



# Fit-girl fixes

An active lifestyle can put your skin through a workout, too. Here's how to outsmart a few of the most common obstacles.

## THE ISSUE

**You work out (and wash your face) a lot, so it's tight and itchy.**

**THE FIX** Go for a high-tech, low-lather cleanser. "The new ones effectively remove oil but minimize damage to the skin's upper layer," says Dr. Zeichner. Neutrogena Ultra Gentle Daily Cleanser, \$9, lifts grime and oil without stripping skin.

## THE ISSUE

**A regular makeup-and-sweat mix is causing pore congestion.**

**THE FIX** Taking your makeup off first is ideal. Try a no-rinse cleansing wipe when there's zero time or no access to a locker room. Clinique Micellar Cleansing Towelettes, \$14, are soap-free and hydrating. If you prefer to keep your makeup on, use a workout-friendly formula such as Sweat Cosmetics Mineral Foundation, \$42.

## THE ISSUE

**Your outdoor adventures make you prone to sun damage on spots like your neck, shoulders and chest.**

**THE FIX** Wear a UPF (ultraviolet protection factor) crew shirt, recommends Dr. Hale, who is training for her sixth marathon and likes Mott50 brand. Then layer on a sunscreen with physical filters like titanium oxide and zinc oxide. A stick or cream, like Juice Beauty SPF 30 Sport Sunscreen, \$16, will adhere through sweat better than spray-on formulas.

## THE ISSUE

**You're a hard-core runner, which can translate into a thinner face.**

**THE FIX** Apply a collagen-stimulating peptide cream (like Mario Badescu Peptide Renewal Cream, \$35) and pile on sunscreen. "UV rays break down collagen and accelerate volume loss, so that's even more reason to apply SPF year-round," Dr. Hale says. "Especially on long runs." A dermatologist can provide more advanced solutions. "Serious runners can lose volume in the cheeks and temples," adds Dr. Hale. In such cases, fillers such as Restylane can restore fullness.



**"You can solve one skin issue and then another crops up. Creating a custom formula allows you to be in control of your skin at all times."**

—Sabrina Tan, founder of Skin Inc, whose mix-and-match serums and concentrates can be combined to create more than 120 unique formulas

## YOUR HEALTHIEST SKIN, 24/7

This is exactly what your skin needs, morning, noon and night.



### First thing

#### Hydrate and defend

A hyaluronic acid serum like Shiseido Bio-Performance Super Corrective Serum, \$80, locks in moisture. Add a cream with SPF and antioxidants, such as Estée Lauder DayWear, \$52, to help defend your skin against environmental stressors.



### After a workout

#### Calm and protect

By midday, your morning sunscreen has worn off, says Dr. Zeichner. If you work out around noon, re-up on SPF and bring down postsweat redness with a soothing cream like Dr. Jart Cicapair Tiger Grass Color Correcting Treatment SPF 30, \$52.



### Late afternoon

#### Add antioxidants

Your morning cream's antioxidants eventually break down when exposed to sunlight, so it's time to replenish your reserves. Try a concentrated mist such as Dermologica Antioxidant Hydramist, \$42, which also tones and reduces dryness.



### Before bed

#### Renew

At night, your skin benefits the most from retinol, along with peptides and (yes, even more!) antioxidants. Try layering Philosophy Help Me Retinol Night Treatment, \$49, under a reparative cream such as No7 Early Defence Night Cream, \$21.