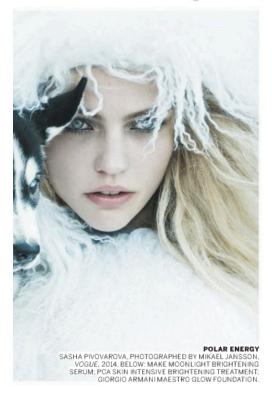
LCHIMIE

SWITZERLAND



BRIGHT Idea

Just because it's grim and gray outside doesn't mean your complexion has to be. Sarah Brown goes in search of the elusive winter glow.



y goal is simple: I want that summertime glow-when skin looks dewy and fresh, hydrated and alive-right now, in the dead of winter. But instead of plush, pillowy, and incandescent, I'm working with blotchy and parched-flaky skin that my foundation sits on top of, creating what can best be described as a dulling "stucco effect." Imagine a fresco. A peeling one.

What is effortless in the summer, when there is so much moisture in the air, now takes some doing. Beyond a good hydration strategy-a humidifier helps (Dyson's silent wonder is the Rolls-Royce)-the return to radiance also includes evening out mottled skin tone, which can be so much more apparent when summer color has completely faded. With the colder months also comes a weaker UV index, making now the ideal time to tackle pigmentation issues, from sunspots and discoloration to lurking photodamage.

to Eve Lom's vitamin C-packed Advanced Brightening Serum, helps diminish discoloration by inhibiting the overproduction of melanin and quelling inflammation, which can lead to further pigment changes. But any over-the-counter regimen requires patience, urges Jennifer Linder, M.D., a dermatologist with offices in Jackson Hole, Wyoming, and Scottsdale, Arizona. To see optimal results, "realistically, give yourself three months. Sun damage takes years to happen. It's going to take a while to go away," says Linder, who helped develop PCA Skin's new Intensive Brightening Treatment, which delivers a substantial dose of retinol to encourage cell turnover, and a lightening ingredient derived from hydroquinone (a proven. if controversial, bleaching ingredient) to minimize spots. The next step in going from gloom to gleam is steady

exfoliation—the professional kind, SkinCeuticals' new multiacid Advanced Corrective Peel polishes the complexion to a fine finish by sloughing away layers of clumpy dead cells and surface imperfections to help unify tone. "And when you strip away that dead skin, you get increased delivery of brightening ingredients," according to Manhattan dermatologist Dennis Gross, M.D., whose Pro Retinol Peel carries an added dose of hydrating hyaluronic acid. At his Flatiron medispa, David Colbert, M.D., favors a "superlight" dose of glycolic acid: "It's like peeling away one layer of an onion to reveal juicy, firm, fresh skin underneath," he elaborates.

For maximum impact, enter the lasers. "They're the next step up the ladder," says Gross, who explains that treating discoloration with high-frequency pulses of light disrupts areas of excess pigment, which gradually rise to the surface and flake off. It's a delicate business with a caveat: "Brown spots can come back," warns Colbert, who is a fan of the minimal-

downtime "zap-and-go" VariLite laser. For more stubborn spots, Beverly Hills dermatologist Harold Lancer, M.D., calls in his heaviest hitter, the PicoWay, a laser that was originally developed to treat "untreatable tattoos." It fires energy into the skin at a trillionth of a second (most lasers fire at a billionth) to immediately scatter and destroy unwanted pigment, which scabs over during the course of several weeks.

My skin doesn't require laser intervention just vet. But I have been peeled and microdermabraded; I've ramped up on retinol and Netflix-binged in Alchimie Forever's Kantic Brightening Moisture Mask; and every morning I layer L'Oréal Paris's new facial oil (their first with SPF 30) underneath Armani's weightless Maestro Glow foundation, which borrows technology developed by NASA to capture meteor dust in space. Who couldn't use a little star power? BEAUTY>126



