



Four new
**SKIN-CARE
SOLUTIONS**
you haven't heard of

WHEN WE THINK ABOUT THE COMPLEXION-PERFECTING PRODUCTS IN THIS STORY, THE SAYING "WHERE HAVE YOU BEEN ALL MY LIFE?" COMES TO MIND

BY GENEVIEVE MONSMA



EVEN WHEN YOU follow a good skin-care regimen, conditions such as chronic dryness, sensitivity and monthly breakouts are hard to erase. Make that *were* hard to erase. These four innovations may finally cure even the most persistent dermal dilemmas.



PROBLEM

Skin that's always Dry (yes, with a capital D)—or flaky, red and tight as a result of regular retinoid use.

SOLUTION FACE OIL

A rich oil for the face is an excellent idea for aging skin for several reasons. “As you age, the pH of your skin becomes more alkaline,” says Lauren Ploch, MD, a dermatologist in New Orleans. This change in pH affects the barrier function of the skin and can cause a long, slow leak of moisture, no matter how much cream you slather on. Using a face oil under or mixed into your daily moisturizing lotion can stem that tide. The oil gives the skin an extra dose of hydration, improves its appearance instantly and may even help repair your compromised barrier over time. Think of face oil as akin to a booster in a smoothie, says Ranella Hirsch, a dermatologist in Cambridge, Massachusetts. “I recommend it as an additive to patients experiencing dehydration due to hormonal changes or to women who

find their skin becomes intolerably dry during the winter.” Also, because many formulas boast anti-inflammatory properties thanks to ingredients such as grapeseed oil and linoleic acid, “most face oils minimize the flakiness and redness associated with topical retinoids,” says Debra Jaliman, MD, a dermatologist in New York City.

TRY LA MER (1) *The Renewal Oil Potent Elixir* (\$240; CREMEDELAMER.COM), which delivers intense hydration as well as the company’s signature anti-aging “broth”; **AERIN (2) *Rose Oil* (\$68; AERIN.COM),** a fast-absorbing oil that’s good for skin and hair; **LANCÔME (6) *Bienfait Multi-Vital Daily Replenishing Oil* (\$49; LANCOME-USA.COM),** which soothes, brightens and softens; **JUARA (3) *Radiance Vitality Oil* (\$65; JUARASKINCARE.COM),** which contains soothing rice bran oils and the antioxidant turmeric; and **OLAY *Regenerist Luminous Facial Oil* (\$34; DRUGSTORES),** which is fragrance-free.



PROBLEM

You're Goldilocks when it comes to cleansers: Formulas that deep-clean leave you dry or irritated, while gentler washes don't do enough to dissolve your makeup.

SOLUTION MICELLAR WATER

New to the U.S. but a best-selling cleansing formula in France (where the country’s

water can be so hard, women avoid using it on their faces), micellar water thoroughly removes dirt and most makeup without the need to rinse. Thus, your face is super clean but never feels stripped of moisture. How does it work? The micelles in the formula are “tiny molecules of oil suspended in water that draw out impurities like dirt and makeup,” says Elizabeth Hale, MD, a dermatologist in New York City. To use, douse a cotton pad with the micellar water, then wipe it over your face; the micelles attract grime and dissolve it. Wipe again with a clean cotton pad. “Micellar waters do not leave behind any residue,” says Jaliman, who is “obsessed” with **LIERAC *Micellar Cleansing Water* (\$24; DERMSTORE.COM).** In fact, she likes micellar water so much that she recommends it to all her patients, not just the ones with dry or sensitive skin. “It works for all skin types, and it happens to be handy for any woman who wants a streamlined before-bed cleansing ritual,” she says. **TRY BIODERMA *Hydrabio H2O* (\$13; BEAUTYLISH.COM),** one of the most popular formulas in Paris and a makeup-artist must-have; **SIMPLE SKINCARE (11) *Micellar Cleansing Wipes* (\$7; DRUGSTORES),** one of the first micellar formulas to appear in U.S. stores; **ORICO LONDON (7) *Orange Micellar Water* (\$24; ORICOLONDON.COM),** which boasts an energizing scent; and **FILORGA *Anti-Aging Micellar Solution* (\$29; NORDSTROM.COM),** an extraluxe take on the gentle wash.



