

# ELLE

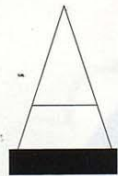
FALL



MARY-KATE!

ELLE BEAUTY SPOTLIGHT ON...

## HYALURONIC ACID



Although hyaluronic acid has gained a dermatologist (and celebrity) following as the power plumper in mega-popular products like Juvéderm and Restylane, the glucosaminoglycan, a natural skin builder, discovered in 1934 as the most common skin-care ingredient (to water) and can be found in a wide range of moisturizers—from break-through to dollar-store tubs of cream.

Think of hyaluronic acid as a micro-sponge: When applied to skin, it holds up to 1,000 times its weight in water and can actually pull moisture into skin, as well as increase circulation within the dermis. Its ability to move water around the skin means hyaluronic acid stands out from other moisturizers. It hydrates every layer of the skin. —Dr. Dennis Gross, MD, a dermatologist in New York City who has written several articles on the benefits of HA and formulated many products in his MD Skincare line with the humectant as a main ingredient. A study published in *Cosmetics and Toiletries* showed a 25 percent increase in skin hydration approximately two hours after application of a low-dose (0.1 percent) HA-based cream (most moisturizers contain up to 2 percent).

Hyaluronic acid's benefits go beyond the bottle, thanks to its absorbent characteristics combined with its hypoallergenic properties (it doesn't require a patch test).

“When injected, it truly mimics Mother Nature,” says David E. Bank, MD, a dermatologist in Mount Kisco, New York. “With age, the skin produces less hyaluronic acid, along with collagen and elastin. Placing hyaluronic acid into the dermis helps re-inflate the skin’s bottom layer.”

ings by taking water from skin. “It can pull moisture out of the skin because the hyaluronic acid isn’t able to get enough water from the environment,” says Leslie Baumann, MD, director of cosmetic dermatology at the Miller School of Medicine at the University of Miami. Baumann agrees that there are only a few studies backing this claim but notes that she’s seen chronically dry complexions do a 180 after patients

counter Neutrogena Healthy Skin Anti-Wrinkle Intensive Night Cream. “I love the idea of combining hyaluronic acid with a retinoid,” says Baumann, who uses this combo to treat patients who have extreme sun damage. “Under the right weather conditions, hyaluronic acid can help decrease surface dryness often caused by retinoids, especially for those with sensitive skin.” —NICOLE CATANESE

Still lifes: Steven Krause

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