



Your skin, your

Help your complexion reach its gorgeous, glowing potential with a supercharged skin-care regimen—tailored exactly to your needs. BY KARI MOLVAR

PHOTOGRAPHED BY CARLTON DAVIS
PROP STYLING BY ELIZABETH PRESS



way



In a world where everything from fitness trackers to personal trainers helps propel you toward your unique goals, it's no wonder that skin care is moving in a customized direction, too. "Everyone has a different skin type," says New York City-based dermatologist Joshua Zeichner, M.D. "With a more personalized regimen, you can get fewer side effects and better results."

Just-for-you skin care is on the rise, with products that can be tweaked to meet your complexion's needs. Thanks to concentrated, highly active "booster" formulas, you can assemble your very own dream-team roster of star ingredients, each chosen for its ability to create radiant, healthy-looking skin. If you're all about brightening dark spots, for example, add four or five drops of Dr. Brandt

Power Dose C, \$69, to your moisturizer. Meanwhile, Clarins Boosters, \$39, are the beauty equivalent of juice-bar shots, with formulas to revive dull skin, ease redness and re-plump.

Still, not all of us can identify our skin's true needs, which are frequently self-diagnosed—and that's where a professional comes in. "I often have patients who are concerned about pore size, but that would be sixth on a list of 10 things I'd address," says NYC dermatologist Elizabeth K. Hale, M.D. In those instances, an expert opinion can help, and that's the thinking behind Kiehl's new Apothecary Preparations, \$95: After an in-store consultation, you're sent home with two targeted complexes (such as a texture-refining or wrinkle-reducing blend) to dispense into a moisturizing oil. Or, for a doctor's expertise, apps like Spruce and Curology connect you with a board-certified derm who will size up your skin via text and photos and formulate a custom prescription.

Yet there's always the risk of cocktail-ing ingredients that might not play well with others. "You don't want to combine two exfoliating options, like salicylic acid with glycolic acid, or you could end up with irritation," points out Dr. Hale. (Kojic acid with retinol is another no-go, says Dr. Zeichner.) But if you're willing to heed those recommended guidelines, customization can bring its own reward: high-performance skin care that's designed to work around you—and to change the game for the better.



Complexion #goals

When you want to see results, recruit these key ingredients.

THE GOAL	THE TEAM PLAYERS		THE POWER LINEUP
<i>Smaller pores</i>	SALICYLIC ACID in the A.M. to remove dead skin cells and clogging debris	+	RETINOL at night to keep pores tight, firm up skin and reduce fine lines
			1 Sunday Riley U.F.O. Ultra-Clarifying Face Oil, \$80 2 RoC Retinol Correxion Deep Wrinkle Serum, \$23
<i>Clear skin</i>	BENZOYL PEROXIDE to clear blemishes and kill acne-causing bacteria	+	SOOTHING BOTANICALS like chamomile or green tea to reduce inflammation
			1 Paula's Choice Clear Daily Skin Clearing Treatment, \$17 2 Cover FX Custom Infusion Drops E + Chamomile, \$48
<i>Less shine</i>	TEA TREE OIL to help control excess sebum on the skin's surface	+	RED CLAY to mattify shiny skin and soak up excess oil production
			1 Belif Tea Tree Oil, \$26 2 Algenist Perfect Clarifying Pore Corrector Mask, \$55
<i>Smooth, dewy skin</i>	GLYCOLIC ACID to exfoliate and smooth the surface of skin	+	HYALURONIC ACID for long-lasting moisture and a plumping effect
			1 L'Oréal Paris Revitalift Bright Reveal Brightening Peel Pads, \$20 2 Skin Inc Hyaluronic Acid Serum, \$45
<i>A brighter, more even tone</i>	NIACINAMIDE (vitamin B3) to fade dark spots and improve elasticity	+	VITAMIN C to help reduce inflammation and prevent spots from coming back
			1 Olay Regenerist Luminous Tone Perfecting Treatment, \$26 2 Glossier Super Glow Vitamin C + Magnesium Serum, \$28
<i>Less puffy eyes</i>	CAFFEINE to bring down swelling and stimulate microcirculation	+	BLACKBERRY to boost elastin production and reduce collagen loss
			1 Clarins Booster Detox, \$39 2 Aveeno Absolutely Ageless Intensive Renewal Serum, \$20



Fit-girl fixes

An active lifestyle can put your skin through a workout, too. Here's how to outsmart a few of the most common obstacles.

