

THE
NEW ANTI-AGERS

If you feel like the last woman left battling wrinkles, brown spots, and sagging skin without the help of injections or lasers, you may be surprised to learn you're not alone. Reality check: Only about 5 percent of women in the U.S. had Botox, fillers, or laser treatments in 2013, based on American Society of Plastic Surgeons statistics. Which means most of us are just, well, hitting the bottle. Here are the products that really work.

**ERASE
PIGMENT**



WHETHER sun spots or acne marks, pigment issues affect women of all ages. “It can take time to treat, so don’t give up,” says New York dermatologist Anne Chapas. For UV damage, scan labels for vitamin C (a skin brightener) and resorcinol (an exfoliator) in formulas that contain SPF, “to prevent future spots,” says Elizabeth Hale, a dermatologist in New York. Try La Roche-Posay PigmentClar SPF 30 Daily Dark Spot Correcting Moisturizer (\$52) or Clarins Super Restorative Day SPF 20 (\$122). For acne marks, experts recommend anti-inflammatory ingredients that combat pigmentation caused by redness and swelling. Dr. Dennis Gross Alpha Beta Medi-Spa Peel (\$110) contains arnica extract and pyruvic and azelaic acids. Dr. Brandt Laser Fx Bright Serum (\$78) has knotgrass extract to suppress inflammatory stimulators.

HYALURONIC ACID FILLERS like Juvéderm remain the gold standard for smoothing wrinkles at the dermatologist’s office, but “if you don’t want injections, look for a temporary, topical version,” advises Chapas. Perricone MD Hyalo Plasma (\$135) and Natura Bissé High Density Lift (\$290) both contain micro- and cross-linked forms of hyaluronic acid, which means the molecules are small enough to penetrate beneath the skin’s surface and stay put for a longer period. To attack expression lines while you sleep, try Rodan + Fields Redefine Acute Care patches (\$220 for 10 pairs).

Each Band-Aid-size sticker is equipped with more than 100 tiny, needle-like cones (don’t worry, they’re painless) that melt into the skin, delivering hyaluronic acid and peptides directly into crow’s-feet and frown or lip lines for a noticeable difference by the morning.

**PLUMP
WRINKLES**



THERE ARE few things guaranteed to tighten your neck like an Ultherapy ultrasound treatment, but if you’re turned off by the price tag (up to \$5,000 for a single session) and the pain factor (high), update your skin-care arsenal with products containing the antioxidant resveratrol. “In theory, it will help your skin over time because it prevents the breakdown of collagen and elastin,” says Fredric Brandt, a New York and Miami dermatologist, and in turn firms loose skin under the chin and neck.

Try Lancôme Rénergie French Lift (\$155) and 37 Actives Neck and Décolletage Treatment (\$225). Also important for amping up collagen and elastin production: algae extracts. StriVectin TL Advanced Tightening Neck Cream (\$95) is packed with them, along with sugar molecules that form a temporary tightening film over the skin.

**FIRM
SAGGING
SKIN**



DOCTORS RAVE about the Clear + Brilliant laser for a luminous complexion, but it’s possible to also get results at home. “Anything that stimulates collagen production and evens out your skin is going to help it reflect light,” says Brandt. And the more light, the brighter your glow. Dermatologists suggest retinol or licorice extract to help illuminate skin, and glycolic, lactic, or alpha-hydroxy acids in at-home peels and microdermabrasion products to slough off dead skin cells “and thicken your collagen layer,” says Brandt. Try Kate Somerville Mega-C Dual Radiance Serum (\$90). Or to increase firming simultaneously, use Exuviance Super Retinol Concentrate (\$78). A “not-so-vibrant” appearance can also be caused by dryness, says Chapas. An oil like Olay Regenerist Luminous Face Oil (\$34) instantly hydrates the skin; use it alone or add to a moisturizer. ■

**BOOST
RADIANCE**



By Jessica Prince

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