

# DERMATOLOGIST

With skin-care technology evolving faster than the average cell phone, Amy B. Lewis understands why many women are fickle with their products. But the assistant professor of dermatology at Yale School of Medicine raves about one of the simplest staples out there. "I'm obsessed with Aquaphor," she says. "I've been using it for years and have yet to find anything better for treating dryness, chapped lips, cuts, and irritation. It heals the skin faster than some prescription ointments." Lewis selects the top basic—and cutting-edge—bargains.

**Eucerin Redness Relief Soothing Cleanser, \$9.99** "A great wash for sensitive skin. It contains licochalcone, a botanical ingredient that is very soothing and an anti-inflammatory. And because the formula is soap-free, it won't dry out skin."

**Aquaphor Healing Ointment, \$7.99** "It's an ointment, so it penetrates well. A pea-size drop mixed with your regular moisturizer helps it absorb better. It's also hypoallergenic, so it's safe to use around the eyes. It's wonderful for treating chapped lips—put it on every night before you go to bed."

**Neutrogena Healthy Defense Oil-Free Sunblock Stick SPF 30, \$8.29** "Keep this small stick tucked in your bag—if you get caught outside unexpectedly, you can swipe it on without having to touch your skin. It's even OK to use around the eyes—because it's a stick, it won't run and therefore sting."

**Neutrogena Make-up Remover Cleansing Towelettes, \$7.99** "These wipes are gentle but remove even waterproof eye makeup well, which means you won't rub the delicate skin around your eyes."

**Nivea A Kiss Of Protection SPF 30 Lip Balm, \$3.49** "It's hard to find a lip balm with a high SPF—and this one has both UVA and UVB protection. It also contains shea butter and vitamin E, both of which are great moisturizers."

**Olay Body Wash Plus Spa Exfoliating Ribbons, \$7.99** "Some body scrubs are drying, but this one exfoliates and hydrates at the same time. It uses micro-beads, which are gentler than granules, to slough off dead skin. It also has seaweed extract to moisturize and soothe."

**Eucerin Calming Body Wash Daily Shower Oil, \$8.99** "Some body washes can take away moisture from the skin—this is an oil, so it lightly coats the skin to hydrate it. But it doesn't feel

heavy or greasy. In fact, it even lathers a little. You can also pour it into a bath to keep your skin from getting dry."

**Jergens Natural Glow Daily Moisturizer, \$9.49** "This gradual self-tanner gives a nice, golden, even color—and it doesn't streak. Of course, I like any product that may help keep people out of the sun."

**Eau Thermale Avène Thermal Spring Water face spray, \$7** "Mist this sterile water all over skin that is red or irritated before applying moisturizer. It soothes and calms burning from conditions such as rosacea or razor burn."

**Aveeno Intense Relief Hand Cream, \$8.99** "It contains oatmeal, which is soothing and helps prevent skin's natural oils from being stripped away. It stays behind on the skin even through a couple hand washings."

**Olay Complete All Day UV Moisturizer SPF 15, \$9.49** "This daily moisturizer is lightweight enough for even sensitive skin, but also includes UVA/UVB protection, so it's great for women who don't always remember to apply a separate sunscreen every day."

**Dove Beauty Bar, \$4.39 for two bars** "It's so inexpensive, and it is still one of the best cleansers around. And it won't dry out the skin."



## Big Spenders

Everyone craves the occasional splurge—and if you're going to buy an expensive product, the pros suggest choosing one with multiple benefits, to make the most of your money. Here are their favorite high-end, no-budget picks.

**J. F. LAZARTIGUE HAIR VOLUME TONIC, \$36** "Some volumizing sprays are just a lot of alcohol, but this one has ingredients that help strengthen hair and also prevent static," says hairstylist Brent Lawler.

**DIOR 5-COLOUR EYESHADOW PALETTE IN BEIGE MASSAI, \$56** "This has all the neutral shades you need, from soft bone to bronze. The colors work on all skin tones, and the powders are so silky," says makeup artist Maria Verel.

**NEOCUTIS BIO-SERUM WITH PSP INTENSIVE SPOT TREATMENT PEN, \$75** "This wrinkle treatment gives you instant and long-term results. It has hyaluronic acid, which pulls moisture into the skin and immediately plumps it up so your lines are less obvious. It also has peptides and pro-



teins that boost skin-cell regeneration and stimulate collagen over time. I love it for fine lines around the mouth and eyes," says dermatologist Amy B. Lewis.

**FREE STUFF:** We're giving away products from Aquaphor, Ardell, Aveeno, Avène, Black Radiance, Burt's Bees, Cover Girl, Dior, Dove, Eucerin, FX, Jergens, Maybelline New York, Neutrogena, Nivea, N.Y.C. New York Color, Olay, Pssssst, Revlon, RickyCare, Style-Style, Tresemmé, Victoria's Secret, and Wet n Wild. Turn to page 184 for details.