

THE URBAN PREPPY

SHE'S FRESH FACED AND FASHION FORWARD, AND LIVES IN A BIG CITY—OR LOOKS AS IF SHE SHOPS IN ONE. HER TASTE RUNS TO THE CLASSIC, SHE WORKS OUT AS OFTEN AS SHE CAN (BUT NOT NECESSARILY AS OFTEN AS SHE'D LIKE), AND SHE'S WELL GROOMED BUT NEVER OVERDONE. HAIR COLOR OR FILLERS? YOU SUSPECT THE ANSWER IS YES, BUT HER RESULTS ARE SO NATURAL, YOU CAN'T BE SURE. HERE, ONE URBAN PREPPY'S ADVICE

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OPT FOR TRIED-AND-TRUE SKIN CARE

"AT 41, I STICK to what I know works: sunscreen and Retin-A. Every day, year-round, I wear SPF 30 on my face, neck and chest. Some favorites are Coppertone Sport, SkinMedica Daily Physical Defense and EltaMD. Then I apply a pea-size dot of Retin-A Micro .04% every night. I supplement these essentials with one or two products that have additional anti-aging benefits. In the morning, I put on an antioxidant serum like Meaningful Beauty Crème de Sérum [\$40, available in a kit; meaningfulbeauty.com] under my sunscreen. At night, I use Lifeline Recovery Night Moisture Serum [\$190; lifelineskincare.com], which has stem cell technology."

INJECT—BUT WITH CAUTION

"I HAVE a Fraxel [resurfacing laser] treatment on my face once a year. And I've been getting Botox

for about six years, starting at age 35. I am also a big fan of [the volumizing filler] Sculptra; it's subtle and looks natural. I like the concept of gradual collagen stimulation. A little Botox and filler can be great, but too much can make you look worse than you did when you started."

DON'T SWEAT THE SMALL STUFF

"MY BEST friend died at 38. She had an undiagnosed heart arrhythmia and collapsed while running. It was devastating and made me realize how much we must appreciate every moment. So when I'm feeling overwhelmed by my big job and my three children, I remind

myself that those are good 'problems' to have. I wouldn't change any of it—but I can change the way I process the chaos."

RELIEVE STRESS

"EXERCISE keeps me sane. SoulCycle Spinning classes [soul-cycle.com] have changed my life. I take a class, often at 6 AM, three times a week, and it fills me with positive energy. I also run once a week and have completed four marathons and about 10 half-marathons."

SEEK AFFIRMATIONS

"WHETHER it's the words of a SoulCycle instructor, a line in a song or a patient's story, I'm always

looking for wisdom that resonates with my mantra of enjoying life and not worrying about things you can't control."

KEEP IT CLEAN

"I WEAR scrubs at work, but generally speaking, I like clean, crisp, classic, mostly solid-colored clothes. When I dress up, it's flattering jeans, great heels and a sleeveless top to show off my arms!"

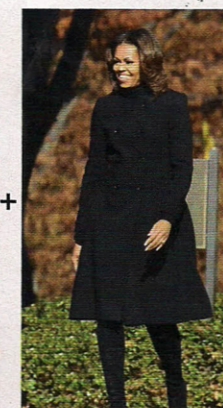
MAKE THE MOST OF WHAT YOU'VE GOT

"AGING WELL is a combination of taking care of your body, mind and skin and feeling grateful for what your assets are, inside and out." »

CELEBRITY URBAN PREPPIES



JENNIFER
GARNER



MICHELLE
OBAMA



DIANE
SAWYER



JENNIFER
ANISTON

10 CROSBY DEREK LAM cotton coat with leather trim; Neiman Marcus. SPLENDID cotton tank; splendid.com. RALPH LAUREN BLACK LABEL jeans; saksfifthavenue.com. EFFY 14k rose-gold hoops with diamonds; effyjewelry.com. Bracelets are Hale's own.