

SKIN



FRAN COOK-BOLDEN, MD

"Consistency counts," says NYC-based dermatologist Cook-Bolden. "Spend the time and money to find a product you love because you are more likely to stick with it."

\$79



COOK-BOLDEN'S ESSENTIALS

From left: EUCERIN EVERYDAY PROTECTION BODY LOTION SPF 15, \$10: "Great for daily coverage—hydrates and shields skin in one step." VANICREAM SUNSCREEN SPF 60, \$15: "The ultimate protection for sensitive skin, free of all possible irritants." NEUTROGENA AGELESS INTENSIVES DEEP WRINKLE ANTI-WRINKLE NIGHT, \$20: "Packed with powerful antioxidants, retinol, and hyaluronic acid—great armor against the signs of aging." AVEENO ULTRA-CALMING FOAMING CLEANSER, \$7: "Provides a daily soothing retreat for skin." OLAY REGENERIST EYE LIFTING SERUM, \$19: "Tap on lightly around the eyes to hydrate and brighten skin." EUCERIN CALMING BODY WASH, \$8: "This does double duty, cleansing skin and sealing in moisture at the same time."

INDULGENCE



SKINMEDICA SKIN POLISHER, \$40: "The best exfoliator. Feels amazing and provides noticeably improved texture without downtime."



KARYN GROSSMAN, MD

Santa Monica-based dermatologist Grossman tells her patients to diversify: "Use products with different active ingredients to get the best possible results."

\$85



GROSSMAN'S ESSENTIALS

From left: CETAPHIL DAILY FACIAL CLEANSER, \$10: "Cleans without dehydrating." VASELINE SHEER INFUSION BODY LOTION, \$6: "Penetrates deep into the skin to moisturize more layers." OLAY ULTRA MOISTURE BODY WASH, \$6: "Skin-softening standby." ROC RETINOL CORREXION DEEP WRINKLE NIGHT CREAM, \$21: "Retinol-based. Promotes healthy cell regeneration." NEUTROGENA ULTRA SHEER DRY-TOUCH SUNBLOCK SPF 100+, \$12: "Surprisingly lightweight and can double as a moisturizer." AQUAPHOR HEALING OINTMENT, \$17: "I have one of these jars in every room of my house!" GARNIER NUTRITIONISTE SKIN RENEW AWAKENING FACE MASSAGER, \$13: "Microcirculation brightens up skin."

INDULGENCE



CLARISONIC PLUS, \$295: "Gently lifts dead skin cells on face and body, leaving a perfect canvas to make all your other products work better."



MARY LUPO, MD

"Choose products that work around the clock," says New Orleans-based dermatologist Lupo. "Nighttime is perfect for hydrating and stimulating surface cell turnover."

\$75



LUPO'S ESSENTIALS

From left: CERAVE HYDRATING CLEANSER, \$11: "Creamy, ceramide-based formula. Won't disrupt skin's lipid barrier." L'OREAL PARIS REVITALIFT DEEP-SET WRINKLE REPAIR NIGHT CREME, \$20: "A superior retinol product for every skin type." CUREL CONTINUOUS COMFORT MOISTURE LOTION, \$10: "Lightweight. Glides right on." AVEENO SKIN RELIEF SHOWER & BATH OIL, \$7: "Especially soothing in dry, cold months—the oat beta glucan ingredient is anti-inflammatory and helps with itchy skin." OLAY TOTAL EFFECTS DAILY MOISTURIZER SPF 15, \$23: "Good daily UV protection, and the niacinamide base reduces inflammation and helps fade early dark spots." DOVE DEEP MOISTURE NOURISHING BODY WASH, \$4: "No residue left behind. Leaves skin feeling fresh and soft."

INDULGENCE



PHILOSOPHY MICRODELIVERY PEEL, \$65: "Mechanical and chemical system—easily modified for sensitive skin."