

# Instyle

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**Jennifer  
Garner**

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# Never a DULL MOMENT

Is the passage of time muting your glow? Learn the ins and outs of exfoliating with these decade-by-decade tips to banish lackluster skin, whether you need a mild buff or a full-on radiance reset

## 20s

A healthy finish comes easily now, though late nights, smoking, or drinking can zap your youthful dew. How you wash your face matters too, says N.Y.C. dermatologist Debra Jaliman, who recommends a cleanser with a gentle scrub, like rice extract, to buff away dead cells. Twice daily, apply moisturizer with ceramides, natural fats that seal microscopic cracks, to restore a plump, uniform surface.

**Simple** Smoothing Facial Scrub, \$7; walmart.com. **CeraVe** Moisturizing Lotion, \$13; cerave.com.



## 30s

Your skin is like a windshield that gets hazier with time as cell turnover slows down and dead cells build up, says Washington, D.C., dermatologist Elizabeth Tanzi. Get religious about dissolving and sloughing off debris with a sonic cleansing brush and glycolic acid wash. Every other night, work in retinol to boost skin-firming, wrinkle-fighting collagen because a smooth complexion reflects light way better than an uneven one.

**Clarisonic** Sonic Radiance Brightening Solution Aria Cleansing Device and Skin Renewing Peel Wash, \$249; clarisonic.com. **StriVectin AR** Advanced Retinol Night Treatment, \$109; strivectin.com.



## 40s

With skin cells now naturally turning over and shedding about every two months (which is half as quickly as they did in your 20s), you have to work harder to avoid a pileup, says Miami dermatologist Jill Waibel. Exfoliate at least three times a week, and wear a vitamin C lotion under your SPF; that particular antioxidant brightens and protects against skin-dulling pollutants. At night, continue with the retinol, and before bed, apply a peptide cream to up the production of glow-enabling collagen and elastin.

**Coast to Coast** Lightweight Whitening Lotion, \$29; ulta.com. **Peter Thomas Roth** Un-Wrinkle Night Cream, \$90; sephora.com.



## 50s+

As you go through menopause, oil glands dry up, giving your complexion the blahs. A daily hyaluronic acid treatment, like this new one from Perricone MD, worn underneath your moisturizer will plump and refresh by holding on to water. At night, try a tactical shift: Swap retinol for a product like this SkinMedica serum, which inhibits matrix metalloproteinases (MMPs). Left unchecked, these enzymes, activated by UV exposure or inflammation, increase with age and break down collagen.

**Perricone MD** Hyalo Plasma, \$135; sephora.com. **SkinMedica** TNS Essential Serum, \$270; skinmedica.com.



### IN-OFFICE PROCEDURES

## HIT REFRESH

### PRO PEEL: DERMALOGICA BIOACTIVE PEEL

**WHAT IT IS:** Like other dermatological chemical peels, this new option contains salicylic acid to dissolve excess skin cells, but it has two added perks: plant botanicals to soothe as well as plant enzymes that unlink skin cells so the ingredients penetrate more effectively. **RESULTS:** You'll get a glow within three to five days of the first peel, though some may need three treatments over a six- to 12-week period for maximum results. **COST:** Around \$150 per peel. **DOWNTIME:** You may have redness and peeling for about a week. **PAIN FACTOR:** At most, mild tingling and burning during the procedure. **FOR MORE INFO:** dermalogica.com.

### LIGHT THERAPY: IPL

**WHAT IT IS:** Also known as photofacials, Intense Pulsed Light treatments "lighten and brighten in an overall way," says N.Y.C. dermatologist Paul Jarrod Frank, by using short blasts of light to penetrate the skin's surface, destroying damaged cells and stimulating collagen growth to help create new ones. **RESULTS:** You can get the job done with three to six treatments. **COST:** Around \$300 and up per treatment, says Frank. **DOWNTIME:** Typically one to two days of redness. **PAIN FACTOR:** A slight sting during the procedure. **FOR MORE INFO:** Speak to a board-certified dermatologist who performs IPL treatments about your choices.

