

Prevention

NEW
FLAT
BELLY



A staggering number of products were launched in the past year, each claiming amazing skin-saving benefits. To find out which really work, we did something no other magazine has ever dared to do: enlist leading dermatologists to scientifically test the 45 most promising eye creams, night creams, skin peels, sunscreens, and more. Each product was tested by a group of 5 women over age 40 for up to 6 weeks—long enough to deliver on its claims. Experts employed state-of-the-art equipment such as the Visia Complexion Analysis machine to accurately determine the winner in each category; this high-tech device compares testers' skin before and after to show improvement in everything from spots and pores to wrinkles and redness. We're pleased to say that judges *and* testers saw real age-defying results with these 9 winners.

BEST EYE CREAM

Priori Smoothing Eye Serum
(\$60; prioriskincare.com)

Testers gave this serum a chorus of "ayes." "It's wonderful—I've actually gotten compliments on how much younger I look," says one, who reports fewer fine lines and less puffiness and darkness. This doesn't surprise us: Compared with creams, which usually contain less than 10% of active ingredients, serums have up to 70%—and this one packs no less than a dozen de-agers, including lactic acid (an alpha hydroxy acid that polishes skin by sloughing dead cells), glycerin and sodium hyaluronate (humectants that attract moisture to firm skin), caffeine (to reduce puffiness), and acetyl hexapeptide-8 (a muscle-relaxing peptide that smooths fine lines). The serum's



OUR MD JUDGES

David Bank, MD, associate professor at Columbia University/Presbyterian Hospital; in private practice in Mt. Kisco, NY

New York, New Jersey, and Florida
Ranella Hirsch, MD, president of Washington School of Medicine, in private practice in Spokane, WA

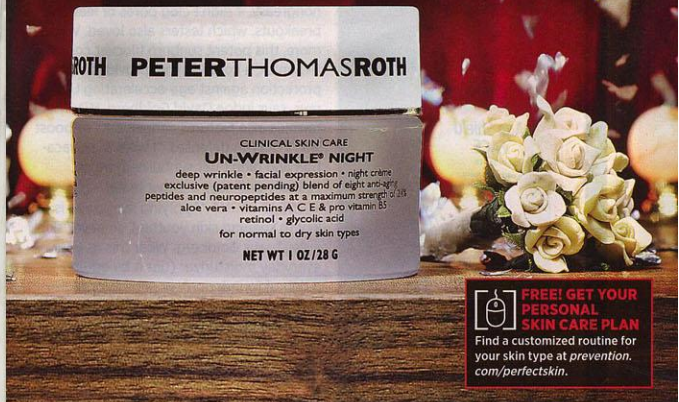
STYLING BY WENDY SCHELAN AT WENDYSCHLAN.COM

BEST NIGHT CREAM

Peter Thomas Roth Un-Wrinkle Night

Talk about a dream cream! This powerhouse rejuvenator refines texture, increases hydration, boosts firmness, and enhances radiance. "Everyone noticed improvement in fine lines after just 2 weeks, and the benefits got even better over time," says judge David Bank, MD. The quick results come courtesy of a plethora of proven anti-agers, including exfoliators such as retinol and glycolic acid, collagen-stimulating peptides, moisture magnets like shea butter and glycerin, and protective antioxidants like vitamins C and E. Though retinoids and AHAs can be drying, no tester—including those with sensitive skin—experienced irritation. In fact, one of the most surprising findings was an improvement in redness, which Bank attributes to anti-inflammatories like aloe and allantoin.

(15 or more) broad-spectrum sunscreen.



FREE! GET YOUR PERSONAL SKIN CARE PLAN
Find a customized routine for your skin type at prevention.com/perfectskin.

100 Studies Can't Be Wrong!
**HEALTHIER DIET,
SAME BUDGET**