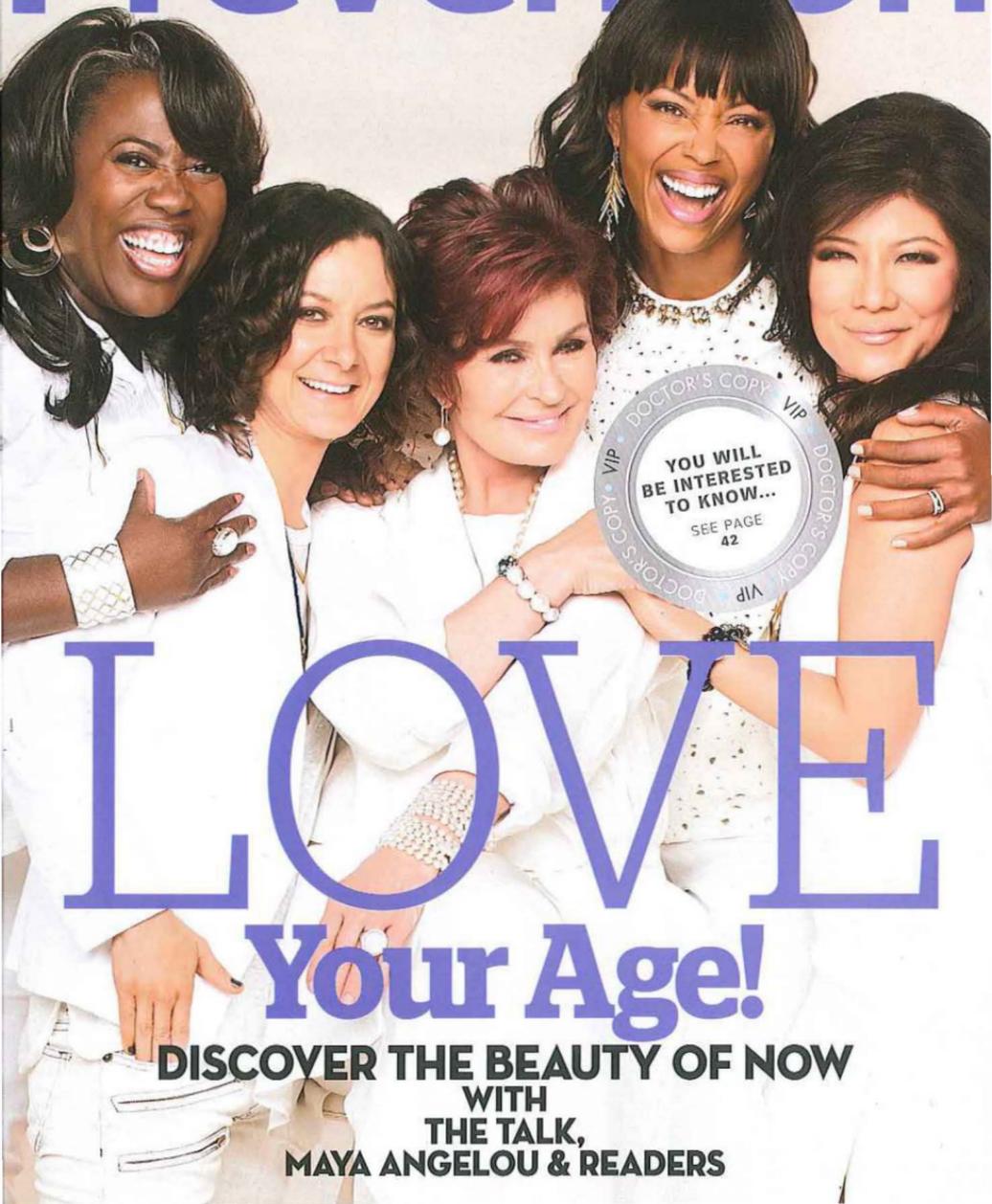


LOVE YOUR WHOLE LIFE

August 2013

Prevention



LOVE

Your Age!

