed to the sun, particularly the face, hands, shoulders and arms. They're also known as age spots, liver spots or solar lentigines.

## 13. PHOTOAGING

Generally refers to the damage done to the body and skin by prolonged exposure to UVA and UVB radiation.

## 14. FREE RADICALS

Unstable molecules that create damage by stealing electrons from healthy cells. Sun exposure generates free radicals and causes premature aging.

## 15. ANTIOXIDANTS

Neutralizes free radical damage. When paired with a potent sunscreen, antioxidants up your defense against the sun.

---

# The Right Sunscreen for You

Now that you're familiar with important sunscreen terms, the second step is finding the right formula that will sit well with your skin type. Below are a few guidelines to consider.

## Normal Skin

If your skin is neither too oily nor too dry it will be able to tolerate almost all sunscreen formulas, from gel to cream to powder. Consider what feels best on your skin, what's easiest for you to apply and reapply and what activities you engage in every day. If you swim, go to the gym or do outdoor activities, you'll need to apply more often.

## Dry Skin and Sensitive Skin

Choose a lotion or cream with added hydrating or moisturizing ingredients, such as glycerin, lanolin, oils, silicones (like dimethicone) and aloe. Mineral formulas, or those with titanium dioxide or zinc oxide as an active ingredient, are also usually kinder to sensitive skin than chemical formulas. Avoid sunscreens with alcohol, fragrances or preservatives.

## Oily and Combination Skin

Look for lightweight sunscreens that come in sheer, fluid or gel formulas. It should also say “oil free” or “non-comedogenic” on the label.

# TOP 10

## SUNSCREENS

BY DERMSTORE



**1. EltaMD**  
UV Clear Broad-Spectrum  
SPF 46



**6. PCA Skin**  
Protecting Hydrator Broad  
Spectrum SPF 30



**2. SkinCeuticals**  
Physical Fusion UV Defense  
Sunscreen SPF 50



**7. Dermalogica**  
AGE Smart Dynamic Skin  
Recovery SPF 50



**3. CoTZ**  
Face Natural Skin Tone  
SPF 40



**8. MDSolarSciences**  
Mineral Tinted Creme SPF 30  
Broad Spectrum UVA-UVB



**4. EltaMD**  
UV Sport Broad-Spectrum  
SPF 50



**9. Replenix**  
Sheer Physical Sunscreen  
Cream SPF 50 Plus



**5. Avène**  
Antirougeurs Day Redness  
Relief Soothing Cream  
SPF 25



**10. La Roche-Posay**  
Anthelios 50 Mineral Ultra  
Light Sunscreen Fluid



## 5 Sun-Safety Rules to Live By

### **1. WEAR SUNSCREEN EVERY SINGLE DAY.**

Yes, even on days when you don't see the sun. (No excuses here, especially with a range of new formulas that make it easy to apply and reapply.) Make sure your SPF is the last thing you put on before your makeup, and give it ample time to absorb.

### **2. OUTSIDE? FOLLOW THE TWO-HOUR RULE.**

Feel free to have fun in the sun, just commit to reapplying your SPF product every two hours and/or after you sweat or get out of the pool. Keep in mind, too, that the sun's rays are most damaging between the hours of 10 a.m. and 4 p.m.

### **3. ELIMINATE "HEALTHY TAN" FROM YOUR VOCABULARY.**

The idea of getting a preliminary, "healthy" tan to prevent burning in the future is a popular one that just won't go away. And, unfortunately, it's anything but a good idea. Anytime your skin develops a tan, that's a sign of injury. Your skin is producing more melanin to protect itself against further damage to its DNA.

### **4. GET A FULL-BODY SCAN ONCE A YEAR.**

Don't let the cost of this preventative measure deter you. Several clinics offer the service for free.

### **5. INVEST IN ANTIOXIDANTS.**

Your skin can better defend itself against the sun with a little help from daily use of a topical vitamin C product. Bonus: Vitamin C can also help fade existing dark spots.



## CHAPTER 6

# Antioxidants: Your Skin's New Best Friend

In chapter 5 we discussed the important role antioxidants play—along with a potent sunscreen—in the fight against sun damage. But how exactly do antioxidants work? Why is it so crucial to include this additional step in your skin care routine? More importantly, what are antioxidants?

One cannot talk about antioxidants without talking about free radicals. Free radicals are unstable, highly reactive molecules that have one or more unpaired electrons. To gain stability, they attack stable molecules, triggering a chain reaction that damages healthy cells. Antioxidants work by “scavenging” those loose electrons so they can’t cause damage. Sometimes our bodies purposefully create free radicals to neutralize viruses and bacteria. But we also get free radicals from environmental factors like the sun, pollution, radiation, cigarette smoke and other toxic chemicals. Normally our bodies are built with enough antioxidants to counteract free radicals. However, when there are more free radicals in the body than the body can accommodate, an imbalance occurs (called oxidative stress).

So what does oxidative stress mean for your skin? Oxidative stress breaks down collagen, hinders skin’s natural repair process and triggers inflammation—and you see these as fine lines, wrinkles, loose skin, acne breakouts and a blotchy skin tone. By scavenging free radicals, antioxidants can help prevent and correct these visible signs and give skin a more youthful glow. This is where supplementing with antioxidants comes in.

## The 4 Main Benefits of Antioxidants on Your Skin

### 1. ANTIOXIDANTS HELP PREVENT SUNBURN.

“By definition, all antioxidants have anti-inflammatory properties,” explains Dr. Magovern. “They blunt your skin’s inflammatory response to the sun’s harmful rays, preventing sunburn and providing enhanced protection against sun damage and photoaging.”

