

The Fountain of Youth

Skin care experts spill the secrets and reveal the best products to stop Father Time for both sexes.

By Joane Amay



ROC
Retinol Correxion Deep Wrinkle Night Cream (1 oz., \$23)
rocskincare.com

"Retinoids and retinols are most often used to treat acne, but they also have proven anti-aging benefits and should be the first products used for anti-aging, preferably at night."
—F.C.B.



CERAVE
Hydrating Cleanser (12 oz., \$12)
drugstore.com

"This gentle wash is great for dry skin. If you have combination or oily skin, try the foaming facial cleanser instead."
—K.L.



PFB VANISH
+ Chromabright Skin Lightener & Bump Fighter (4 oz., \$29)
pfbvanish.com

"A roll-on that fights razor bumps and discoloration at the same time. Follow with moisturizing lotion and oil-free full spectrum SPF30+."
—K.L.



LA ROCHE-POSAY
Anthelios 60 Ultra Light Sunscreen Fluid, SPF 60 (1.7 oz., \$30)
drugstore.com

"The number one most important part of an anti-aging regimen is carefully choosing a sunscreen that you love! There are many options now available for all skin types and tones. They include micronized creams, gels, sheer liquids to sheer sprays and the more traditional creams."
—F.C.B.



NEUTROGENA
Ageless Intensives Anti-Wrinkle Deep Wrinkle Daily Moisturizer Broad Spectrum SPF20 (1.4 oz., \$19)
neutrogena.com

"Keeping the skin properly hydrated is very important. Often, your daytime moisturizer and sunscreen can be the same product. This helps to keep it simple. I encourage patients to choose a sunscreen that gives them the right amount of moisture. This can be a combination moisturizer with SPF or even a stand-alone SPF that has the right base for you."
—F.C.B.



VIVANT SKINCARE
8% Mandelic Acid 3-in-1 Serum (1 oz., \$62)
dermstore.com

"I love multitasking serum 'cocktails' with mandelic acid, brighteners, alpha arbutin and niacinamide, formulated with either a retinol or lactic acid. Retinols and lactic acid's smaller molecules carry active brighteners and acne-fighters deeper to the target tissues. They're effective against adult acne, razor bumps, beard shadowing, dark spots, uneven skin tone, rough skin texture and aging."
—K.L.



OLAY
Regenerist Regenerating Serum (1.7 oz., \$23)
olay.com

"A powerful moisturizer that contains amino peptides that'll firm and regenerate the skin."
—F.C.B.

Dr. Fran Cook-Bolden, assistant clinical professor of dermatology at Beth Israel Medical Center, and director of the Skin Specialty Dermatology in New York City, shares ways to prevent obvious aging.

LADIES

- Flatten lines and prevent wrinkles with Botox and Dysport, which are both fast acting, safe and provide an instantly fresh face.
- Fillers restore volume and fullness to problem areas. Restylane, Perlane and Juvéderm Ultra Plus are my favorites. Plus, Restylane is great for tackling under-eye hollowing and discoloration.
- There are an array of peel systems for all skin tones and types. Topix Perfect 10 Peel combines multiple acids, allowing you to get great results.
- Non-ablative laser resurfacing refreshes skin, reduces the appearance of pores and environmental damages and enhances the benefits of topical skin care.
- Hair removal laser is great for unwanted facial hair, which becomes more abundant as we age. Catch it early, however, because lasers still don't work well on gray hair.



Kathryn Khadija Leverette, clinical esthetician at Clinically Clear Skin Rehab Center in Oakland, Calif., whose clients include Laurence Fishburne, Danny Glover and dozens of professional athletes, provides a simple blueprint for men to follow to achieve great skin.

GUYS

- Learn basic skin care and stop relying on whatever soap is in the shower. A gentle cleanser, the right shaving method, lightweight moisture, daily sun protection and UV protective eyewear do wonders for men as they age.
- Don't use shaving powder for hair removal. These depilatories contain lye and will darken the beard area. Try using a single-edge blade with fragrance-free shave cream. And shave more often and less close. Toss that razor after each use. Follow with a bump solution that contains acetylsalicylate instead of aftershave.