


VIVIAN BUCAY, M.D.

A dermatologist in San Antonio who takes a holistic approach to skin care.

Her Top Secrets

Keep your hormones in check.

If you suffer from chronic breakouts, see a dermatologist to have your hormone and blood sugar levels tested. "Too much testosterone stimulates oil production, leading to acne," Dr. Bucay says. And a high progesterone level can cause cystlike pimples. "Insulin resistance can also trigger hormonal imbalances that result in breakouts," she adds. The fix can be simple: "For some women, it's a matter of changing their birth control pill."

Have some lox with your bagel.

Eating salmon in the morning helps fortify your skin against the sun, according to Dr. Bucay, because the fish is rich in beta-carotene (which helps promote cell turnover), hydrating omega fatty acids (which make skin supple) and selenium (which is needed for vitamin E absorption). SPF, however, is still a must.

Use the right wrinkle weapon.

If your skin is too sensitive to tolerate a retinoid, look for an OTC product that contains less-irritating retinaldehyde. Dr. Bucay suggests, try **Avène Retrianal+ 0.05 Cream** (\$61, dermstore.com); layer it over a moisturizer that contains green tea, a soothing anti-inflammatory.


ELIZABETH HALE, M.D.

A dermatologist in New York City and a four-time marathon runner.

Her Top Secrets

Double up.

Exercise opens your pores, allowing makeup and dirt to enter, so cleanse before and after a sweatfest, Dr. Hale says. Postworkout, deep clean with a salicylic acid–based cleanser to exfoliate skin. If you're pressed for time, wipe down your face and upper back—and any other acne-prone spots—with a towelette. We like **Alba Botanica Natural AcneDotz Clean 'n Treat Daily Cleansing Towelettes** (\$6 for 30 wipes, drugstores) with 2 percent salicylic acid.

Look wide awake.

Milk is a quick fix for puffy eyes because it has anti-inflammatory properties, Dr. Hale says. Soak two cotton balls in it and apply them to your eyes for 10 minutes.

Don't sweat it.

Distance runners, especially marathoners, have a greater risk for getting melanoma, the deadliest form of skin cancer, according to a study. "It's easy to forget about sun protection on race day," Dr. Hale notes. To protect your skin when you run, tote an easy-to-swipe-on solid SPF, such as **Coppertone Sport Sunscreen Stick SPF 55** (\$6, drugstores), which won't run into your eyes.


MARY LUPU, M.D.

A dermatologist in New Orleans who conducts studies on the latest skin treatments.

Her Top Secrets

Shield yourself from wrinkles.

The one antiager every woman should use is a barrier repair cream, Dr. Lupo says. "The lipid barrier, which is in the outermost layer of skin, keeps moisture in and irritants out," she explains. "If it becomes dehydrated, your skin will be dry, flaky and more prone to wrinkles." Try a night cream that contains protective glycerin, niacinamide or peptides, such as **Hydroxatone Intensive Overnight Repair** (\$59, Macy's stores).

Tweak your routine.

Over time your skin gets used to the same products. "Your cells become overloaded with or depleted by certain ingredients and grow less receptive to them," Dr. Lupo says. "Every six to 12 months, replace one of your products with something new." Can't bear to give up your fave face cream? You'll see results if you stop using it for a month and then go back to it.

Snooze smarter.

"Sleeping on your side or stomach takes a toll on your skin," Dr. Lupo says. All that face time with your pillow creates creases and slows circulation, which can accelerate the skin's aging process. Sleep on your back if possible. If you can't, use a satin pillowcase; it's gentler on your complexion than cotton.

Swollen eyes? Dunk cotton balls in milk and place them over peepers for 10 minutes to de-puff.