### 2. ANTIOXIDANTS CAN HELP IMPROVE SIGNS OF DAMAGE.

Inflamed skin impedes the skin’s rejuvenation process. By reducing inflammation, antioxidants allow skin to repair itself and correct visible damage. “Some antioxidants, like vitamin C, can also stimulate collagen production, which is vital for youthful skin,” adds Dr. Magovern.

### 3. ANTIOXIDANTS BRIGHTEN YOUR SKIN TONE.

Free radicals and frequent sun exposure can also trigger changes in our skin’s melanin production, causing dark spots and uneven skin tone. By reducing photodamage, antioxidants can help prevent abnormal skin pigmentations. Some antioxidants (again, like vitamin C) also work as a tyrosinase (an enzyme that stimulates melanin production) inhibitor.

### 4. ANTIOXIDANTS CAN HELP PREVENT CERTAIN KINDS OF CANCER.

Some antioxidants, such as vitamins A, C and E, have anticarcinogenic properties and may help prevent skin cancer.

# The Best Antioxidants for You

Antioxidants aren't all cast in the same mold. While they're all designed to protect the cells from UV light, pollution and other environmental elements that produce damaging free radicals, some are found to be more potent than others.

## 1. VITAMIN C

A favorite among dermatologists, vitamin C is one of the most studied antioxidants available on the market. Other than being a free radical scavenger, vitamin C has other skin benefits, like boosting collagen production and fading dark spots. But beware, vitamin C is inherently unstable and can lose its potency when exposed to light or air.

"It's probably best to store it in a cool, dark drawer or cabinet," advises Dr. Magovern. "Tetrahexyldecyl ascorbate, or THD, is a form of vitamin C that is inherently more stable, and it's lipid soluble, which means that it can better penetrate into the deeper levels of the skin to stimulate collagen production. Some prefer this formulation, which tends to be a bit velvety and creamy rather than serum-like."

## 2. RETINOL (VITAMIN A)

If there's one anti-aging ingredient that's been proven time and time again to help turn back the clock on aging skin, it's retinol. A derivative of vitamin A, this ingredient is particularly effective due to its small molecular structure, giving it the ability to penetrate deep enough into the skin that it can effectively stimulate collagen production and accelerate cell renewal and repair, smoothing fine lines and wrinkles and improving skin tone in the process. Whether it's the over-the-counter or prescription-strength kind (tretinoin), retinol is a powerful antioxidant for fighting environmental aggressors that cause premature skin aging.

"Retinol has truly stood the test of time as one of the most studied ingredients, with scientific data to back

up its claims," shares board-certified plastic surgeon Stafford Broumand. "What is great about retinol is that it is a multifunctional ingredient that can stimulate cell regeneration, rebuild collagen and reduce fine lines and wrinkles as well as age spots. It also exfoliates the skin to refine the texture, minimize pore size and even the skin tone."

## 3. VITAMIN E

Vitamin E is an important vitamin required for the proper function of many organs in the body, including the skin. Aside from being a powerful antioxidant, vitamin E is widely recognized for its ability to accelerate the skin's healing process. No wonder it is often found in moisturizers, creams and lotions formulated to treat dry skin as well as products designed to reduce stretch marks.

## 4. RESVERATROL

A chemical compound found mostly in the skins of fruits like grapes and berries, peanuts, tea and red wine, resveratrol serves as the plant's defensive armor. It's an antimicrobial substance produced by plants to protect themselves from air pollution, infection, intense UV radiation and extreme climate changes. Some studies also vouch for its cancer-fighting abilities. As for how this antioxidant does this may have something to do with the way it boosts the activity of mitochondria, the cells' powerhouses, promoting longer cell life in the body.

## 5. IDEBENONE

If you know someone who suffers from Alzheimer's disease, chances are you've heard of idebenone. Idebenone—a man-made ingredient similar to coenzyme Q10 (CoQ10)—is a powerful antioxidant, capable of protecting a wide variety of cells from oxidative damage.

# TOP 10

ANTIOXIDANTS  
BY DERMSTORE



1. SkinCeuticals  
C E Ferulic



6. SkinMedica  
Vitamin C Plus E Complex



2. SkinCeuticals  
Phloretin CF



7. Replenix  
Power of Three Cream



3. Obagi  
Professional-C  
Serum 20 Percent



8. PCA Skin  
A and C Synergy Serum



4. La Roche-Posay  
Active C Corrective  
Dermatological Care  
For Wrinkles



9. Paula's Choice  
RESIST C15 Super Booster



5. Jan Marini  
C-ESTA Face Serum



10. Cellex-C  
High-Potency Serum





## 4 Tips to Maximize the Benefits of Antioxidants

### 1. IT'S NEVER TOO EARLY TO START.

If you want to kickstart your anti-aging regimen, but you aren't ready for more potent ingredients like retinol that may be initially irritating, antioxidants are the best place to start.

### 2. YOU CAN USE IT ON YOUR BODY TOO.

Aside from your face, feel free to slather your antioxidant cream on your neck, hands and forearms because these parts are exposed to the sun regularly and show signs of age and sun damage.

### 3. YOU CAN COMBINE ANTIOXIDANT PRODUCTS.

"As long as you don't experience skin irritation, I don't see why not," explains Dr. Magovern. "We know that vitamin C and E work better together, and studies have shown that ferulic acid, another antioxidant, may actually stabilize vitamin C and allow it work more effectively."

