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SPECIAL ISSUE!

THE EASY BEAUTY GUIDE

- haircut makeovers
- shortcuts to great skin
- drugstore miracles

10 ways to feel young and stay healthy

SPRING DEALS!

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Zoey Deschanel
talks *all* about her baby, finding balance & getting back in shape

6 BEST SNACKS FOR WEIGHT LOSS

“How we stopped fighting about money”

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WRINKLES

Tried-and-true line fighters like retinoids and glycolic acid are still the ticket to a smooth complexion, “but now they’re blended with ingredients that calm and repair skin, which reduces irritation,” says Jennifer Linder, M.D., founder of the Linder Dermatology & Skin Cancer Center in Scottsdale, AZ. This regimen works hard, but is soft on your face.

YOUR A.M. ESSENTIAL

1 On clean skin, apply three to four drops of a peptide serum. Like retinol, peptides are proven to trigger skin’s collagen production, but *unlike* retinol, they don’t break down on skin when exposed to sunlight, so they’re ideal for day. “Look for a serum with Argireline, which is a peptide that decreases the muscle movements that lead to expression lines,” says Linder.

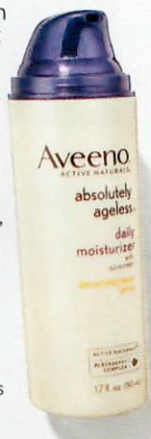
NUFACE Smoother Infusion Serum, \$84.



YOUR BEST SUNSCREEN

2 UV rays attack your skin’s collagen and elastin, the stuff that keeps it plump and firm. Antioxidants provide an extra layer of protection against UV-based damage, “so apply a quarter-size dollop of a moisturizer with broad-spectrum SPF 30, plus antioxidants like vitamin C, green tea, or blackberry,” says Emmy Graber, M.D., founder of the Dermatology Institute of Boston.

AVEENO Absolutely Ageless Daily Moisturizer Broad Spectrum SPF 30, \$19.99.



SPOTS

Dealing with hyperpigmentation is like going out every day in a white silk dress: You have to take extra caution to keep spots away. “Just one day in the sun without SPF can bring back discoloration you spent months working to clear up,” says Gerstner. There’s no fix-it-all product, but this approach tackles every stage of the problem, so you can be even-toned and glowing.

1 Wash your face, then pat on several drops of a brightening serum that contains either vitamin C—which works double-duty by treating spots and helping to curb new ones—or kojic acid, which helps prevent pigment-producing cells from switching on. This Elizabeth Arden formula also has niacinamide, an ingredient shown in one study to fade splotches almost as well as the bleaching cream hydroquinone.

ELIZABETH ARDEN Skin Illuminating Brightening Day Serum, \$79.50.



2 Remember how we said even one day of skimping on sunscreen can bring on spots? This is why slathering on broad-spectrum SPF 30 or higher every morning is crucial. “Pick a lotion with antioxidants that help even out skin—such as vitamin C, bearberry, soy, or licorice root—for some additional protection against UV-induced discoloration,” says Linder.

GARNIER SkinActive Clearly Brighter Anti-Sun Damage Daily Moisturizer, \$14.99.



DRYNESS

As we get older—and especially after 50—our skin’s oil glands slow down, as does its natural exfoliation process. This lovely combo can lead to a rough, flaky complexion—which, by the way, makes fine lines more obvious. “The key to restoring softness is to layer on products,” says Gerstner. “When you put on a nourishing serum followed by a facial oil, it seals in moisture all day long.”

1 After cleansing, tap on five drops of a hydrating serum that contains glycerin or hyaluronic acid. (Clarins HydraQuench Intensive Serum Bi-Phase, \$59, delivers both.) Follow with eight drops of a facial oil that has borage, jojoba, or evening primrose. “These oils are high in essential fatty acids that maintain a good balance of oil and water in skin and help it stay supple,” says Linder.

OLAY Regenerist Luminous Facial Oil, \$25.99.



2 When it comes to SPF, consistency is key—and we don’t just mean wearing it every day. “Look for broad-spectrum SPF 30 in a thick cream formula as opposed to a fluid or lotion,” says Gerstner. “The texture of a cream acts like a shield on top of the skin to lock in moisture.” This one by L’Oréal, despite having *lotion* in the name, is a rich, yummy option.

L’ORÉAL PARIS Age Perfect Hydra-Nutrition Day Lotion SPF 30, \$19.99.

