



“I live in Aspen, so my skin tends to get dehydrated. Everything in my regimen is aimed at boosting my moisture level.”
Lily Garfield, 56, owner, The Cos Bar beauty boutique in Aspen; 800-722-8982, cosbar.com.

DRY SKIN

MORNING ROUTINE

- Exfoliate with Kanebo Silk Peeling Powder (\$50) every other day. On alternate days, I cleanse with Clé de Peau Beauté Lotion Démaquillante (\$65).
- Kanebo Sensai EX La Lotion (\$200), La Emulsion (\$280) and Le Crème (\$500).
- Sisley Broad Spectrum SPF 25 sunscreen in Dore (\$108), which is tinted.
- Darphin Fibrogene Complex serum (\$165) around the eyes.
- La Prairie Cellular Eye Cream (\$250).
- RéVive Intensite Volumizing Serum (\$600) on cheeks and chin.
- La Prairie Cellular Neck Cream (\$110).

EVENING ROUTINE

- La Prairie Cream Cleanser (\$70).
- Kanebo Creamy Soap (\$40) with Kanebo Sponge Chief (\$15) to remove any residue from the cream cleanser.
- La Prairie Cellular Serum (\$150).
- Clé de Peau Beauté La Crème (\$475).
- Darphin Fibrogene Complex serum (\$165) around the eyes.
- RéVive Intensite Volumizing Serum (\$600) on cheeks and chin.
- La Prairie Cellular Neck Cream (\$110).

ADDITIONAL TREATMENT

- Glycolic peel facial (\$85) once a week.

See Where to Buy for details

BEAUTY

WHAT THE EXPERT SAYS

David Colbert, M.D., dermatologist and founder of New York Dermatology Group in NYC; 212-533-8888

Since Lily lives in a dry and sun-drenched climate like Aspen's, she should wear a minimum of SPF 30 every day. When she's outdoors, she needs SPF 45 or above and transparent zinc oxide on her nose and around her eyes, where the skin is thin and more susceptible to collagen loss. Lily's dry-skin problem may be exacerbated by her daily exfoliation. She's sloughing away a lot of the natural oils that her mature skin needs to retain moisture, so she should cut back exfoliating to once a week.

Lily should use a cream during the day but not a lotion or an emulsion; both of them contain a lot of water, which can evaporate and cause dryness. Try La Roche-Posay Toleriane Facial Cream (\$20). She should apply her sunscreen before the cream and allow it to soak in for a few minutes, so it doesn't get rubbed off. Lily's serums should be saved for nighttime use because they often contain a lot of water, which can contribute to dry skin. To help draw in moisture, reach for formulas with hyaluronic acid, such as SkinCeuticals Hydrating B5 Gel (\$55). There is probably no need for a neck cream; Lily's face cream will work just as well on the area. She should also be careful not to overmoisturize around her eyes, which can lead to whiteheads.

In the evening, Lily is overcleansing, which may further increase her dryness. She should stick to the cleansing cream alone, which is gentle and nonstripping. Lily should be doing a peel only once a month because overpeeling in drier climates can lead to broken capillaries.

By using so many products, Lily could develop status cosmeticus, a condition in which the skin is exposed to such an array of fragrances and preservatives that it becomes intolerant of topical products. She needs to give her face an occasional, much-needed rest. ■

Must-Have Product



Darphin Fibrogene Complex serum (\$165; available at Neiman Marcus; 800-825-8000)

the options:



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