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PROBLEM

You know that your aging skin could benefit from a treatment product, but most options leave you feeling greasy.

SOLUTION AN ESSENCE

This Asian skin-care staple falls “midway between a toner and a serum,” says Ploch. It is especially good for women with combination or acne-prone skin who want the anti-aging attributes of serums or creams but cannot tolerate the slick finish they impart. “Essences offer active ingredients without too much emollience,” says Jaliman. Adds Marie Jhin, MD, a dermatologist in San Francisco and the author of *Asian Beauty Secrets*: “In Asia, women are frequently willing to follow nine or more skin-care steps, and they may use one or more essences both morning and night.” In the U.S., however, Jhin acknowledges that essences will more likely find a place as a substitute for serums or creams for women with combination to oily skin—or possibly for women with drier skin who are looking for a moisturizing alternative to traditionally astringent toners.

TRY SK-II (9) *Facial Treatment Essence* (\$105 AND UP; SK-II.COM), one of the first, and most popular, essences to hit the States, packed with pitera, a cocktail of vitamins, minerals and amino acids said to aid in skin rejuvenation;

GIORGIO ARMANI (4) *Acqua Pantelleria* (\$125; GIORGIO ARMANIBEAUTY-USA.COM), an überlight addition to the best-selling *Crema Nera Extrema* skin-care line that hydrates with hyaluronic acid and glycerin; **SHISEIDO *Bio-Performance Super Refining Essence* (\$76; SHISEIDO.COM)**, a moisturizing and exfoliating formula; and **GUERLAIN (12) *Orchidée Impériale Night Revitalizing Essence* (\$230; SAKS.COM)**, a liquidy cocktail created to moisturize and to combat the pore-clogging effects of pollution.

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PROBLEM

Your deepening lines, hormonal acne or lax jawline merits professional care, but getting to an MD or aesthetician more than two or three times a year isn't realistic.

**SOLUTION
AN AT-HOME DEVICE**

“Using one of the myriad new skin-care devices as an adjunct to an in-office treatment can help extend time between visits and may even help you get better results when you do get to a doctor’s office,” says Jhin. The caveat: Like buying a new treadmill, ponying up money for a pricey skin-care device is only the first step. “You must be committed to using it regularly and as instructed to see real improvement,” Jhin adds. You may also want to loop your doctor or facialist into

your routine. “I prefer that my patients consult with me before they use a tool or device at home,” says Hale. “That way we can create a regimen to ensure they are not overdoing it.” So what devices are getting the go-ahead from doctors and aestheticians? Most agree that blue-light (for acne) and red-light (for skin plumping and line smoothing) treatments work and are effective additions to consistent, pro-approved, at-home antiacne and anti-aging skin-care regimens. Similarly, at-home fractional, nonablative lasers can help boost the stimulation of collagen (and subsequent skin plumping and firming) begun by an in-office laser like Fraxel. Finally, some new electrical-current devices may help with product penetration, tightening and firming—and with extending the results of pricey, skin-lifting “electrostim” facials, which are usually performed in a spa or by a medical aesthetician.

TRY TRUTH VITALITY (8) *Lux Renew* (\$279; TRUTH INAGING.COM), an FDA-cleared device that uses ultrasound plus red light (to treat lines and wrinkles) or blue light (to treat acne); **TRIA (5) *Age-Defying Eye Wrinkle Correcting Laser* (\$249; SEPHORA.COM)**, a small, FDA-cleared, fractional nonablative laser that stimulates collagen production; or the **ZIIP (10) *Nano Current Skincare Device* (\$495; ZIIPBEAUTY.COM)**, which uses electrical currents to lift and firm aging skin as well as decrease the bacteria that can cause acne. ☉