### 4. DON'T FORGET YOUR DIET.

Aside from topical creams and serums, the best way to increase your antioxidant reserves is by consuming antioxidant-rich fruits and vegetables. "Brightly colored foods are an easy way to know if you are eating well. One of my mentors, Dr. Howard Murad, taught me this," shares Dr. Magovern. "If you can eat your fruit and vegetables raw, even better. I am also a believer in oral supplements, such as vitamins C, D, E and B, omega-3 and omega-6 fatty acids, resveratrol and CoQ10, among others. Make sure they are coming from good sources to ensure efficacy. An integrative medicine physician or a well-versed nutritionist or dietician can help you choose the right supplements."



## CHAPTER 7

# Exfoliation and Peels 101

Despite the differences in our skins' needs, we all have one thing in common: a longing for the proverbial and ever-elusive baby-soft skin. But have you ever wondered why a baby's skin is so soft and supple in the first place? According to Dr. Goldfaden, babies' skin cells are naturally replaced every few days. "As you grow older, however, the rate of cell turnover slows down dramatically. Dead cells on your skin's surface hang around much longer, a fact that tends to accentuate those fine lines and can make your complexion look dull and lifeless."

The good news? There's a way to make up for the gradual slowing down of our natural skin-renewal process and improve its tone and texture almost immediately: exfoliation. Here are just some of the direct benefits of regular exfoliation, according to Dr. Goldfaden:

1. It fades age spots by removing dead skin cells containing the pigment.
2. It unclogs pores and allows the release of natural skin oils.
3. It minimizes the appearance of enlarged pores and superficial scars.
4. It makes fine lines and wrinkles look less visible because the newly exposed layer of skin reflects light better.
5. It allows for better absorption of moisturizers, antioxidants and collagen-boosting serums by removing the top layer of dead and damaged cells. This also holds true for acne medications and other types of skin treatments for which penetration is important.

It's just as important to be gentle, go slow and not overdo it. Allow your skin to acclimate to an exfoliating routine. Overexfoliation is a very common mistake that people make, especially with the excitement of a new skin routine. It's also important to stay hydrated with daily use of a moisturizer after you exfoliate.



# What Exfoliant Should You Use?

There are two types of exfoliants: **physical exfoliants**, which use friction to manually remove the dead skin cells (an example is your face scrub), and **chemical exfoliants**, which use acids or enzymes to remove dead skin cells. Let us break this down for you.

## Physical Exfoliants

Physical exfoliation involves a product with granules, such as facial scrubs, that you work into the skin to slough off dead skin cells. If you prefer this kind of exfoliation, the best product for you depends a great deal upon the thickness and sensitivity of your skin. All kinds of particles can be used for exfoliation, and mainstream products encompass a wide and varied selection. Here are just a few:

### 1. LARGER GRANULES

People with oilier complexions have larger sebaceous glands, which makes their skin thicker and better able to tolerate larger, more abrasive particles like pumice or magnesium oxide crystals (used in some microdermabrasion procedures).

### 2. SMALLER GRANULES

Those with drier, sensitive skin can generally use products with smaller granules, such as ruby crystals and jojoba beads. Jojoba beads, derived from the seeds of the jojoba plant, are small and uniform in size and shape, so they are less likely to irritate, cut or abrade your skin. This lessens the likelihood of small skin tears.

### 3. SEEDS AND CRUSHED NUTSHELLS

It's important to remember that certain ingredients, although natural, may not be appropriate for your skin. Some natural products, such as crushed nutshells, seashells, ground fruit pits and seeds, have uneven edges and irregular shapes that can cause tears on sensitive skin.

## Chemical Exfoliants

Chemical exfoliants work by weakening the "cellular glue" that holds dead skin cells together, encouraging exfoliation and revealing healthy, younger skin cells. Typically, acne-prone and highly sensitive skin

responds very well to chemical exfoliants because they are less likely to cause irritation.

### 1. ACIDS

The most common type of chemical exfoliant is hydroxy acids. Hydroxy acids fit into two categories: alpha hydroxy acids (AHAs) and beta hydroxy acid (BHA). Both groups of acids are naturally derived from various foods (e.g., sour milk, sugarcane) and plant-based sources (e.g., willow bark). They also work similarly, but each one produces slightly varied results. The main difference? AHAs are water-soluble (dissolves in water), and BHA is lipid or oil-soluble, which makes BHA more effective on oily skin.

The most commonly used AHAs in skin care are glycolic, lactic, mandelic and citric. The only known beta hydroxy acid is salicylic acid. Though there are various types of acids, glycolic, lactic and salicylic acids have the most clinical research behind them and the most studies supporting their efficacy.

#### a. Glycolic Acid

**WHY IT WORKS:** Derived from sugarcane, glycolic acid has long been considered by many professionals to be the best-performing AHA. As the smallest hydroxy acid molecule, glycolic acid can penetrate skin the deepest and the fastest, making it the most effective at stimulating collagen production and reducing the depth of wrinkles.

**WHO WILL BENEFIT FROM IT:** Aside from reducing wrinkles, glycolic acid is also effective at reducing photodamage, which makes it ideal for those with more mature skin. If you have dry skin, you'll also find glycolic particularly useful because it draws moisture to the skin and helps prevent transepidermal water loss. It also increases the hyaluronic acid levels in the skin. Sometimes you think your skin is dry, but it actually just needs some gentle exfoliation.

**WHAT ELSE YOU NEED TO KNOW:** It's important to know that because glycolic acid penetrates quickly, it can be more irritating than other AHAs

and is sometimes not tolerated well by sensitive skin types.

## b. Salicylic Acid

**WHY IT WORKS:** Derived from willow bark (the same place we get aspirin), salicylic acid is both highly keratolytic and comedolytic, which means it can not only dissolve dead skin cells on the surface of the skin, but it also sinks into the pore and clears out oil and debris that cause acne, whiteheads and blackheads. Additionally, it can correct dark spots without irritating your skin because it's derived from willow bark, which has some topical anti-inflammatory benefits.

