

## glowing terms

Dull skin can be a visual Debbie Downer, making you look old, tired, and washed-out. But don't despair. Brighten up with just a little extra exfoliation.

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PHOTOGRAPHS BY Johnny Miller



**W**rinkles may be the hallmark of aging skin, but something much subtler could be adding as much as 10 years to your appearance, says Joely Kaufman, M.D., an associate professor of dermatology at the University of Miami Miller School of Medicine: a washed-out, drab complexion. Why? Skin cells are constantly sloughing off to reveal a fresh, new layer underneath. After age 30, that turnover rate slows, and dead cells don't shed as quickly. They start piling up and clouding the complexion like fingerprints over a smartphone screen. Making matters worse, says Kaufman, this buildup doesn't accumulate evenly, so some areas are thicker and others are thinner, which affects the way light bounces off skin. The result? "A decrease in your luminosity," says Kaufman.

To fight the fade, you need to help your skin bring fresh cells to the surface faster and prevent the accumulation of dead skin cells in the top layer of skin, which can dull brightness, says Noëlle Sherber, a dermatologist in Washington, D.C. While

many women are already scrubbing off excess skin cells simply by cleansing with a washcloth, it takes a more sloughing-centric regimen to really get glowing. Follow this four-part plan to see results in six weeks.

### 1 | **deep-clean**

Regular cleansers are fine for removing dirt from a smooth surface. But when you've got dead-skin pileup, a more intensive wash is needed to shed this layer and clean what lies beneath. Normal skin types can use a cleanser containing soy (see Product Picks, No. 1, following page) in the morning and at night. Once a day, work it into the skin with fingers; the other time, massage it in with an electric cleansing brush (like the Clinique Sonic System Purifying Cleansing Brush; \$90, [clinique.com](http://clinique.com)). This method produces fast results. (The cleansing brush helps to exfoliate; the soy helps to reduce the appearance of brown spots.) For irritation-free results, make sure not to bear down on the device; allow the brush to glide over the skin and do all the work, says Kaufman.

Those with sensitive skin may need a gentler wash with a chemical exfoliant (see No. 2, following page), such as gluconolactone. This dissolves dead cells gradually, like an alpha hydroxy acid



does, but without irritation. Use it morning and night, applying with fingers. "It stays in contact with the skin for only a few seconds, so it won't disturb even the most delicate complexions," says Rosemarie Ingleton, M.D., the director of Ingleton Dermatology, in New York City.

### 2 | **exfoliate intensely**

This is the most crucial step of your radiant-skin regimen. Sensitive types do best with creamy, nonabrasive scrubs

(see No. 3, following page). These allow you to exfoliate as much as you need to to brighten your skin while avoiding irritation. Use one up to three times a week after cleansing in the morning or evening.

For normal skin, a chemical peel (see No. 4, following page) provides an intense exfoliation. Use it once a week, and increase up to three times a week, says Kaufman. Be sure to follow





the instructions; they vary. Or you can use the peel once a week and an over-the-counter retinol product after cleansing on other nights. (One option: Glow by Dr. Brandt Ruby Crystal Retinol Hydracrème, \$65, drbrandtskincare.com.) This will help to exfoliate the top layer and also speed up the rate at which new cells come to the surface.

Ingleton doesn't recommend harsh, gritty exfoliators for any skin type. These can "scrape the skin, leading it to darken, a condition known as post-inflammatory hyperpigmentation," she says.

### 3 | moisturize a lot

"After you remove the dead skin cells, moisturizers will penetrate more effectively, leaving more luminous or hydrated skin," says Julie Karen, M.D., the codirector of CompleteSkinMD, a dermatologic clinic in New York City. So it's wise to use an extra-nourishing formulation. Look for a lotion or a cream that has ceramides and hyaluronic acid, two moisturizing ingredients that are naturally found in skin. Karen likes CeraVe Facial Moisturizing Lotion PM (\$11 at drugstores) because it also contains niacinamide, an antioxidant that helps to reduce inflammation and

redness. If a cream alone is not hydrating your skin sufficiently, apply a moisturizing serum underneath for an extra layer of comfort (see Product Picks, No. 5, right).

