

Your guid for skincare

Written by Egypt Eve

Monday, 26 December 2011 11:31 -



Skin Type: Combination

Your cheeks feel dry and scaly, while your T-zone (forehead, nose, chin) is oilier. “The right regimen will get oil production under control and skin evened out,” says Kenneth Beer, MD, a dermatologist based in Palm Beach, Florida.

1. Wash your face with a mild foaming cleanser (foams leave less residue). Look for one that contains green tea, like Alba Sea Mineral Cleansing Gel (\$9.95; albabotanica.com), to calm, soothe and give skin a healthy glow.

2. Skip moisturizer in warm weather. Instead, use a light serum with soy to fight aging free radicals, even out skin tone and help reduce acne scars. We like Aveeno Positively Radiant Triple Boosting Serum (\$15.50; at drugstores).

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3. In the evening, swipe on a light, fast-absorbing lotion like Vichy Normaderm Night Chrono-Action Anti-Imperfection Care (\$24; vichyusa.com). It tightens pores and smooths out texture while you sleep.

Midday Treat For a fresh face, dab with a moist cleansing cloth, especially before touching up makeup. Pond's Clean Sweep Wet Cleansing Towelettes soothe dry areas and remove excess oil (30 cloths, \$6; at drugstores).

Skin Type: Dry

If your skin feels tight and itchy and tends to look dull and flaky, here's the routine for you.

1. Twice a day, use a gentle cleanser that contains olive oil, which raises the moisture level on your skin's surface. We like St. Ives Elements Olive Cleanser (\$6.99; at drugstores).

2. In the morning, wash your face and leave it slightly damp. Then apply a product with glycerin to seal in moisture, like Dove Pro-Age Day Moisturizer with SPF 15 (\$12.99; drugstore.com).

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3. Boost radiance at night with a vitamin C serum. This powerful antioxidant helps repair skin's tone and texture. Try Kiss My Face C the Change Ester C Serum (\$21; at Whole Foods).

***Midday Treat* Keep a facial mist in your bag or desk. The best are rich in antioxidants to fight free radicals. Try Mineral Fusion's Hydration Mist (\$17.50; gloskincare.com).**

Skin Type: Oily

Do you have large pores and find that you're shiny by midmorning? Try this regimen.

1. Use a deep cleanser that contains salicylic acid, a beta-hydroxy acid that prevents pores from clogging and dissolves dirt and debris on contact. Try the two-in-one swirled formula of Olay's Dual Action Cleanser + Pore Scrub (\$6.99; at drugstores).

2. Put away your daily moisturizer and use a mattifying lotion that will help absorb excess oil throughout the day. We love the added SPF 15 in Murad's Oil-Control Mattifier

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(\$39.50; bathandbodyworks.com).

3. At night, spot-treat blemishes with an acne treatment cream. Sonia Kashuk Gone Anti-Blemish Cream contains salicylic acid to minimize pimples and is gentle enough to use daily (\$13.99; at Target).

***Midday Treat* Blotting papers like Black Radiance Oil-Absorbing Blotting Tissues (50 sheets, \$2.99; at drugstores) reduce shine instantly.**

Skin Type: Sensitive

If you blush easily, if your skin is ruddy from broken capillaries or if it's inflamed with dry red patches, sensitive skin is to blame.

1. Calm your skin by washing twice daily with a gentle, non-soap cleanser like Purpose Gentle Cleansing Wash (\$5.99; at Walgreens). Rinse with lukewarm water—hot water will just strip away protective oils.

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2. Apply a calming day cream with SPF to hydrate and protect delicate skin from harmful UVA/UVB rays. Cetaphil's facial moisturizer with SPF 50 is a good one to try (\$13.99; at drugstores).

3. Repair skin overnight with a cream that contains licorice root extract to help soothe red, irritated skin and lock in hydration. Try Eucerin Redness Relief Soothing Night Creme (\$14.99; at drugstores).

***Midday Treat* Conceal redness with a cream or powder that contains caffeine to help shrink tiny red blood vessels. Clinique's Redness Solutions Instant Relief Mineral Powder neutralizes skin (\$32.50; clinique.com).**

Eye Repair Shop

Undereye skin differs for everyone and requires special care. See which product suits your needs.

Firm Up

Fine lines result from squinting, smoking and sun exposure. Garnier Ultra-Lift Pro Deep Wrinkle Dual Eye can help: The cream lifts droopy lids, while the undereye gel smooths lines. (\$16.99; at drugstores)

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Brighten

Dark circles form under eyes when tiny blood vessels burst, similar to when you bruise. To brighten up this delicate area, try Burt's Bees Radiance Eye Cream. (\$14.99;)drugstore.com

Depuff

Salty foods, alcohol, restless nights and genetics contribute to swollen undereyes. Treat them to Patricia Wexler M.D. Dermatology prescription De-puff Eye Gel. (\$19.50; bathandbodyworks.com)