**DISCOVER THE BEAUTY OF NOW
WITH
THE TALK,
MAYA ANGELOU & READERS**

SKIN CARE AT ITS BEST

BY Kiera Aaron, Amanda First & Miranda Van Gelder • PHOTOGRAPHS BY Sarah Kehoe

TONS OF BEAUTY PRODUCTS LAUNCH EACH YEAR. TO SAVE YOU FROM WASTING TIME (AND MONEY) ON ONES THAT DON'T WORK, WE VETTED THOUSANDS AND CHOSE THE 10 BEST. THESE SCIENCE-BACKED WINNERS DELIVER RESULTS YOU CAN SEE.

With the possible exceptions of buying a house, choosing a mutual fund, and committing to a time-share, few transactions are as stressful as plunking down money for skin-care products. We've all been there: a cosmetics counter abundant in claims and promises—with bottles so beautiful you can't wait to add them to your collection (and labeled with ingredients you can't pronounce). But it takes a lot more than that to pass our test: We

evaluated 1,500 entries, recruited 125 testers, and consulted top dermatologists. We pored over ingredient labels. And then we slathered, squirted, sudsed, and sniffed. (Yeah, we love our jobs.) What was out: anything with parabens and, more important, anything that failed to deliver. What got in: beauty products that produced real-world results. These 10 winners and 10 runners-up passed our rigorous tests and proved they could improve the health, look, and feel of your skin.



THE WINNERS

(1) Remington Smooth and Silky Electric Roll-On Wax Kit, (2) Fresh Lotus Youth Preserve Face Cream, (3) Ahava Dead Sea Plants Smoothing Body Exfoliator, (4) Dermalogica UltraSmoothing Eye Serum, (5) StriVectin-AR Advanced Retinol Night Treatment, (6) L'Oréal Paris Sublime Sun Sheer Protect Sunscreen Oil, (7) Shea Moisture Coconut & Hibiscus Body Butter, (8) Avon Anew Clinical Absolute Even Multi-Tone Skin Corrector, (9) BareMinerals Faux Tan Body Sunless Tanner, (10) Aveeno Ultra Calming Makeup Removing Wipes

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OUR PANEL

Dermatologists have seen it all, and they know how to look beyond the hope-in-a-jar hype. We enlisted these seven skin czars to help us evaluate the nominees.

• **Marguerite Germain**, MD, dermatologist in Charleston, SC

• **Stuart H. Kaplan**, MD, dermatologist in Beverly Hills, CA

• **Mary Lupo**, MD, clinical professor at Tulane

• **Medical School/Prevention advisor**

• **Marina Peredo**, MD, clinical professor at Mount Sinai School of Medicine

• **Joel Schlessinger**, MD, dermatologist in Omaha, NE

• **Howard Sobel**, MD, dermatologist in New York City

• **Joshua Zeichner**, MD, assistant professor of dermatology at Mount Sinai Medical Center/Prevention advisor



NIGHT CREAM

StriVectin-AR Advanced Retinol Night Treatment (\$109; strivectin.com)

Why it's a winner with derms: Anyone can look in the mirror after using a new cream and swear she's having a Benjamin Button reverse-aging moment. But skin scientists need hard evidence. To judge our night creams objectively, **Dr. Lupo** employed Visia complexion analysis, a tool that uses high-tech photography to magnify—and quantify—skin damage. This treatment showed results across the board: It minimized fine lines, plumped up skin, evened out skin tone, and faded sunspots.

Why it's a winner with us: We're already retinoid devotees: The proven anti-ager, derived from vitamin A, is still the gold standard in wrinkle reduction. But retinol, the OTC analogue, is less likely to cause the familiar redness and overdried flakefest of its prescription counterparts, while still providing similar skin-smoothing benefits. Also in this cream's arsenal: a niacin complex that ramps up the effects of retinol but helps keep skin from feeling parched.

Runner-up: Kiehl's Wrinkle-Reducing Cream (\$52; kiehls.com)

DAY CREAM

Fresh Lotus Youth Preserve Face Cream with Super 7 Complex

(\$42; fresh.com)

Why it's a winner with derms: Eighty percent of patients saw brighter, ultra-hydrated skin after slathering it on daily, according to Dr. Sobel's test results. The secret weapon seems to be an extract of lotus plant (*Nelumbo nucifera*, botanically speaking), which helps the cream absorb more easily—but also makes it possible for one layer in the morning to stay on all day.

