

# Forever Young

Take baby steps now to keep your skin looking youthful so you don't have to stress about it later. *by* TRACY PEREZ

Holding on to great skin is easier than you think.



## 5 Tips to Maintaining Healthy Skin

**1 Get your beauty sleep.** The longer you snooze (seven to eight hours is ideal), the more time your skin has to repair itself from daily aggressors like sun exposure and pollution, says Anne Chiu, M.D., a dermatologist in Los Angeles.

**2 Watch what you eat.** Indulging in excessively sugary stuff like soda and candy will eventually take its toll on your skin. The by-products of sugars bind to collagen and elastin through a process called glycation, causing these skin fibers to degrade and become saggy and wrinkled over time, Dr. Chiu explains. She recommends foods rich in lycopenes such as carrots and tomatoes, which research suggests may counteract UV damage.

**3 Get moving.** The increased circulation and decreased stress hormones that occur with regular exercise can lead to clearer, more luminous-looking skin, says Dr. Chiu.

**4 Moisturize, moisturize, moisturize.** Moisturizer acts as a barrier for the skin, keeping it protected, hydrated, and soft, which reduces the likelihood of fine lines developing as a result of chronic dehydration, says Dr. Chiu.

**5 Be smart about sunscreen.** As part of your daily routine, the Skin Cancer Foundation advises wearing a broad-spectrum sunscreen (which means it blocks both UVA and UVB rays) with an SPF of at least 15. Apply a thin, even coat, approximately one teaspoon for your face and neck. Don't forget your ears and lips!

## Round-the-Clock Radiance



### ANYTIME

Mix your moisturizer and a product like Lumene Vitamin C+ Pure Radiance Beauty Drops (\$18; walgreens.com) for added brightening benefits.



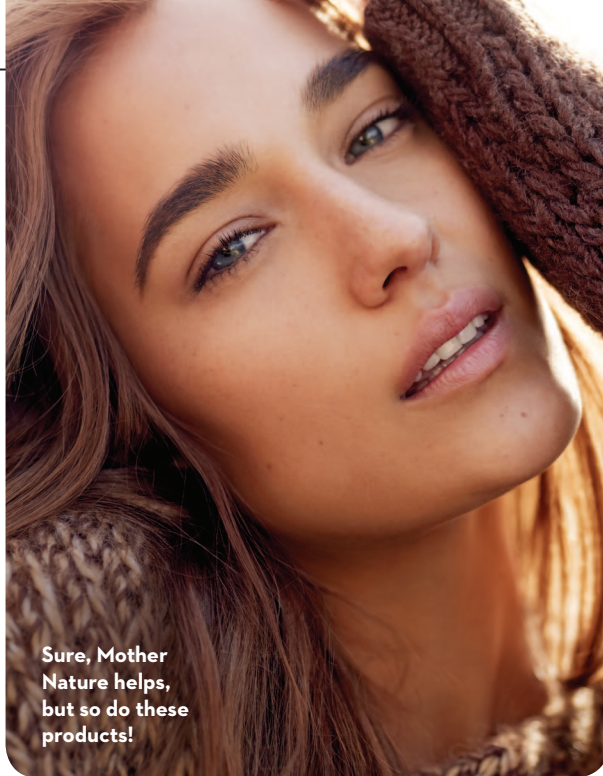
### IN THE A.M.

Use a makeup base that's filled with hydrators such as panthenol, ceramides, vitamin E, or glycerin. Our pick: L'Oréal Paris Magic Skin Beautifier B.B. Cream. \$11; ulta.com



### AT NIGHT

Slather on a thick cream like Soap & Glory Night in Shining Armour (\$30; sephora.com) to combat dryness.



Sure, Mother Nature helps, but so do these products!



**instant gratification**  
A big trend in skin care is products that promise an immediate (although temporary) wrinkle-reducing effect. We tested some of the more affordable options and were impressed with the results we saw within ten minutes of applying this one: Dr. LeWinn by Kinerase Instant Dermal Wrinkle Filler. \$25; walmart.com

## New Hope for Problem Spots

If you're already battling some of the earlier signs of aging, don't frown about it. (Hello: more wrinkles!) Take action with the latest OTC options that promise to fix these three common issues.

### \* uneven skin tone

Sun damage, acne scars, and melasma all can cause permanent dark spots on your face. Use a product with glycolic acid to exfoliate and vitamin C to inhibit pigment-producing cells. Try Garnier Skin Renew Clinical Dark Spot Overnight Peel. \$17; cvs.com



### \* dark circles

Clinique Even Better Eyes Dark Circle Corrector (\$40; clinique.com) offers an instant brightening effect, but it also delivers long-term benefits through its patented blend of vitamin C, green-tea extract, and caffeine. Use it twice a day for the best results.



### \* fine lines

Don't run for the Botox yet. You can treat these imperfections more gently by using an intensely hydrating moisturizer to plump up the skin and make the lines less noticeable. We recommend Olay Regenerist Wrinkle Revolution Complex. \$25; olay.com

