

# Harper's BAZAAR

GAME-CHANGING  
LOVE ADVICE

BE YOUR  
BEST  
AT EVERY  
Age

DEMI  
MOORE  
REVEALS ALL  
LOVE, LOSS &  
OVERCOMING  
ADDICTION

LOOK BETTER NAKED

FUTURE-PROOF  
YOUR FACE

TAKE YEARS  
OFF YOUR  
NECK

NOTHING TO WEAR?

HOT  
FASHION  
FINDS

+THE BEST JEANS FOR YOU





# FUTURE PROOF

YOUR FACE AND HAIR

*Don't wait until it's too late: To fight the signs of aging, it's all about prevention. By Megan Deem*

**AT HOME** Ask any dermatologist and they'll all tell you the number-one thing you need to do for your face is to apply sunscreen daily. "The bare minimum for future-proofing your skin is the consistent use of a sunscreen with a minimum SPF of 30," says Annie Chiu, M.D., a dermatologist in Redondo Beach, California. And even if you have an office job, you need to reapply. "A lot of people think reapplication

is only necessary with sweating or sports activity, but the correct way of 'dosing' sunscreen is actually multiple times a day," Chiu says. To make it easy, use a makeup setting spray like Supergoop! x Rebecca Taylor Defense Refresh Setting Mist SPF 50 (\$28) before heading out to lunch.

Adding a layer of antioxidant serum under your SPF "acts like a safety net, helping to trap anything that gets through your sunscreen," says Miami dermatologist Joely Kaufman, M.D. Vitamin C is a great option, though many doctors suggest a cocktail of ingredients, like those in 37 Actives High Performance Anti-Aging & Firming Serum (\$175).

Of course, the nighttime element of your skin-care routine is just as important as the morning one. Retinol "does a great job of building up collagen in the dermis," says Robert Anolik, M.D., a dermatologist in New York. "It also prevents excess pigmentation formation in the epidermis." If retinol is too irritating for you, try bakuchiol, which is perfect for sensitive complexions. "It's a botanical extract that helps activate the same retinoid receptors that retinol binds to," says New York dermatologist Joshua Zeichner, M.D. Find it in Burt's Bees Renewal Intensive Firming Serum (\$19.99).

**IN OFFICE** "Repetitive movement can lead to dynamic wrinkles, like frown lines between the brows," Chiu says. This is where preventive Botox comes in. It keeps muscles from being overactive and lines from becoming permanent. "Once wrinkles 'etch,' meaning you can see them when your face is relaxed, it's too late for products like Botox to have full benefit," explains Chiu. So when

to start? You may want to consider it "if you see the residue of a crease in the minutes after you've been very expressive," says Anolik.

Laser treatments offer the best way to address sun damage before it manifests as dark spots. "For people whose skin looks dull, whose pores aren't as tight as they used to be, or have some broken blood vessels, the Clear + Brilliant fractionated laser is great," says Kaufman. "It takes off that sun-damaged outer layer and allows a new layer to come up." According to Kaufman, improvements are visible after one treatment.

At the first signs of sagging, think about booking a radio frequency or ultrasound skin-tightening session, such as Thermage or Ultherapy. "These target the deeper collagen layers that have a lifting effect," Anolik says. "And because you're not letting this collagen age as it naturally wants to, the rate at which you become more

lax—and the rate and timing of possible future plastic surgery—will slow."

In the end, it's all about consistency. "Doing your at-home routine twice a day should be like brushing your teeth," says Macrene Alexiades, M.D., a dermatologist in New York. "And seeing me two or three times a year is similar to visiting the dentist for a deep clean." ■



## YOUR SKIN STRATEGY



### SUNSCREEN

It doesn't matter if you choose a chemical or a mineral formulation as long as you use it daily.

EltaMD UV Clear Broad-Spectrum SPF 46, \$35. Neutrogena Sheer Zinc Face Dry-Touch Sunscreen Broad Spectrum SPF 50, \$12.99.



### ANTIOXIDANTS

Vitamin C is potent alone, or mix it with other antioxidants for a broad-spectrum approach.

Elizabeth Arden Vitamin C Ceramide Capsules Radiance Renewal Serum, \$84. shopBAZAAR.com. SkinCeuticals C E Ferulic, \$166.



### RETINOL

Reduce the appearance of wrinkles with this proven collagen builder.

Olay Regenerist Retinol24 Night Serum, \$28.99. L'Oréal Paris Revitalift Cicacream, \$17.99.