

spring clean your beauty routine

Should your cleanser be creamy or foamy? Do you need an *alpha* or a *beta* hydroxy acid to look more youthful? Here, your customized road map to radiant skin

By Gina Way

■ Just as you re-evaluate your closet at the start of a new season, it's a good idea to take a fresh look at your skincare wardrobe as well—reassessing the products you use, putting some things in storage (tossing others out), and acquiring a few new items (antioxidants or a powerful new peel) that can rejuvenate your whole routine and improve your complexion. Sounds simple, but, like tackling your closet, it can be a daunting task. To help, we asked experts for an individualized menu of new essentials and ingredients best suited to your skin.

IF YOUR SKIN IS: normal

■ The term “normal” is, well, relative. Normal skin can become acne-prone when pores are clogged, or irritated and dry as a reaction to active ingredients such as glycolic acid or retinoids. In general, people with normal skin can focus on ingredients that repair and prevent signs of aging.

Cleanser: Even if it's not easily irritated, normal skin isn't Teflon. You should treat it as if it were sensitive—using a mild foaming cleanser without harsh detergents (like sodium lauryl sulfate) that strip moisture.
MC Recommends:
1. Dior Gentle Foaming Cleanser, \$32.

A.M. Moisturizer/Sunblock: “Set yourself up in the morning to prevent and protect your skin from the environmental damage you'll be exposed to during the day,” says New York City dermatologist Dr. Macrene Alexiades. Try a multitasking moisturizer with broad-spectrum sunblock and antioxidants.
MC Recommends:
Neova DNA Damage Control Everyday SPF 40+, \$35.

Eye Cream: Use an eye cream with antiaging ingredients like antioxidants, retinol, and peptides without irritating the delicate skin around your eyes.
MC Recommends:
2. Philosophy Miracle Worker Anti-Aging Eye Cream, \$60.

Antiaging Treatment: “Serums are an effective delivery method for getting highly active ingredients into the skin,” says Alexiades. Pick one that's infused with

vitamin C or peptides that can amp up collagen formation.
MC Recommends:
3. L'Oréal Paris Youth Code Serum Intense, \$25.

Exfoliator: A sometimes-oily T-zone is common enough to be considered normal.
MC Recommends:
4. Sephora's Smart Dual Action Exfoliator (\$24) combines a creamy scrub to mechanically exfoliate keratin-plugged pores in the T-zone, and a gel with mild malic acid to chemically exfoliate the rest of the face.

P.M. Moisturizer: “Your night step should help your skin repair itself while you sleep,” says Alexiades. Look for ingredients like antioxidants (to facilitate DNA repair) and peptides (which signal skin cells to increase collagen production).
MC Recommends:
5. Colbert M.D. Heal & Soothe Night, \$145.

IF YOUR SKIN IS: oily

■ Avoid creamy or emollient anything, whether it's mineral oil, shea butter, essential oils, or petrolatum. The key word to look for: non-comedogenic. “Just because a product says it's oil-free doesn't necessarily mean it won't cause you to break out,” says Washington, D.C. dermatologist Dr. Elizabeth Tanzi.

Cleanser: Use a foaming cleanser with a stronger detergent (such as sodium trideceth or lauryl sulfate) to wash off excess oil. Salicylic acid will dissolve sebum, dirt, and dead skin in the pores to help prevent acne breakouts.
MC Recommends:
6. Noxzema Clean Blemish Control Foaming Wash, \$5.

A.M. Moisturizer/Sunblock: Sunscreen tends to create an oil slick on your face. Despite this ick factor, daily protection is mandatory. The trick is to find a broad-spectrum sunblock that's oil-free and non-comedogenic.

MC Recommends:
7. Laura Mercier Flawless Skin Daily Face Shield With Adaptogens SPF 40+, \$45.

Eye Cream: “Even if skin is oily elsewhere on your face, you need to moisturize around the eyes since there are so few sebaceous glands there,” says Tanzi. Stick with a water-based formula with lightweight humectants and silicone-based emollients. These ingredients won't cause blemishes if they migrate down to your cheeks.
MC Recommends:
Garnier Ultra-Lift Anti-Wrinkle Eye Roller, \$15.

Antiaging Treatment: A serum can be used on oily skin if it's water-based. “It can even replace your moisturizer if the serum has humectants such as hyaluronic acid or propylene glycol,” says aesthetician Di Medlock of NYC's Exhale Mind Body Spa. Look for formulas with multiple ingredients to prevent breakouts and treat hyperpigmentation from acne scars.
MC Recommends:
8. SkinCeuticals Blemish+Age Defense, \$78.

Exfoliator: “With oily skin, you can get serious with glycolic and salicylic acids,” says Tanzi.
MC Recommends:
9. Dr. Dennis Gross Skincare Extra Strength Alpha Beta Peel, \$85.

P.M. Moisturizer: Opt for water-based lotions or gels with glycolic or salicylic acid. “Silicone-based emollients like dimethicone won't plug pores,” explains Alexiades. “They don't have the acne-exacerbating effects of heavy oils.”
MC Recommends:
10. Mark Break Out Plan Anti-acne Gel Lotion, \$16. >>



THIS PAGE: JEFFREY WESTBROOK/STUDIO D. OPPOSITE PAGE: PHOTOGRAPHED BY BILL DIODATO