



Beauty Advice By Dermatologists



Beauty Advice By Dermatologists



Beauty Advice By Dermatologists

"Healthy skin starts from within! Drink at least 6 8 ounce glasses of water daily, eat fresh fruits and vegetables which are rich in antioxidants and vitamins, exercise regularly and get plenty of rest."

- Avery Kuflik, MD

"Never go to bed with your make on. It will clog your pores. Even if you're too tired to wash your face use a cleansing cloth. Leave them by your bedside."

- Debra Jaliman, MD

"Always wash off your at the end of the day but do so gently – heavy scrubbing can do more damage than good. By not taking your makeup off at night can trap dirt and oil, eventually leading to clogged pores."

- David E. Bank, MD

"Ext...
as salicylic acid, glycolic acid and azelaic acid.
Dr Debbie Palmer,

"My favorite tip for clear skin is to stick with the basic ingredients. There are certain ingredients that have proven themselves in clinical trials (benzoyl peroxide, salicylic acid, etc) that you should be using. If you don't see a change in your skin by the 6th week of using products with these ingredients, you should consult your dermatologist on prescription treatment options."

- James C. Marotta, MD

"Regular Microdermabrasion is a great way to maintain and clean skin. It helps prevent pores from getting bigger and minimizes fine lines."

- Vish Banthia, MD