**WHO WILL BENEFIT FROM IT:** Aside from those with acne-prone skin, darker skin types can also use this to correct pigmentation issues. Board-certified dermatologist Haleh Bakshandeh explains: "While some AHAs and other acids can trigger post-inflammatory hyperpigmentation in patients with darker skin types, you won't see that with salicylic acid. It's a very safe and predictable acid. I use it to treat patients with darker skin looking to correct sun and age spots and hyperpigmentation issues."

**WHAT ELSE YOU NEED TO KNOW:** While BHA has been shown to be mildly antibacterial, it has not been shown to kill *P. acnes* bacteria, the most common bacteria that lead to acne. For this reason, salicylic acid is often paired with antibacterial ingredients for the best results. Salicylic acid can also be mildly drying to the skin, so it's important to moisturize when using it. Dermatologists recommend a salicylic acid formulation that contains 0.5 percent up to 2 percent.

## c. Lactic Acid

**WHY IT WORKS:** Like glycolic acid, this sour milk-derived acid exfoliates as it increases moisture levels in the top layers of the skin, improving barrier function and resistance to dryness and flakiness.

**WHO WILL BENEFIT FROM IT:** Like all AHAs, lactic acid is great for general exfoliation and skin lightening. But because this is a larger molecule,

it makes it somewhat "gentler" than glycolic acid.

**WHAT ELSE YOU NEED TO KNOW:** Studies show that low and medium (12 percent) concentrations of lactic acid can increase epidermal and dermal firmness and thickness of skin as well as reduce the appearance of lines and wrinkles. It can also clear sunspots by accelerating cell turnover and directly inhibiting melanin production.

## 2. ENZYMES

If you have very sensitive skin, it is often recommended to look for facial exfoliants that are enzyme-based. Enzymes come from natural sources like fruits and work in the same way as acid-based products, but at a much slower pace, so it allows for an extremely safe and gentle exfoliating process. This is why we see estheticians using enzymes in most of their facial treatments and masques.

## 3. PEELS

Peels are considered chemical exfoliants because they use acids or enzymes to exfoliate your skin. They can be classified based on their strength. Keep in mind that the stronger the peel, the longer the downtime is.

**SUPERFICIAL** – This is the gentlest type of peel available and has no downtime. Superficial peels only remove the top layer of the epidermis. This results in instantly brighter and smoother skin.

**MEDIUM** – a longer recovery time and can have more side effects. They're usually derived from TCA (trichloroacetic acid) and penetrate deep into the skin to treat sun damage, pigmentation and wrinkles.

**DEEP** – These peels are painful and can take months for full recovery. Deep peels are the strongest type of chemical peel available. They are used for sun damage, scarring and deep lines and wrinkles. Typically, they use carbolic acid or high-strength TCA to penetrate the deeper, or dermal, layers of the skin. Laser technology has come a long way and tends to be a safer alternative with less risk of complications than deep chemical peels.

# TOP 10

## EXFOLIANTS

BY DERMSTORE



**1. Glycolix Elite**  
Gly-Sal 10 Percent-2  
Percent Pads



**6. suki**  
Exfoliate Foaming Cleanser



**2. Paula's Choice**  
Skin Perfecting 2 Percent  
BHA Liquid Exfoliant



**7. Obagi**  
Nu-Derm Exfoloderm Forte



**3. SkinCeuticals**  
Micro-Exfoliating Scrub



**8. CosMedix**  
Purity Clean



**4. Dermalogica**  
Daily Microfoliant




**9. PCA Skin**  
Gentle Exfoliant



**5. Glytone**  
Step-Up Boost Mini Peel Gel



**10. Avène**  
Gentle Purifying Scrub

A close-up photograph of a woman's face, focusing on her eye and freckles. Her hand is visible in the foreground, holding a glass of water. The background is a soft, out-of-focus white.

# The 7 Commandments of Exfoliation

## **1. START SLOW.**

Start once a week if you're using a physical exfoliant, or a lower concentration if you're using a chemical one, and then work your way up to see what your skin can tolerate. Ideally, you'd want to exfoliate two or three times a week for optimum results.

## **2. CONSIDER YOUR SKIN'S COMFORT LEVEL.**

The right acid for you depends on your skin's tolerance level. AHAs are typically a better choice for dry skin because they exfoliate on the surface of skin and help improve moisture content. BHAs are ideal for oily, acne-prone skin because of their ability to penetrate the pore wall and clean from the inside.

## **3. DO A PATCH TEST.**

Apply a small amount of your product on the inside of your arm and then on the forehead (where the facial skin is the thickest) to see how your skin will respond.

## **4. USE A DAILY SUNSCREEN.**

Some peels and acids can leave the skin sensitive to the sun. While we normally recommend that you use sunscreen every day, it's even more important to use it when you're exfoliating.

## **5. DON'T OVEREXFOLIATE.**

If your skin looks red and feels sensitive to touch after exfoliating, it's possible that you've overdone it. Give your skin a few days to recover or opt for a lower concentration if you're using acids.

## **6. CONSULT YOUR DOCTOR.**

It is not uncommon for people to experience mild redness and peeling when first beginning an AHA/BHA skin care regimen. If persistent irritation or redness occurs, consult a doctor.

**7. IF YOU'RE PREGNANT, BEWARE.** Speak to your health care provider before incorporating acids into your routine. Some acids, such as salicylic acid, may be harmful to you. AHAs like glycolic acid are generally safe.



