

DR. DAVID BANK

OUTLET: REDBOOK

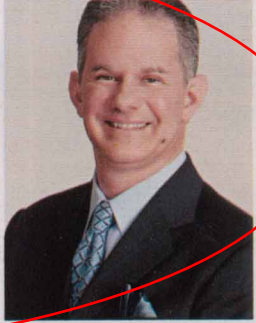
DATE: MAY 2010

CIRCULATION: 2,223,195 PER MONTH

IMPRESSIONS: 4,446,390



Think back to last summer: the beach days, the picnics... the sunburns, the breakouts. Before the blazing sun and high humidity wreak havoc on your skin this year, make some smart changes to your skin-care routine. Here, **David E. Bank, M.D.**, a dermatologist in Mount Kisco, NY, revamps the skin-care routines of three REDBOOK readers — so they'll be sitting pretty all summer long.



Style Scoop

The summer skin-care switch

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SKIN TYPE: Combination

Lisa, 37, finds that though she does get oily, she's also quite dry in the winter, so she's been using a line of very rich products. What Bank sees is a likely case of seborrheic dermatitis—a very common condition (we're talking 40 percent of the population!) caused by an overgrowth of yeast on the scalp. The yeast migrates down to the face, making skin both greasy and flaky (also causes dandruff). "It's a vicious cycle," Bank says. Lisa feels dry, so she uses a heavy cream on her face, which is actually making the condition worse. Here's Lisa's new lineup:

- A sulfur-containing benzoyl treatment** that is both an antibacterial and antifungal, such as **Dr. Bank's Dose Salicylic Triple Acne Clearing Lotion**, \$35
- An oil-free moisturizer with hyaluronic acid**, which keeps skin hydrated, or retinol, an anti-aging acne ingredient, one with both: **Vichy LiftActiv Retinol HA Night**, \$40
- A cleanser that's gentle but still puts out a "cleaning signal,"** such as **Dr. Bank's Clearing Facial Wash with Sea Extracts**, \$28



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BY CHELSEY BRANER KAYE PHOTOGRAPHED BY CHRIS ECKERT

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