THE ISSUE

You work out (and wash your face) a lot, so it's tight and itchy.

THE FIX Go for a high-tech, low-lather cleanser. "The new ones effectively remove oil but minimize damage to the skin's upper layer," says Dr. Zeichner. Neutrogena Ultra Gentle Daily Cleanser, \$9, lifts grime and oil without stripping skin.

THE ISSUE

A regular makeup-and-sweat mix is causing pore congestion.

THE FIX Taking your makeup off first is ideal. Try a no-rinse cleansing wipe when there's zero time or no access to a locker room. Clinique Micellar Cleansing Towelettes, \$14, are soap-free and hydrating. If you prefer to keep your makeup on, use a workout-friendly formula such as Sweat Cosmetics Mineral Foundation, \$42.

THE ISSUE

Your outdoor adventures make you prone to sun damage on spots like your neck, shoulders and chest.

THE FIX Wear a UPF (ultraviolet protection factor) crew shirt, recommends Dr. Hale, who is training for her sixth marathon and likes Mott50 brand. Then layer on a sunscreen with physical filters like titanium oxide and zinc oxide. A stick or cream, like Juice Beauty SPF 30 Sport Sunscreen, \$16, will adhere through sweat better than spray-on formulas.

THE ISSUE

You're a hard-core runner, which can translate into a thinner face.

THE FIX Apply a collagen-stimulating peptide cream (like Mario Badescu Peptide Renewal Cream, \$35) and pile on sunscreen. "UV rays break down collagen and accelerate volume loss, so that's even more reason to apply SPF year-round," Dr. Hale says. "Especially on long runs." A dermatologist can provide more advanced solutions. "Serious runners can lose volume in the cheeks and temples," adds Dr. Hale. In such cases, fillers such as Restylane can restore fullness.

YOUR HEALTHIEST SKIN, 24/7

This is exactly what your skin needs, morning, noon and night.



First thing

Hydrate and defend

A hyaluronic acid serum like Shiseido Bio-Performance Super Corrective Serum, \$80, locks in moisture. Add a cream with SPF and antioxidants, such as Estée Lauder DayWear, \$52, to help defend your skin against environmental stressors.



After a workout

Calm and protect

By midday, your morning sunscreen has worn off, says Dr. Zeichner. If you work out around noon, re-up on SPF and bring down postsweat redness with a soothing cream like Dr. Jart Cicapair Tiger Grass Color Correcting Treatment SPF 30, \$52.



Late afternoon

Add antioxidants

Your morning cream's antioxidants eventually break down when exposed to sunlight, so it's time to replenish your reserves. Try a concentrated mist such as Dermalogica Antioxidant Hydramist, \$42, which also tones and reduces dryness.



Before bed

Renew

At night, your skin benefits the most from retinol, along with peptides and (yes, even more!) antioxidants. Try layering Philosophy Help Me Retinol Night Treatment, \$49, under a reparative cream such as No7 Early Defence Night Cream, \$21.



"You can solve one skin issue and then another crops up. Creating a custom formula allows you to be in control of your skin at all times."

—Sabrina Tan, founder of Skin Inc, whose mix-and-match serums and concentrates can be combined to create more than 120 unique formulas



GET THE GLOW See more complexion helpers at [Self.com/go/skincare](https://www.self.com/go/skincare).