## CHAPTER 8

# The Essential Luxuries: Serums, Masks and Oils

Regular cleansing, exfoliation, moisturizing and sun protection make up the fundamentals of healthy, glowing skin. For some people, these steps may be all the care their skin needs. But others who may be dealing with more serious skin concerns could probably use an additional dose of skin-loving nutrients and active ingredients. This is where serums, masks and oils come in. We call them the essential luxuries.

Good serums, masks and oils contain high amounts of concentrated vitamins and nutrients that give additional hydration, brightening or damage-repair benefits. As such, they can also be used as targeted treatments to control certain skin conditions. Let's explore them one by one.

### Serums

In skin care, serums are used as potent enhancements to many regimens. These products are formulated with greater amounts of active ingredients, and because they are generally lighter than your traditional face creams, they can penetrate your skin deeper to truly make a difference. Typically applied daily as the last step before moisturizing your skin, these products are versatile and can be used in numerous ways: They can be added to moisturizers, night creams and masks to enhance their potency, used as a spot treatment for problem areas, or utilized as a stand-alone hydrating gel for oily skin. With continued use, serums offer visible results that may not be realized with most creams and lotions alone.

There truly are serums for every skin condition. Here are just some of them.



#### **FOR FINE WRINKLES, LARGE PORES AND SAGGING SKIN:** Anti-Aging Serums

These serums feature ingredients that speed up cell turnover, boost collagen production and improve your skin's elasticity. Some also offer skin-firming benefits, making lines and pores less visible.

**USUALLY CONTAINS:** retinol, antioxidants, peptides, stem cells, growth factors and DNA repair enzymes

**FOR HYPERPIGMENTATION:** Brightening Serums  
Depending on the active ingredient, brightening serums work by either inhibiting some steps along the melanin pathway (different ingredients inhibit different steps along the pathway, not just production) or by accelerating cell renewal, improving skin tone and texture and boosting a dull complexion.

**USUALLY CONTAINS:** hydroquinone, vitamin C, arbutin, kojic acid, niacinamide and AHAs and azelaic acid

**FOR SEVERELY DRY SKIN:** Hydrating Serums

These serums offer a two-pronged approach to restoring your skin's moisture level. First, they repair your skin barrier to prevent moisture loss. Then they

bind and seal moisture to your skin. Use this to boost the effects of your moisturizer, or try it alone if you have oily skin.

**USUALLY CONTAINS:** hyaluronic acid, vitamin B-5 and glycerin

**FOR INFLAMED SKIN:** Calming Serums

Designed to reduce redness, itch and burning sensations usually associated with reactive or intolerant skin, these serums are generally mild, formulated with natural anti-inflammatory ingredients and without potential irritants.

**USUALLY CONTAINS:** chamomile, lavender, aloe, allantoin and calendula

# TOP 5 SERUMS BY DERMSTORE



**1. SkinCeuticals**  
Phloretin CF



**2. Obagi**  
Professional-C Serum 20



**3. SkinMedica**  
TNS Essential Serum



**4. Jan Marini**  
C-ESTA Face Serum



**5. PCA Skin**  
Exlinea Peptide Smoothing  
Serum





## Masks

Just like serums, masks can infuse your skin with vital nutrients, seal in moisture, soothe stressed skin and jump-start cell repair. But what makes them more effective? Masks create an occlusive barrier, sealing in nutrients and moisture and preventing them from evaporating. On top of that, some masks can also draw out impurities from the skin and absorb excess sebum, making it ideal for oilier complexions.

Masks are typically applied once or twice a week or whenever your skin needs an instant pick-me-up. Aside from the fact that you can see results almost instantly, the beauty of a mask is that you can use a combination of different ones—either one at a time or all at the same time (also called “multimasking”)—or use it in conjunction with your serums and oils.

To help you choose which ones are right for you, we’ve broken it down according to type and purpose.

### FOR DETOXIFYING SKIN: Clay Masks

Clay masks are known for their ability to soak up dirt and excess oil, preventing blackheads and minimizing the look of large pores. Because of its natural composition, clay masks also infuse your skin with beneficial minerals. Those with sulfur also boast the ability to kill acne-causing bacteria.

**IDEAL FOR:** Oily and Combination Skin

**USUALLY CONTAINS:** kaolin, bentonite, sulfur, carbon

### FOR IMPROVING SKIN TEXTURE: Cream Masks

Skin that is very dry can sometimes look dull and feel rough and tight. It’s also more prone to dehydration lines and wrinkles. Cream masks, which are generally rich in botanical oils and moisturizers, can seal in moisture and plump your skin, smoothing away rough skin surfaces and making fine lines and wrinkles less visible. Some cream masks also have brightening benefits.

**IDEAL FOR:** Normal to Dry Skin

**USUALLY CONTAINS:** botanical oils, hyaluronic acid, moisturizers



### FOR SOOTHING INFLAMED OR SUN-DAMAGED SKIN: Gel Masks

For those with easily irritated skin, gel masks can offer immediate soothing, cooling relief. Usually infused with collagen and antioxidants, they help damaged skin recover faster. They also work great on post-procedure skin, especially after microdermabrasion, waxing, shaving or chemical peels.

**IDEAL FOR:** Dry and Sensitive Skin

**USUALLY CONTAINS:** aloe vera, calendula, collagen and antioxidants

### FOR EVERYTHING ELSE: Sheet Masks

Although sheet masks work with all skin types based on the formulas they contain, they are particularly excellent for resistant skin types when paired with your favorite serums.

