

SHADE

NATHALIE EMMANUEL
Why Calm Is Her Superpower

THE WORKOUT THAT'LL MAKE YOU GLOW

THE SKIN ISSUE

- + CUTTING EDGE TREATMENTS
- + BEST FOODS FOR HEALTHY SKIN
- + CLEAN BEAUTY THAT GETS RESULTS



Elizabeth Hale, MD

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Dermatologists are also touting other forms of UV protection. "I'm a huge fan of rash guards. They offer excellent protection and don't impact coral reefs," says dermatologist Elizabeth K. Hale, M.D. She also takes (below) **Sundaily** The Base Layer supplements (\$39 for 30 gummies, [getsundaily.com](https://www.getsundaily.com)) when she's going to be outdoors a lot. "A Harvard researcher came up with these; they have DNA-repair enzymes, which neutralize and prevent sun-induced mutations." They also help support your collagen layer, so skin stays smooth and firm.



THE REBIRTH OF RETINOL

Retinol isn't new. "We have 30 years of data demonstrating that it works for acne, sun damage, and aging skin," Dr. Hale says. But retinol formulations have undergone an astounding transformation, turning what

was intolerable for some into an ingredient suited for all skin types. "The biggest downside to retinol is that it can be very irritating," says dermatologist Melissa Kanchanapoomi Levin, M.D.

So brands have developed alloys packed with hydrators like hyaluronic acid and glycerin to counteract the drying effects. Dr. Hale's favorite: **Skinbetter** Science AlphaRet Overnight Cream (\$125, [skinbetter.com](https://www.skinbetter.com)), which causes little to no irritation to the skin and contains alpha hydroxy acids to bolster results. "It's the best over-the-counter retinol product," she says. There are exciting prescription-level options too. "The FDA recently approved Aklief, which contains a new retinoid molecule, called trifarotene, that's more gentle on the skin with fewer side effects," Dr. Kanchanapoomi Levin says. Dr. Hale also likes Altreno, a prescription tretinoin that fights adult acne while hydrating.

Our panel of board-certified dermatologists

JEANINE DOWNIE, M.D., owner of Image Dermatology in Montclair, New Jersey

DENDY E. ENGELMAN, M.D., dermatologic surgeon at Medical Dermatology & Cosmetic Surgery in New York

MONA GOHARA, M.D., associate clinical professor of dermatology at Yale University

ELIZABETH K. HALE, M.D., clinical associate professor of dermatology at NYU Langone Medical Center

MELISSA KANCHANAPOOMI LEVIN, M.D., owner of Entière Dermatology in New York

ELLEN MARMUR, M.D., associate clinical professor of dermatology and genetics at the Icahn School of Medicine at Mount Sinai

NEAL SCHULTZ, M.D., creator of BeautyRx by Dr. Schultz skin care