

Client: Dr. Lance H. Brown

Publication: *More Magazine*

Date: February 2009 Issue

Circulation: N/A

More beauty
SMART SOLUTIONS

Retriment

WHY LESS IS MORE CONTINUES INSIDE

Rethinking Your Skin Care Routine

Why Less Is More

Does the army of expensive **PRODUCTS** you've bought need a **CLOSET** all its own? If so, it's time to **PARE** down. Great skin at **MIDLIFE** can be as simple as **1, 2, 3 . . . 4, er, 5**

BY GENEVIVE MONSIE

Courtesy of fluctuating hormones, your skin changes a lot after 40. All that scrubbing you thought you'd gotten away with starts to deliver results in the form of dark spots and uneven tone. The blue troughs under your eyes don't go away with a good night's sleep. Your face cries out for moisturizer, even if you've always had oily skin. And your complexion seems to have forgotten how to glow on its own.

To cope, you've assembled an arsenal of products that may overlap and even cancel one another out. But even if they don't, is all that rubbing and wiping and re-creaming really necessary? "I'm an advocate of a pared-down approach," says Lance H. Brown, MD, a clinical assistant professor of dermatology at the New York University School of Medicine, and we agree. Great skin at midlife is actually simpler than you think, so follow this easy strategy: Use just two or three products when you get up, and three before bed. Do that—and see the dermatologist occasionally—and we guarantee that you'll age better than gracefully.

3 **DRYING** **MSCREEN**
Apply to face in morning and night

4 **RETINOID** **CREAM**
Apply to face in night

5 **DEEP** **PEEL**
Apply to face in night

GET PEELED MONTHLY "Using a retinoid is like a three-mile run. A deep peel in a doctor's office is the 10-mile," Lance Brown, of NYU's School of Medicine, says. "If you're exfoliating regularly with a retinoid, if you supplement with a professional-strength peel, your complexion will become even smoother and more radiant." —**Dr. Lance H. Brown, MD**

GET BEST RESULTS FROM YOUR SKIN CARE ROUTINE, TAKE ADVICE FROM THE PROS

SPURGE ON A PRO TREATMENT Your at-home regimen makes the most of your skin as it ages, but if you want to turn back the clock (erring articles and brown spots), you need Botox, lasers or the Peptide, says Francesca Fusco, a cosmetic dermatologist in New York City. What delivers the most dramatic change? The verdict of the dermatologists we consulted: Botox for erasing lines, pigment-targeting lasers (such as Fraxel) for age spots. Both start at \$500 per visit.

REINVENT YOURSELF AFTER 40 266 SMART IDEAS

EMMA THOMPSON

50 **more** | FEBRUARY 2009