

# InStyle

beauty | great at any age

## 40s+

What's happening?

As you age, estrogen levels drop, which can lead to acne flare-ups and an overall loss of luster, says L.A. dermatologist Howard Murad: "Skin develops a yellowish-brown cast."

### EXTRA HELP

#### ● EVEN OUT SKIN WITH BRONZER

Hide discoloration with a bronzer, like Pur Minerals Universal Marble Powder-Bronze (\$22; purminerals.com). Self-tanners (even low-dose formulas) are risky. "They make dark areas look darker," Murad says.

#### ● PREVENT SCARS WITH ASPIRIN

Got an insect bite or sunburn? Astringents like aspirin or ibuprofen. "By soothing and lowering skin's irritation, they may help prevent dark marks from appearing later."

#### ● EXFOLIATE WITH A HOME PEEL

For acne scars and other post-injury spots, try a chemical peel. Neutrogena Acne Mask Peeling Peel (\$15 at drugstores) uses salicylic acid. Dr. Brandt Laser At-Home Peel (\$100 at Nordstrom) has gentle glycolic and lactic acids.

#### ● LIGHTEN DARK AREAS WITH LASERS

Color-targeting lasers quickly heat skin cells to erase brown marks without producing more pigment (cost: \$300-\$800). Fractional lasers treat larger sections of discoloration (cost: \$600-\$2,000).

Treatment Plant estrogens, like soy (in Wexler's lightening serum), can help restore youthful radiance and prevent pimples. But for stubborn brown age spots, the skin lightener hydroquinone (in DDF and Wexler's spot treatments) is the "gold standard," says Mount Kisco, N.Y., dermatologist David E. Bank. He advises using it once or twice a day for three months max. Don't overdo it, he cautions: Overuse can backfire and actually make skin darker.



Shiseido the Makeup concealer stick in Light, \$25; at Bloomingdale's.



Concealers with vitamin C brighten skin.

—Ning Chao

# Hyd