### 4 | protect obsessively

Once you have your complexion even and glowing, it's important to safeguard your skin every day. "The sun triggers melanin production, which causes discoloration," says Kaufman. "The UV rays also slow cell turnover and signal the epidermis to retain its outer layer as a defense mechanism, reversing all your hard work." So use a broad-spectrum sunscreen with SPF 15 or higher or a daytime moisturizer that has a similar SPF (see No. 6, right). Even better, choose one with antioxidants like vitamin C or niacinamide (see No. 7, right). This type "protects against environmental damage and also inhibits pigment production," says Ingleton.

### the best in-office treatments

If you can't wait six weeks to see results or you want to improve upon the results that you've achieved at home, consider the following.

**PEELS:** These may work especially well if you have dark skin, which is prone to post-inflammatory hyperpigmentation, or sensitive



### ▶ PRODUCT PICKS

**1.** Aveeno Positively Radiant Brightening Cleanser (\$7 at drugstores) has soy. **2.** NeoStrata Skin Active Exfoliating Wash (\$38, dermstore.com) prompts cell turnover. **3.** Malin + Goetz Jojoba Face Scrub (\$38, malinandgoetz.com) has gentle beads to help shed dead skin. **4.** Dr. Dennis Gross Skincare Alpha Beta Medi-Spa Peel (\$110, qvc.com) has glycolic acid to deflake. **5.** Clinique Smart Custom-Repair Serum (\$60, clinique.com) is extra hydrating. **6.** Avon Anew Vitale Day Cream (\$28, avon.com) protects with SPF 25. **7.** EltaMD UV Clear Broad-Spectrum SPF 46 (\$30, lovelyskin.com) has the antioxidant niacinamide.

# NEW USES FOR OLD THINGS CONTEST



## GOT A KNACK FOR REPURPOSING?

**Enter for a chance to win:** We're challenging readers to come up with surprising new uses for any of these 18 ordinary household objects.

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smartphone case • belt • soda-can tab  
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If you win, you could have your idea published in **Real Simple** and receive a \$100 gift card.

**Send your idea (or ideas—you can enter more than once!) for any of the above items to [newusescontest@realsimple.com](mailto:newusescontest@realsimple.com) by November 14, 2014.**

Please include the name of the item and how you've repurposed it a whole new way. Photos welcome!

Go to [realsimple.com/newusescontest](http://realsimple.com/newusescontest) for complete contest rules. Contest began at 12:01 A.M. EST on August 22, 2014, and runs through 11:50 P.M. EST on November 14, 2014. Open to legal residents of the United States age 19 or older at time of entry. Void where prohibited by law. (Entries will not be returned.)



skin, which tends to get red. A superficial chemical peel in a doctor's office uses some of the acids that you find in over-the-counter products but at a higher concentration (as much as seven times higher). "A series of peels—using either glycolic, lactic, or salicylic acid to dissolve the top layer of skin—is my go-to prescription for transforming a lackluster complexion," says Ingleton. "Unlike lasers, they're less likely to cause post-inflammatory hyperpigmentation." She typically recommends a peel once a month for four months, then once every quarter to keep up that brightness. Peels cost approximately \$200 a session.

**LASER TREATMENTS:** These bring quick results and are tolerated best by normal skin. Unless you have severe sun damage (which may require the high-intensity Fraxel laser), your doctor will probably recommend a gentle laser (such as Clear + Brilliant), which can smooth texture, promote collagen production, and reduce pigmentation with little pain, inflammation, or downtime. Expect your skin to be a little pink after the treatment and its texture to be slightly sandpapery as the dead cells slough off. A laser treatment can run between \$600 to \$1,200, depending on where you live. But one treatment is all you may need for up to five years of brighter skin.

## MAKEUP MAGIC

Celebrity makeup artist Gita Bass explains how to optimize, or simply fake, luminous skin in three steps.



# 1

### hydrate and luminize

Mix an iridescent cream highlighter, like Giorgio Armani Fluid Sheer (\$62, [giorgioarmanibeauty-usa.com](http://giorgioarmanibeauty-usa.com)), into moisturizer to look lit from within.



# 2

### even out skin tone

Try a sheer base with light-reflecting particles, like Diorskin Star Foundation (\$50, [dior.com](http://dior.com)).



# 3

### add a healthy glow

Dust the tops of your cheeks with a shimmery bronzer. Try Eve Lom Golden Radiance Bronzing Powder (\$48, [evelom.com](http://evelom.com)).



### anti-aging extras

Find more skin-care and makeup tips to help restore a youthful appearance at [realsimple.com/glow](http://realsimple.com/glow).