

allure
THE BEAUTY EXPERT



1 Act fast. If you start using retinol within the first six months of seeing a sun spot, it will be nearly gone in two months, says David Bank, a dermatologist in Mount Kisco, New York. He recommends applying a retinol cream three nights a week. (Try Olay Age Defying Night Cream.)



The Perfect-Skin Plan

DON'T BUY INTO ACNE MYTHS

USE THE TOP PERFORMERS

GET YOUNGER-LOOKING EYES

MAKE YOUR SKIN GLOW

MOISTURIZE WISELY

PROTECT YOURSELF ALL YEAR

DON'T FORGET YOUR LIPS

Here's everything else you need to know about keeping your lips from cracking:

- 1 Buff away flakes.** Run a washcloth under warm water, and then circle it over your lips; it's gentler than using a toothbrush.
- 2 Grab a pot.** Creamy balms and ointments that come in pots or tubes are more effective than sticks because they "create a thick protective barrier that traps in water," says Bank. Keep one (we like Nivea Lip Butter) on your nightstand so you remember to use it before bed every night.
- 3 Steer clear of menthol.** The ingredient irritates and dries out lips. The same goes for artificial fragrances (but we still heart you, Dr. Pepper Lip Smackers).
- 4 Jump-start the healing process.** If your lips are painfully chapped, soothe them with a 1 percent hydrocortisone ointment or Aquaphor, applied twice a day for three days.
- 5 Revive the corners of your mouth.** When saliva gets trapped there, digestive enzymes break down the skin, making it red and prone to infections. Treat it by applying the same hydrocortisone cream twice a day for up to a week. If that doesn't clear it up, see a doctor.

1 Minimize wrinkles and dark circles the same way. At night, wear an eye cream with retinol or peptides to boost collagen (we like Dr. Brandt Do Not Age Triple Peptide Eye Cream). During the day, choose one with sunscreen (we like Shiseido Sun Protection Eye Cream Broad Spectrum SPF 34 Sunscreen). And keep in mind, eye creams work only where you put them, "so apply yours all the way up to the lower lash line," says Bank.

GET EVEN

DON'T BUY INTO ACNE MYTHS

USE THE TOP PERFORMERS

GET YOUNGER-LOOKING EYES

MAKE YOUR SKIN GLOW

MOISTURIZE WISELY

PROTECT YOURSELF ALL YEAR

DON'T FORGET YOUR LIPS

You've rolled them. You've batted them. Now we're telling you how to care for them. Your brief but definitive guide to younger-looking eyes:

- 1 Minimize wrinkles and dark circles the same way.** At night, wear an eye cream with retinol or peptides to boost collagen (we like Dr. Brandt Do Not Age Triple Peptide Eye Cream). During the day, choose one with sunscreen (we like Shiseido Sun Protection Eye Cream Broad Spectrum SPF 34 Sunscreen). And keep in mind, eye creams work only where you put them, "so apply yours all the way up to the lower lash line," says Bank.
- 2 Depuff after a late night.** Soak a cotton ball in cold water (with skin-soothing fats and proteins) and hold it over your eyes for ten minutes. If it was a really good night, add a lymphatic massage by gently pressing along your orbital bone, says Graf, with an eye cream containing caffeine, like Garnier Skin Renew Anti-Puff Eye Roller.
- 3 Get rid of fine lines.** "Tapping a little Aquaphor over your eye cream at night also plumps up lines by sealing in moisture, and it's nonirritating," says Zeichner. "It's one of the best products for the under-eyes."
- 4 Stop rubbing your eyes.** "The skin is so delicate, even rubbing off eye makeup can worsen crow's-feet over time," says Zeichner. Gently press down with a cotton pad soaked in makeup remover instead.

GET EVEN

DON'T BUY INTO ACNE MYTHS

USE THE TOP PERFORMERS

GET YOUNGER-LOOKING EYES

MAKE YOUR SKIN GLOW

MOISTURIZE WISELY

PROTECT YOURSELF ALL YEAR

DON'T FORGET YOUR LIPS

Besides causing wrinkles and skin cancer, the sun prompts your skin to produce excess melanin—a.k.a. sun spots.

1 Act fast. If you start using retinol within the first six months of

2 Grab a pot. Creamy balms and ointments that come in pots or tubes are more effective than sticks because they "create a thick protective barrier that traps in water," says Bank. Keep one (we like Nivea Lip Butter) on your nightstand so you remember to use it before bed every night.

(Over-the-counter hydroquinone is so mild, "you'd have to use it four times a day to make up for the weaker dose," says Zeichner.)

- 4 Undo sun damage on your chest.** "If you've got lots of sun spots across your chest, you'd have to go through half a tube of hydroquinone every night," says Bank, who suggests removing them with a Fraxel laser, though it costs up to \$1500 per treatment and takes several sessions.
- 5 Cover them.** But don't use concealer. A nude eyeliner topped with a luminous-finish foundation works better, says makeup artist Joanna Schlip.