Fresh start for summer!

Grow Your Confidence
The nice person’s guide to getting what you want

Look Better (Almost) Naked
23 swimsuits for your body type

The Fun Slim-Down Secret

Instant Kitchen Makeovers!

Fast & Healthy Comfort Food

Jennifer Nettles
On taking risks, feeling sexy, and learning to love who she is now

14 ways to make your skin ageless
For great skin, learn these terms
Four amazing breakthroughs will net the ultimate payoff: a radiant, younger-looking you.

BY ALYSSA HERTZIG

PH-BALANCING PRODUCTS

You may not have thought about pH since high school chemistry class, but it’s a big deal to your complexion. “The skin’s outer layer works to keep moisture in and irritants and bacteria out, and being at an optimal pH level affects how well the barrier can do its job,” says Annie Chiu, M.D., director of the Derm Institute in Redondo Beach, CA. Your skin routine can make or break your pH level: Soaps, soap-based cleansers, and getting overzealous with acne treatments or alpha hydroxy acids can all throw skin’s pH out of whack. “When this happens, your face gets dry, sensitive, prone to pimples, and more easily inflamed—the latter of which can speed up skin aging,” says Whitney Bowe, M.D., a clinical assistant professor of dermatology at Icahn School of Medicine at Mount Sinai in New York City. To get things in check, switch to a mild, sulfate-free cleanser such as Cetaphil ($13.99), and avoid products that have triclosan (which is often due to the word “antibacterial” on the ingredient label),” says Bowe. “Preliminary research suggests they can help treat skin conditions like acne and rosacea. I tell my patients to eat five to 10 servings a week of natural sources, such as yogurt, miso soup, kefir, and kombucha.” Then, hit the skin-care aisle and pick up one of the new creams or serums that contain probiotics. “Though ingesting these microorganisms is still the best way to reap their benefits, research indicates that topical probiotics may trigger healthy fat production in the skin, which helps it hold in moisture,” says Bowe. “Some probiotics help repair skin’s outer layer, while others kill harmful bacteria.” To soothe a red, irritated complexion, we like Clínique’s probiotic-spiked Redness Solutions Line to help calm breakouts, try the yogurt-rich Eminence Organic Skin Care Clear Skin Probiotic Masque ($54).

TOPICAL PROBIOTICS

By now you know how good probiotic-rich foods are for your digestive system—and they can help do wonders for your looks, too. “Eating probiotics can help regulate your body’s inflammatory response not only in your gut but also in your skin,” says Bowe. “Preliminary research suggests they can help treat skin conditions like acne and rosacea. I tell my patients to eat five to 10 servings a week of natural sources, such as yogurt, miso soup, kefir, and kombucha.” Then, hit the skin-care aisle and pick up one of the new creams or serums that contain probiotics. “Though ingesting these microorganisms is still the best way to reap their benefits, research indicates that topical probiotics may trigger healthy fat production in the skin, which helps it hold in moisture,” says Bowe. “Some probiotics help repair skin’s outer layer, while others kill harmful bacteria.” To soothe a red, irritated complexion, we like Clínique’s probiotic-spiked Redness Solutions Line to help calm breakouts, try the yogurt-rich Eminence Organic Skin Care Clear Skin Probiotic Masque ($54).

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Redness Solutions Daily Relief Cream With Probiotic Technology, $48.

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CLINIQUE

Ultimate Miracle Worker Multi-Rejuvenating Cream Broad Spectrum SPF 30, $75.

In one study, researchers tracked women who lived in both rural and urban areas for over 20 years and found that the city dwellers ended up with significantly more brown spots and lines. But you don’t have to relocate to the Amazon to keep your skin smooth and even. First, always wash your face before bed. “Otherwise, pollutants can clog pores,” says Chiu. Then, apply a good antioxidant serum or moisturizer every morning. “Antioxidants mop up the free radicals that we’re exposed to every day, which stops them from doing harm,” says Chiu. Some of the best are green tea, white tea, vitamin C, and resveratrol; try the Turkish coffee, miso soup, kefir, and kombucha. “Some probiotics help repair skin’s outer layer, while others kill harmful bacteria.” To soothe a red, irritated complexion, we like Clínique’s probiotic-spiked Redness Solutions Line to help calm breakouts, try the yogurt-rich Eminence Organic Skin Care Clear Skin Probiotic Masque ($54).

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KIEHL’S

Cilantro & Orange Extract Pollutant Purifying Masque, $32.

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