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Check out Mr. Lupo on pages 110, 112

JULIE BOWEN
EXCLUSIVE INTERVIEW

SECRETS TO HER SEXY NEW LOOK!

From "modern mom" to magnificent, this star shares the strange skin-care secret she swears by and why she hates HD.

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FOLLOWING YOUR DOCTOR'S ORDERS IS RULE NUMBER-ONE IN THE QUEST TO TRANSFORM YOUR SKIN. THE PROBLEM THAT PLAGUES YOU DETERMINES THE COURSE OF ACTION THAT YOU'LL BENEFIT FROM THE MOST. NEW ORLEANS DERMATOLOGIST MARY LUPO, MD, EXPLAINS THAT IN ORDER FOR THE SKIN TO BE HEALTHY AND FUNCTION OPTIMALLY, IT NEEDS TO BE PROTECTED DURING THE DAY AND REPAIRED AND REGENERATED AT NIGHT.



WHAT YOUR FACE SAYS ABOUT YOU

If you're a smoker, heavy drinker or avid exerciser you may not be able to hide it all that well since these lifestyles often show up on the face.

> **Smokers** can have a grayness to their complexion and deeply etched fine lines above the upper lip—the skin can also look loose and dry.

> **Heavy drinkers** can experience persistent redness, broken capillaries and dehydrated skin, which leads to lines.

> **Avid exercisers** may lose more than a normal amount of facial fat, leaving the face looking hollow and gaunt.

INSIDE tip

Whenever cleansing, exfoliating or applying skin-care products, don't scrub or use an up and down motion, which can stretch out and damage skin. Instead, lightly massage in upward and outward circular motions. With eye cream, gently pat it into skin.

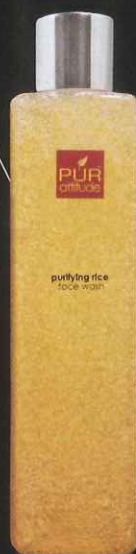
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RESYNC YOUR SKIN AND STOP YOUR BEAUTY PROBLEMS

01

BREAKOUTS

"Breakouts stem from an internal or external source," says Tammy Fender, founder of Tammy Fender Holistic Skincare. "They're either from harsh skin-care products, an environmental component, hormones or a shift in the nervous system." Hormonal acne needs to be controlled with oral medication or birth control. When clogged pores and excess oil are the cause, salicylic acid, benzoyl peroxide and/or retinoids are often prescribed. "No matter the cause of your acne, skin needs to be cleansed twice a day with an appropriate cleanser," says Dr. Hoang. "Acne medications are slightly drying and irritating and can disrupt the skin's balance, which is why I advocate using an oil-free moisturizer."



FIGHT IT WITH: Keeping your pores clean is a big part of maintaining clear skin. **PUR attitude Purifying Rice Face Wash** gently lifts away blemish-causing dead skin and oil, creating a clean surface without disrupting the skin's pH levels. \$24, purattitude.com

02

LINES AND WRINKLES

Lines and wrinkles are a part of getting older, but they don't have to be if you know how to minimize them. Retinol, be it prescription-strength or over-the-counter, is important. "Retin-A and retinol are some of the best topical treatments for the skin," says Dr. Hessler. "Studies show that Retin-A can limit collagen breakdown in the skin by stopping the enzymes that degrade collagen." The more you use a retinoid, the easier it becomes to train your skin to be smoother and less wrinkled. A healthy diet and lifestyle, daily sun protection with sunscreen and topical antioxidants and well-moisturized skin will help blur the look of lines and wrinkles.

FIGHT IT WITH: Packing a serious dose of retinol, **SkinMedica Retinol Complex 1.0** smooths out the appearance of lines, wrinkles and even discoloration to help improve skin's texture. \$90, skinmedica.com



DRYNESS

Swapping out the wrong products for the right ones can make a world of difference in how your skin looks, feels and functions. Dry skin can't function at its best because the protective barrier is compromised and more susceptible to irritations and infections. Get rid of soaps and cleansers that contain sodium lauryl sulfate and have a high pH level, which strip away oil. Load up on moisturizing serums and creams, too.

FIGHT IT WITH: **Red Door Spa by Elizabeth Arden Professional Age Defense Hyaluronic Intensive Serum** provides serious moisture and leaves skin glowing. \$72, reddoorspas.com



03

PIGMENT

Discoloration is a by-product of excessive melanin production that occurs at a deeper level. Skin is naturally inclined to produce pigment (we all do it at varying degrees), and the best way to slow down the production of it is by staying out of the sun and using products that inhibit the cycle. You may not be able to change how much pigment your skin makes, but you can suppress it with a combination of retinoids. Dr. Lupo says vitamin A, like Renova, repairs the effects of sun damage and although hydroquinone doesn't repair textural changes, it works to lighten discoloration.



04

FIGHT IT WITH: The creamy **Le Mieux Brightening Serum** harnesses the power of intensive skin brighteners like vitamin C and alpha arbutin to fade discoloration and boost radiance. \$95, lemieuxcosmetics.com