Why it's a winner with us: We were thrilled to find a cream that didn't undermine our makeup with the typical slip-and-slide effect but still had us looking dewy when our afternoon coffee break rolled around. And we were thankful for the subtle scent: fresh and seductive at the same time.

Runner-up: Own Dual Protecting Day Lotion (\$23; ownproducts.com)

BODY MOISTURIZER

Shea Moisture Coconut & Hibiscus Body Butter

(\$10; walgreens.com)

Why it's a winner with derms: "The overall improvement in pictures was excellent," Dr. Schlessinger says, adding that the body butter had the best ratings among testers. Dr. Zeichner notes that the moisturizer abounds in natural hydrating ingredients, like shea butter and jojoba and coconut oils. Plus, it has hibiscus flower extract, an epidermal multitasker that conditions skin, reduces inflammation, and delivers antioxidant protection.

Why it's a winner with us: There's something decadent about the thickness of this body cream—nothing runny or gloppy about it. We layered it on in the morning, and our legs were still impressively silky when we stumbled into bed. It even did a slam-dunk job on our normally gnarly elbows. Bonus points for a moisturizer that dispenses with synthetic fragrance and artificial color—and proves that a good, natural-ingredients-based body lotion can be had for not a lot of loot.

Runner-up: SkinCeuticals Body Retexturing Treatment (\$60; skinceuticals.com)



CLEANSER

Aveeno Ultra Calming Makeup Removing Wipes
(\$7 for 25 wipes; *aveeno.com*)

Why they're a winner with derms: There's a scientific reason chamomile, aloe, and cucumber are the trinity of spa-treatment menus: They have anti-inflammatory properties that work to calm the skin, Dr. Kaplan says.

Why they're a winner with us: Yes, we're all guilty of this one: leaving our faces unwashed on nights when splashing with actual water seems like too much work. So we're not surprised that these one-stop wipes won over every single tester. The cloths efficiently erased the day's grime and makeup (including the inky waterproof mascara clumps glommed onto our lashes).

Runner-up: Neutrogena Ultra Gentle Daily Cleanser
(\$9.50; drugstores)

EYE CREAM

Dermalogica UltraSmoothing Eye Serum (\$50; *dermalogica.com*)

Why it's a winner with derms: Testers enthused over its instant firming effects, thanks to moisturizing hyaluronic acid and calming botanicals, and its rapid absorption. But our expert was more impressed with the long-term results: Photos showed a 36% improvement in wrinkles and overall skin texture after 7 weeks of use. A string of amino acids "helps stimulate the skin's ability to repair itself, boosting collagen production," Dr. Peredo says. Plus, "algae and chamomile reduce puffiness."

Why it's a winner with us: We drooled at the lab sample-esque packaging, so we were pleased to see the formula deliver. Skin-plumping hyaluronic acid made our eyes look refreshed, and the invigorating scent (a blend of ginger, lavender, and aloe) helped us feel the part. We could almost pass for someone who got 8 hours of sleep.

Runner-up: L'Oréal Paris Revitalift Triple Power Eye Treatment (\$25; *lorealparisusa.com*)

→ **Champion skin tip:** Don't rub and tug at the delicate area around eyes. Instead, "apply eye cream with gentle patting motions," says Dr. Peredo.

BODY WASH

Ahava Dead Sea Plants Smoothing Body Exfoliator
(\$28; *ahavaus.com*)

Why it's a winner with derms: This citrusy body scrub washed competitors down the drain—right along with dull skin cells. Even better: It doesn't rely on synthetic exfoliants. Ground argan shells, sea salt, and brown sugar granules slough away dead skin, while "Dead Sea water [rich in calming minerals] and hydrating ingredients, like glycerin, soothe and moisturize," says Dr. Zeichner.

Why it's a winner with us: Exfoliants can leave skin feeling damaged, not smooth (throw those scrubs away immediately), so one tester was pleased that it did its job without the customary "missing-a-layer-of-skin feeling."