**USUALLY CONTAINS:** botanical extracts, hyaluronic acid, antioxidants

# TOP 5

MASKS  
BY DERMSTORE



**1. Avène**  
Soothing Moisture Mask



**2. SkinCeuticals**  
Clarifying Clay Masque



**3. Éminence**  
Clear Skin Probiotic Masque



**4. Dermalogica**  
AGE Smart MultiVitamin  
Power Recovery Masque



**5. Erno Laszlo**  
Hydra Therapy Skin  
Vitality Mask



## Oils

These days, slathering oil on your face is no longer as horrifying a thought as it was a decade ago (especially if you had oily skin). Thanks to beauty editors and natural-beauty advocates, we all know now that they work—not only in the way of moisturizing dry skin, but also as a rich source of essential vitamins, antioxidants, essential fatty acids and lipids. Because of their natural antimicrobial properties, oils can make a great protective barrier against potentially harmful elements in the environment.

Aside from locking in moisture, some are better at fighting wrinkles, evening out skin tone and texture and treating a multitude of other skin issues. Let's explore some of the most buzzed-about oils.

### **FOR CLEANSING:** Castor, Olive and Jojoba Oils

Regardless of your skin situation (dry, oily, acne-prone or sensitive), oils are great cleansing agents. Not only do they work effectively at removing makeup, dirt and, yes, even excess oils, they do so without stripping your skin of its natural oils. Castor and extra-virgin olive oils are two of the most common oils for cleansing. Both are rich in moisturizing antioxidants and essential fatty acids. If you have oily skin, jojoba oil is closest to the consistency of sebum, so it's helpful for carrying sebaceous secretions off the body.

### **FOR REVERSING SIGNS OF AGING AND SCARS:** Rose Hip Seed Oil

Packed with vitamin A, vitamin E and essential fatty acids that help in healthy cell turnover and collagen production, this oil addresses a litany of issues, from sun spots and burns to acne marks and age spots to stretch marks and scars. Some studies also support its ability to reduce wrinkles.

### **FOR SOOTHING ACNE FLARE-UPS AND ROSACEA:** Tea Tree, Chamomile and Calendula Oils

Tea tree oil boasts anti-inflammatory and antimicrobial properties, making it an effective spot treatment for acne. Some experts believe that this oil may also be effective on rosacea, considering that Demodex, a microscopic mite, is one of the causative culprits. Some aromatherapy experts rely on the anti-inflammatory benefits of certain oils like chamomile and calendula to soothe inflamed skin and reduce redness.

### **FOR MOISTURIZING SEVERELY DRY SKIN:**

#### Coconut Oil

Whether you're suffering from parched hands, dry cuticles, cracked heels and elbows or even frizzy hair, you may benefit from slathering on some virgin coconut oil. Aside from its ability to moisturize equally as well as mineral oils, this oil is nutrient-dense (a rich source of vitamins E and K, iron and lauric acid). It's also naturally antimicrobial, antifungal and antibacterial. Some recent studies suggest that when applied topically, virgin coconut oil can speed up wound healing while reducing water loss in severely dry skin.



# TOP 5

FACE OILS  
BY DERMSTORE



**1. Avène**  
XeraCalm A.D Lipid-  
Replenishing Cleansing Oil



**2. Credentials**  
Liquid Gold



**3. DHC**  
Olive Virgin Oil



**4. Éminence**  
Facial Recovery Oil



**5. RMS Beauty**  
Beauty Oil





## CHAPTER 9

# The Big Guns: At-Home Skin Care Devices

Have you ever wondered how some women manage to remain spotless despite their age? Of course, good genes and a solid skin care regimen can go a long way. It's also possible that they get frequent treatments from their facialists and dermatologists—a rewarding yet sometimes costly endeavor. The good news is that some of the cutting-edge machines used at their offices are now available in petite-yet-powerful versions, and you can use them right in the comfort of your own bathroom. The question is: Are these at-home beauty devices worth their cost?

There really is no short answer for this. If you require more dramatic results, but barely have enough time to make it to your dermatologist's office, at-home beauty devices can be godsend. Aside from saving you time and money in the long run, some of them can actually make the rest of your skin care products much more effective. "The science behind most of these at-home devices is the same science that we use for the in-office devices," shares Dr. Magovern. "They have much less power, but it's the same science. If you're motivated and think you would use it regularly, give it a try. That's the key: You have to really use it."

Utilizing some of the most sophisticated technologies—from sonic pulsations to light therapy to microcurrent energy—these next-gen gadgets will surely change your beauty game. The problem lies in deciphering the technical information. To give

you a better sense of which one will work for you, let's categorize them according to what they're for: deep-cleansing, anti-aging and glow-enhancing.



## Deep-Cleansing Devices

Cleansing brushes were originally developed for skin care professionals for in-office treatments. It didn't take long before consumers caught up and started seeing the benefits of using brush heads that rotate or vibrate at very high speeds. When used as directed, these brushes remove dirt and oil from your pores while sloughing off dead skin cells—something you won't be able to achieve with your regular cleanser and hands alone. And because of their pulsating action, some at more than 300 times per second, they cover more ground than what the bristles (or your fingertips) can actually touch.

## Anti-Aging Devices

Most of the recommended anti-aging devices on the market right now utilize laser or light energy.

**At-home laser devices** can be useful for someone bothered by fine lines, wrinkles and loss of elasticity. How? "Some devices, like the Tria Age-Defying Laser, work by using laser energy to heat the skin in a safe, controlled way," explains Dr. Magovern. "This stimulates collagen production, which leads to improvement of fine lines and wrinkles and firmer, brighter and more youthful-looking skin."

**LED (or light-emitting diode) therapy devices** are also gaining momentum. Unlike lasers, LEDs come in different-color wavelengths. Red light, which was initially used in wound-healing, has been shown to reduce inflammation and increase cellular metabolism, stimulating the formation of new collagen and elastin. Blue light, on the other hand, has been shown to be more effective at treating acne.

