

HOW TO

Erase Any Skin Issue You Have

Dark circles? Sagging? Redness? NYC dermatologists David Colbert, M.D., and Jessica Weiser, M.D., offer speedy at-home solutions.

THE PROBLEM	THE SOLUTION
Rosacea	“Use a gentle purifying gel cleanser to reduce redness,” says Dr. Colbert. He suggests following with a shea butter moisturizer, then a green-tinted concealer to neutralize any remaining inflammation.
Dark Spots	Once your derm has ruled out skin cancer, try products with kojic acid or pinosylvin, a natural skin-brightening compound, which start to lighten pigment in as little as a week with twice-daily application.
Wrinkles	Your best DIY solution for helping fine lines: retinol- and antioxidant-laced moisturizers. For deeper wrinkles, Botox injections are the most effective option available, says Dr. Weiser (about \$800–\$1,500).
Puffy Eyes	“Reduce your salt intake,” says Dr. Colbert. And check eye-cream labels for antioxidants such as vitamin E and circulation-boosters like caffeine—both work to diminish puffiness.
Undereye Circles	A light-reflecting concealer will give you instant wide-awake results, but eye creams with niacinamide, vitamin C, or licorice can help to fade discoloration over time.
Cold Sores	“A cortisone injection right at the start could stop one in its tracks,” says Dr. Colbert. You can also ask for a topical medication such as Xerese ointment, an antiviral with hydrocortisone to reduce swelling.
Eczema	Minimize water exposure to affected areas—take short showers instead of soaking in the tub. And wash with gentle products, skip exfoliation, and use body oil to seal in moisture, says Dr. Colbert.
Crow’s Feet	Dr. Weiser suggests applying a firming eye cream with active ingredients such as papaya: The fruit contains vitamin C to reverse damage and papain to exfoliate and stimulate cell regeneration.
Cellulite	“Diminish the appearance of lumpy skin by massaging in a body lotion with caffeine. It helps to temporarily tone skin and hide dimples,” says Dr. Weiser.