

If Your Issue Is...
Super-Sensitive Skin

YOUR DERM: SHIRLEY CHI, M.D.,
ARCADIA, CALIFORNIA

Dr. Chi, the director of dermatology resident education at OliveView-UCLA Hospital, laughs ruefully when asked about her skin history: "There are still white spots on the carpet of my childhood room from benzoyl peroxide—reminders of my early skin drama!" As a teen, Dr. Chi's skin was prone to irritation and breakouts, and in an effort to curb them, she layered on intense antiacne products and routinely went for "calming" facials—always returning with burning, itchy skin. "I thought that was normal, but really it was my skin crying out for me to stop," she says. It wasn't until she started studying dermatology that she realized her supposed acne was rosacea (a chronic skin condition that causes redness and swelling). She pared back her routine radically and things cleared up. With sensitive skin, she explains, you have to be very Zen: "It's about balance and simplicity."

Her good-as-makeup sun protection: "I can't wear chemical sunscreens—they break me out in a rash. I use a tinted mineral sunscreen makeup primer from a brand called Tizo [\$39, tizofusion.com for locations]—it's a small company sold through doctors' offices. I love it. It's SPF 40 and water resistant, with a nice velvety finish."

Her targeted application strategy: "I layer on the super-gentle La Roche-Posay Toleriane Ultra moisturizing cream [above] over most of my face (but not on my nose, which can get oily). After putting on my Toleriane moisturizer again at night, I use Finacea, a prescription anti-inflammatory cream that treats rosacea, acne, and acne scars. I started using it in place of retinoids when I was pregnant and never went back—it's a great alternative."

Her basic skin-buffing tool: "Exfoliation is important, but if you're sensitive, a scrub is a no-no. When I need a bit of exfoliating, I have a little worn-out washcloth that I use



HER SOOTHING HYDRATOR
La Roche-Posay
Toleriane
Ultra (\$37, laroche-posay.us)



"I'm consistent with my skin care—not just whenever my skin looks bad."

—Rosemarie Ingleton, M.D.

very gently once or twice a week with my cleanser. That's enough."

Her redness prevention: "I realized I can't shower in the morning—if I put hot water on my skin, my face will be pink for the next six hours. Instead I wash my face with lukewarm water and an extra-mild cleanser—I love Neutrogena Ultra Gentle Daily Cleanser [\$9, at drugstores]; it's really affordable and nonirritating."

If Your Issue Is...

Patchy Skin Tone

YOUR DERM: ROSEMARIE INGLETON,
M.D., NEW YORK CITY

Upon first glance you might think that Dr. Ingleton has landed on some Dorian Gray-like antiaging arrangement (at 52, she doesn't look a day over 35). Some of that, she acknowledges, is genetics (her mother is in her eighties and only recently started getting wrinkles, she says). But Ingleton also credits her maintenance strategies: "I'm consistent with my skin care—not just whenever my skin looks bad. I do something every day," she says. "I feel naked if

I leave the house without my antioxidants and my sunscreen."

Her shield from the elements: "I put on my antioxidant cream in the morning—I use Prevage MD [\$115, 800-433-8871 for retailers]. It's a very potent antioxidant, and nothing's more effective at combating pollution, cigarette smoke, and all the crap that gets on your face during the day. It keeps free radicals from forming in skin, which causes unevenness and damage."

Her everyday multitasker: "I always, always, always layer on my SPF moisturizer over my other creams. I like NeoStrata Skin Active Matrix Support SPF30 [\$70, skinstore.com] because it protects and has anti-agers that tighten and give a little lift."

Her end-of-the-work-day skin care trick: "When you go outside, I really feel like war is declared on your face. In the evening the first thing I do when I come home is wash my face and put on my nighttime repairing products. It's



HER SMOOTHING TREATMENT
SkinMedica
GlyPro Antioxidant Serum (\$120, skinmedica.com)