**Microcurrent treatments** use low-level electrical currents to stimulate facial muscles, causing them to contract, while triggering the body to produce adenosine triphosphate (ATP), the energy that fuels all biochemical functions in the body, including collagen and elastin synthesis.

## Glow-Enhancing Devices

For those with minor skin issues who are simply looking for a way to boost their complexion, microdermabrasion devices might work for you. Microdermabrasion is a popular cosmetic exfoliating treatment that uses tiny exfoliating crystals to resurface the skin. "Microdermabrasion is a wonderful, simple, no-downtime procedure for anyone who may be looking to brighten a dull complexion," explains Dr. Magovern. "It has been shown to improve roughness, mottled pigmentation and the overall appearance of the skin. Furthermore, it helps to increase transdermal delivery of topically applied products, which means that it will enable your skin care products to work better. My patients love it because it gives their skin a glow and smoothness they didn't have walking in the door."

---

# TOP 10

## SKIN CARE DEVICES

BY DERMSTORE



**1. Clarisonic**  
Mia Sonic Skin  
Cleansing System



**6. NuFACE**  
Trinity Facial Toning  
Device - White



**2. PMD Personal  
MicroDerm**  
Personal MicroDerm  
Microdermabrasion System



**7. Riiviva**  
Microderm Kit



**3. LightStim**  
For Wrinkles



**8. Trophy Skin**  
Microderm MD  
Diamond Peeling



**4. ReFa**  
Platinum Electronic  
Roller ReFa CARAT



**9. Clarisonic**  
Opal Sonic Infusion System



**5. FOREO**  
Luna Mini - Magenta



**10. Baby Quasar**  
Plus Light Therapy Device



## CHAPTER 10

# Glowing From Within

You are what you eat. You've heard the saying time and time again, but it takes on a special meaning when you consider the impact a proper diet can have on your skin. "We consider what we put on our skin to keep it healthy and youthful—sunscreen, moisturizers, toners and the like—but what we put in our body is important too," says nutritionist Kelly Plowe.

Vitamins, minerals and essential fatty acids are responsible for your skin's ability to keep itself moisturized, heal wounds and repair damage, control inflammation and ward off bacteria. When you don't get enough of these nutrients from the food you eat, it shows on your skin, sometimes in the form of dry skin, rashes, acne breakouts and pale or ashy skin tones. You may also become more prone to sun damage, which, as we've mentioned earlier, causes 90 percent of visible signs of aging.

So how do you know you're getting all the nutrients you need for healthy glowing skin? Here's what most experts recommend: Eat a varied and balanced diet of whole foods consisting of 40 to 60 percent complex carbohydrates, 20 to 30 percent lean protein and 10 to 20 percent mono- and polyunsaturated fats. This will give your skin most of what it needs to run efficiently. You'll also need to load up on these seven essential nutrients.

## 7 Nutrients Your Skin Needs

### 1. ANTIOXIDANTS (VITAMINS A, C AND E)

We've already discussed how free radicals damage healthy cells and how antioxidants can help. But aside from free radical protection, antioxidants are also essential for the skin's structural integrity, growth and maintenance—so much so that when your body lacks enough antioxidants, you'll notice that your skin can feel dry and rough, your wrinkles look deeper and your bruises and sunburns take longer to heal. You could also be more prone to eczema, psoriasis and dandruff.

**GOOD SOURCES OF ANTIOXIDANTS:** green leafy vegetables, citrus, berries and other brightly colored fruits

### 2. B VITAMIN COMPLEX

Thiamine, riboflavin, niacin, B-6, B-12, folate, pantothenate, PABA, inositol, biotin and choline are all B vitamins. In plants and animals, they are always found together, and, likewise, the body uses them in conjunction with each other. Because these vitamins aid in cell growth, they are essential for wound healing (sunburns, bruises, infections and acne). They also boost metabolism and circulation, which consequently slows down premature aging. B vitamin deficiencies can result in eczema, pale complexion, dandruff, pigmentation issues and skin lesions.

**GOOD SOURCES OF B VITAMIN COMPLEX:** fish, beans and poultry.



### 3. VITAMIN D

Both a vitamin and a hormone, vitamin D is helpful in the treatment of psoriasis and inflammation. Vitamin D deficiencies result in a lack of vitality in skin tone and texture.

**GOOD SOURCES OF VITAMIN D:** sunlight, fatty fish, fortified milk and orange juice

---

By the time we reach middle age our bodies' water content can be as low as 50 percent.

---



### 4. MINERALS

Minerals also play an integral role in your complexion. Iodine, for one, aids in healing skin infections by increasing oxygen consumption and the metabolic rate of the skin. Silicon aids in collagen formation. Zinc aids in wound healing and skin rejuvenation by promoting cell growth and boosting immunity. Combined with vitamins A and B, it helps in the treatment of acne. Zinc is also an important mineral for hair growth.

**GOOD SOURCES OF MINERALS:** seeds, nuts, mushrooms, kelp, certain fruits and vegetables

### 5. ESSENTIAL FATTY ACIDS

Essential fatty acids, found in mono- and polyunsaturated fats, are equally essential to beautiful skin. Unfortunately, your body cannot manufacture them, so they must be obtained from food and supplements. Omega-3 fatty acids—found in fatty fish like wild Alaskan salmon, Atlantic mackerel and arctic char—soften skin and aid in healing eczema, psoriasis and wounds. They also balance sebum production in the skin. Internally, they increase HDL (good) cholesterol. Meanwhile, omega-6 fatty acids, also known as gamma linolenic acid, keep skin moisturized.

