

The Right Skin Care for You

Get a flawless complexion with the latest skin-smoothing creams and treatments



Caroline Winberg looking fresh faced backstage at Behnaz Sarafpour

20s PROTECT AND PREVENT "It's really important to begin using sunscreen as part of your daily regimen in your 20s," notes NYC dermatologist David Colbert. Shield skin from the sun's wrinkle-causing rays and fight free radicals with an A.M. application of Shiseido the Skincare Day Moisture Protection Enriched SPF 15 (4), a creamy moisturizer that also comes in a lighter formulation for combination complexions.

30s BANISH BREAKOUTS The stress of juggling a busy life and career or starting a family can take a serious toll on your skin. "Acne can appear again in your 30s or even for the first time as a result of hormonal changes and work-related stressors," says Colbert, who recommends glycolic or salicylic acid to keep breakouts at bay. Use Aveda Outer Peace Acne Relief Pads (6) each morning and night after cleansing. They contain a natural (but equally effective) form of salicylic acid derived from wintergreen oil.

40s FILL FINE LINES "Lines previously seen only with facial movement may now be visible at rest," explains NYC dermatologist Patricia Wexler. She suggests products with short-chain peptides, which stimulate long-term collagen production. We like the instant results from her Fastscription No-Injection Instant Line Filler for Lips and Eyes (1).

50s PAMPER PARCHED SKIN Hormonal changes can leave your complexion dry and flaky. "Pick a product with hygroscopic moisturizers, which bind to water beneath the skin's surface to plump it from within," says Colbert. Try iS Clinical Youth Complex (3), a serum with hyaluronic acid, a hygroscopic molecule. It keeps skin dewy all day.

60s BRIGHTEN TIRED EYES "Loss of volume in the face can cause hollows and dark circles under your eyes," explains Wexler. Use an eye cream that simultaneously lightens circles and plumps skin. We like L'Oréal Paris Wrinkle De-Crease Collagen Filler Eye Illuminator (5).

70+ DIMINISH DISCOLORATION It's never too late to treat uneven skin. "Pick a moisturizer that lessens sunspots while reducing dryness and sagging," says Wexler. A good investment: La Prairie Cellular Radiance Concentrate Pure Gold (2), which lightens overpigmentation and boosts radiance with tiny flecks of 24-karat gold. **Caitlin Gaffey**

BEST BUYS



- 1. Patricia Wexler M.D.** Fastscription No-Injection Instant Line Filler for Lips and Eyes (\$17.50).
- 2. La Prairie** Cellular Radiance Concentrate Pure Gold (\$525).
- 3. iS Clinical** Youth Complex (\$135).
- 4. Shiseido** the Skincare Day Moisture Protection Enriched SPF 15 (\$38).
- 5. L'Oréal Paris** Wrinkle De-Crease Collagen Filler Eye Illuminator (\$19.99).
- 6. Aveda** Outer Peace Acne Relief Pads (\$36 for 50).

See Where to Buy for details