



Great glow!

3 YOU WANT... 100% flawless skin

A whopping 70 percent of you said that the one “fantasy” feature you dream of is perfect skin. “Having great skin means you’re healthy, you take care of yourself and your inner beauty is shining through for people to see—even if you don’t have a perfect nose,” says David Colbert, M.D., founder of New York Dermatology Group in New York City. “And flawless skin is the new standard for celebs—HDTV demands it. Thankfully, it’s a realistic goal. We now have all the tools we need to look good, and it doesn’t have to be expensive.”

The feature you want most:

- Flawless, unlined skin... 70%
- A “perfect” nose..... 18%
- Plumper lips..... 8%
- Higher cheekbones..... 4%

How to get it...

1 Wear sunscreen...all the time, all year-round.

“I can’t emphasize this enough,” says Dr. Colbert. “Even in your late twenties and thirties you can prevent a lot of sun damage—and therefore wrinkles—by wearing sunblock religiously.” And it’s got to be one that blocks both UVA and UVB rays, he says. One sunscreen he likes: La Roche-Posay Anthelios SX Daily Moisturizing Cream With SPF 15 (\$29, anthelios.com). If you have very oily skin, pick gel-based sunblocks—they will be less likely to clog your pores because they contain a little bit of alcohol, says Dr. Colbert.

2 Try a mild at-home skin peel.

For any existing fine lines, Dr. Colbert recommends using a glycolic peel kit to exfoliate your face, clear pores and stimulate the production of skin-plumping collagen. And glycolic peels can also help prevent breakouts in younger skin. Two to try: Chanel Précision Micro Solutions Refining Peel Program Advanced (\$275, chanel.com) and L’Oréal ReNoviste Anti-Aging Glycolic Peel Kit (\$25, at drugstores). “They’re a do-it-all for skin—making dull skin look fresh, smoothing out lines and staving off acne,” says Dr. Colbert.

3 Choose the right moisturizer.

“Don’t glop on a heavy cream!” says Dr. Colbert. “I see young women do this all the time. But unless you have very dry or mature skin, oily lotions can be suffocating and make you break out. Go for something light instead.” We like Neutrogena Illuminating Whip Moisturizer SPF 20 (\$15, at drugstores).

What kills (& cures) your skin

Dr. Colbert’s quick hit list:

KILLS IT

- Smoking
- Too much alcohol
- Stress
- Sun exposure
- Yo-yo dieting
- Overcleansing

CURES IT

- Wearing sunblock
- Exercise
- Drinking lots of water
- Sleep
- A great moisturizer
- Relaxation