**GOOD SOURCES OF ESSENTIAL FATTY ACIDS:** fatty fish, flaxseed, walnuts, soybeans and tofu

### 6. FIBER

Fiber helps your body flush toxins and other unnecessary baggage. Fiber also helps lower LDL (bad) cholesterol levels. Cholesterol problems often become visible as yellow bumps on the skin above or below the eyes.

**GOOD SOURCES OF FIBER:** whole grains, vegetables, oatmeal and nuts

### 7. WATER

Water may not be the first thing that pops into your head when you think of anti-aging skin care, but trust us, water plays a major role. Have you ever noticed how your skin looks dry, dull and flaky when you're dehydrated? You may also notice that fine lines and wrinkles become more prominent. "As we age, our cells tend to have weaker membranes that can't optimally regulate the amount of water held inside each cell," explains board-certified dermatologist Howard Murad. "As evidence of the progress from hydration to dehydration, consider the fact that when we are babies approximately 75 percent of our bodies are water. By the time we reach middle age our bodies' water content can be as low as 50 percent. And as with almost every change in overall health,

age-related changes in hydration are evident when we examine our skin. While children rarely need a moisturizer, it seems no one over 30 can live without it.”

So how much water do you really need on a daily basis? Here’s an easy formula to remember: The amount of water you drink in ounces should be about half your weight in pounds. So if you

weigh 140 pounds, you should drink about 70 ounces of water—that’s about 8.75 glasses of water a day. Of course, this will vary according to how much you exercise and perspire. Another way to monitor whether you’re adequately hydrated is to check your urine color. Light yellow, like the color of lemonade, means you’re getting an adequate amount. Dark yellow, like the color of apple juice, means trouble.

---

## Skin Care Supplements

Nourishing our bodies on a cellular level is the key behind radiant, youthful-looking skin, and the most effective way to do that is by eating a well-balanced diet. Unfortunately, a great majority of us don’t get

the daily requirements or recommendations for all the nutrients our bodies need. This is where nutritional supplements can help. Keep reading to see which nutritional supplements DermStore shoppers prefer.



# TOP 10

## SUPPLEMENTS

BY DERMSTORE



**1. Heliocare**  
Daily Use Antioxidant  
Formula



**6. jane iredale**  
Skin Accumax Starter Pack



**2. VitaMedica**  
Anti-Aging Formula -  
Daily Packs



**7. Perricone MD**  
Skin Clear Supplements



**3. Elon**  
Matrix Plus



**8. Osmosis Pur**  
Medical Skincare  
Elevate - ATP and  
DNA Repair



**4. Phyto**  
Phytophanere Dietary  
Supplement



**9. Sanitas Skincare**  
Complexion Clear



**5. Murad**  
Pure Skin Clarifying  
Dietary Supplement



**10. David Kirsch**  
Wellness  
A.M. Daily Detox - Grape



## 5 Unlikely Foods (and Drinks) That Slow Down Aging Skin

### 1. EGG YOLK

For those who refuse to eat the yolk in their sunny-side ups, this might change your mind. "Egg yolks are rich in lutein, which protects skin from sun damage," says Kelly Plowe, M.S., RD.

### 2. POMEGRANATE

"They're a favorite of one of my mentors, Dr. Murad, who educated me on the power of ellagic acid, another source of polyphenols and a potent antioxidant found in the fruit," Dr. Magovern remarked.

### 3. TOMATO AND GRAPEFRUIT

According to Plowe, these juicy fruits are loaded with lycopene, which, like lutein, helps protect skin from sun damage.

### 4. COFFEE

"Yes, a 2015 study in more than 130 women found that drinking coffee may help protect the skin from aging and that the polyphenols, which are found in coffee, may help to reduce skin hyperpigmentation," says Plowe.

### 5. GREEN TEA

It's another antioxidant that can help prevent and reverse the signs of aging and maybe even help prevent certain skin cancers. "Studies show that you need to drink a lot of it in order for it to make a positive effect on your skin," says Dr. Magovern. "But the science and research backs its benefits."

# Acknowledgments

We would like to thank all the skin care experts quoted on this guide, particularly:

Richard Chaffoo, M.D., FACS, FICS, Triple Board Certified Plastic Surgeon, La Jolla Plastic Surgery & Dermatology

Gary Goldfaden, M.D., Board Certified Dermatologist and Creator of GOLDFADEN MD

Rebecca Booth, M.D., Board Certified Obstetrician and Gynecologist and Co-Founder of VENEFFECT

Whitney Bowe, M.D., Board Certified Dermatologist, Advanced Dermatology, P.C.

Rebecca Kazin, M.D., Board Certified Dermatologist, Washington Institute of Dermatologic Laser Surgery and the Johns Hopkins Department of Dermatology

Kathleen Funk, Cosmetic Acupuncturist and Herbalist, Acufunkture

Sandra Kopp, M.D., Board Certified Dermatologist, Schweiger Dermatology Group

Teresa Stenzel, Director of Education, Bioelements

Fayne L. Frey, Board Certified Dermatologist and Founder of FryFace.com

Purvisha Patel, Board Certified Dermatologist, Advanced Dermatology & Skin Cancer Associates

David Bank, M.D., Board Certified Dermatologist and Director, The Center for Dermatology, Cosmetic & Laser Surgery

Stafford Broumand, M.D., FACS, Board Certified Plastic Surgeon

Haleh Bakshandeh, M.D., Board Certified Dermatologist

Howard Murad, M.D., Board Certified Dermatologist, President of Murad® Skin Care and Founder of the Inclusive Health® Movement

Kelly Plowe, M.S., RD, CSSD



DERMSTORE™

FACING FORWARD