Runner-up: Simply Olay Refresh Body Wash (\$3; drugstores)

→ **Champion skin tip:** "Pushing too hard when exfoliating can interrupt the skin barrier," says Dr. Zeichner. Apply with light strokes instead.



REPAIRING TREATMENT

Avon Anew Clinical Absolute Even Multi-Tone Skin Corrector (\$40; avon.com)

Why it's a winner with derms: Visia analysis by Dr. Germain showed a 10% improvement in wrinkles, 14% in texture, 15% in spots, and 13% in the appearance of pores. But she wasn't surprised: "It has two forms of vitamin C, which increase collagen production and improve the texture and tone of the skin," she says. Bonus: "It has salicylic acid, which decreased bacteria by 20%."

Why it's a winner with us: Photos and fond memories aren't the only remnants of beach vacations and outdoor jogs. Sunspots can accrue like interest—and not the good kind. Thankfully, this treatment addresses discoloration of all kinds (even redness and acne scars).

Runner-up: Perricone MD Blue Plasma (\$95; perriconemd.com)

→ **Champion skin tip:** Apply twice a day: before SPF (in the morning) and after your cleanser and retinol (at night).

SUNSCREEN

L'Oréal Paris Sublime Sun Sheer Protect Sunscreen Oil SPF 50+ (\$11; lorealparisusa.com)

Why it's a winner with derms: Dr. Zeichner likes the combination of chemical sunscreens that provides broad-spectrum protection, defending against both UVA (linked to cancer and wrinkles) and UVB (sunburn-causing) rays. He also cites the sunscreen's natural moisturizing oils.

Why it's a winner with us: Anything that makes SPF easy to apply, like this squirt-on spray, gets our (sunscreen-covered) thumbs-up. Sunflower and argan oils provided moisture but, surprisingly, didn't leave us feeling greasy.

Runner-up: Neutrogena Beach Defense Sunscreen Lotion Broad Spectrum SPF 70 (\$11; drugstores)

→ **Champion skin tip:** Be sure to apply spray sunscreen inside—or at least out of the wind.

HAIR REMOVER

Remington Smooth and Silky Electric Roll-On Wax Kit (\$20; Walmart)

Why it's a winner with derms: "This wax has sucrose and maltodextrin to soothe skin and glycerin to keep it hydrated, reducing the risk of postwax inflammation," says Dr. Zeichner.

Why it's a winner with us: Razors nick. Depilatories can leave behind patches of hair. And wax is usually the definition of a hot mess. But this electric roll-on wax kit gives us hope: Testers loved its simplicity (the plug-in contraption has a compartment to heat up wax, so the microwave gets a reprieve) and the fact that it kept hair at bay longer than its competitors. Our only regret: There's still nothing we can do about the ouch factor—except maybe have a glass of wine.

Runner-up: Nair Brazilian Spa Clay Face Wax Strips (\$6; drugstores)

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SKIN PRODUCTS!**

Five readers will take home all the winners and runners-up (value: \$662.50!)

NO PURCHASE TO ENTER OR WIN. Void where prohibited. To enter, go to prevention.com/beauty-sweeps. Starts 7/23/2013 and ends 8/20/2013. Must be 18 or older and legal resident of 50 US or DC (excluding residents of Puerto Rico) or Canada (excluding residents of the province of Quebec). For official rules, go to prevention.com/beauty-sweeps. Sponsor: Rodale Inc., 400 S. 10th St., Emmaus, PA 18098.



SELF-TANNER

BareMinerals Faux Tan Body Sunless Tanner (\$26; bareminerals.com)

Why it's a winner with derms: "Whatever keeps people out of tanning beds gets my approval," Dr. Kaplan says. (Wise words.)

Why it's a winner with us: When it comes to self-tanner, we'll take all the klutz-proofing help we can get. The lotion rubs in dark, so we can see where we've applied it. And yet even with a smearing technique, the color seems to mellow into an evenly distributed, natural-looking tint—meaning, none of the usual burnt-orange splotchiness that screams, "Hey, world, tan in a can!"

Runner-up: St. Tropez Gradual Tan Plus Anti-Aging Face Cream (\$35; sephora.com)