

THE EXPERT

## ELIZABETH HALE, M.D.

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1 "I'm very low-maintenance, so I'm hooked on these **Neutrogena Makeup Remover Cleansing Towelettes** [\$6.99]. They take off all my makeup and clean my skin in one quick step—no rinsing needed!"

2 "I'm a huge fan of Almay Clear Complexion Concealer [\$7.99] because it hides a pimple while also treating it with 1-percent salicylic acid. On top of that, it has chamomile and aloe to take down the redness."

3 "No matter what your anti-aging concern is, Olay Regenerist Micro-Sculpting Cream Fragrance-

Free [\$25.99] tackles it. The formula has some of the most effective wrinkle-fighting peptides, plus niacinamide to help fade brown spots and keep skin nourished. And since it's fragrance-free, it's ideal for sensitive skin or to apply on top of a retinoid cream to prevent dryness and irritation."

4 "It's so important to wear broadspectrum SPF 30 every day, and Coppertone ClearlySheer for Sunny Days Faces SPF 30 [\$8.99] is perfect for sunscreen-phobes. It's lightweight, won't clog pores, and wears well under makeup. It's also hydrating, so I use it as my day moisturizer." (25 readers will win a bottle; see page 178 for details.)

5 "A lot of women get razor bumps or nicks because they skip shave cream, but you need something richer than soap that allows the razor to glide over your skin. I use my husband's Gillette Fusion Hydra Gel Ultra Sensitive Shave Gel [\$3.99] because it's as gentle

as any women's shave gel—plus, it's already right there in our shower!"

6 "Dove Deep Moisture Nourishing Body Wash [\$6.99] is creamy, but then sudses up nicely thanks to glycinate, an ultra-mild, soap-free cleanser that leaves you feeling silky."

7 "The original CeraVe Moisturizing Lotion [\$12.99], which you can use on your face and body, is packed with ceramides to lock in moisture and nix irritation, plus excellent hydrators like glycerin, hyaluronic acid, and cholesterol. So good on dry arms and legs."

## THEN I SPLURGE ONLINE FOR...

8 "Lifeline Recovery Night Moisture Serum [\$190] contains a stem cell extract that stimulates collagen production, which in turn reduces wrinkles. It also has retinyl palmitate—another collagen booster—along with terrific moisturizers and antioxidants like vitamin E and skin-calming green tea."

