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Cultivate skin-loving habits

"The skin is the largest organ, and all the things that apply to our other organ systems apply to the skin as well," says Dr. David E. Bank, founder and director of the Center for Dermatology, Cosmetic & Laser surgery in Mount Kisco, New York, and author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age*. "If you're eating a lot of junk food, you're not going to look your best. If you're smoking, quit. And getting enough rest is important." (Keep your sleeping area peaceful, and plan for eight hours of shut-eye per night.) It's also important to manage stress levels, Dr. Bank adds, as stress hormones can take a toll on your skin. (Anyone for meditation and asana?)

Tips for topical treatment

You also want to watch what you're putting on your skin. Sunscreen is critical, says Dr. Bank, as too much sun can make skin look lackluster, promote brown spots, and cause wrinkles. Another key to clear,

Four Common Skin Myths

1. Dry skin needs lots of moisturizer. Yes, it's great to moisturize, but exfoliating will remove dead cells and make the skin more receptive to hydration. And add some olive oil or hemp oil to your diet.

2. If you have acne, you have oily skin. Pimple-prone skin may also be dry; exfoliation can help here, too. "I suggest using an enzyme-based gentle exfoliant that dissolves the dead skin cells," says Diane Hanson of Delluva Vinotherapy Day Spa. "I usually recommend that two or three times a week for someone who has acne."

3. You need to shrink your pores. "Pore size is hereditary," says Hanson. "Pores help us breathe and help us sweat; it's a natural process. We can diminish the appearance of pores, but the

4. A reaction to certain products means your skin is sensitive. "It could also mean you're using too many products," says New York dermatologist Dr. David Bank. He explains that "sensitive" refers to skin before it comes into contact with product. "You may have an over-complicated skincare routine."

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