

**DR.OZ**

**WANT THICKER-LOOKING HAIR? DONE!**

# THE GOOD LIFE

**GET SLIM / DETOX / ENERGIZE**

## END YOUR SUGAR CRAVINGS

**Break free & lose weight without even trying**

**36 DELICIOUS, HEALING RECIPES**

**Food fixes from breakfast to dessert**

**WHY MEDITATION IS POWERFUL MEDICINE**

**BECOME A GREAT SLEEPER**

**Science has *your* solution**

**2017 OZ AWARDS**

# 75 Best Products for Your Health

- › **NEW ANTI-AGERS**
- › **SUPER SNACKS**
- › **DRUGSTORE WINS**
- › **BREAKTHROUGHS!**

**EASY WAYS TO BURN 500 CALORIES**

**Exercise is optional!**



GET  
BACK  
YOUR



IT'S BEEN A LONG, DRY,  
DULLING WINTER, BUT  
OPERATION RADIANCE  
WILL FIX ALL THAT.  
GO AT THE PROBLEM  
WITH SMART SKIN CARE,  
STRATEGIC MAKEUP,  
AND A YUMMY MENU OF  
SKIN-BOOSTING FOODS.

BY SARAH WEIR  
PHOTOGRAPHED BY GARY LUPTON



## UNCOVER FRESH NEW SKIN



## BABY YOUR FACE



## UNCOVER FRESH NEW SKIN

Until your twenties, your skin cells turn over (dry, dead ones fall away so new ones can come to the surface) about every 28 days. After that, turnover slows to around every 34 days. Right now, things are even more sluggish: Cold air and low humidity cue cells to create a dead-skin dog pile, forming a thicker protective barrier from the elements. But we don't spend our lives outdoors the way our ancestors did, so we don't

need all that thickened skin, says Jegasothy. That's why you should try to exfoliate at least once a week during winter, says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at the Mount Sinai Hospital in New York. Chemical exfoliants, like the glycolic acid in **Drunk Elephant T.L.C. Sukari Babyfacial** (\$80, *Sephora*) and the lactic acid in **Pixi Beauty Peel & Polish** (\$24, *Target*), dissolve dead cells but can be hard on sensitive skin. If that's you, go with a gentler manual exfoliator like a soft washcloth or a cleansing brush.



## TRY THESE MIGHTY INGREDIENTS

