

REAL SIMPLE

| life made easier |

beyond the basics

When you have simple skin needs, a simple routine will suffice. Most of the more mysterious products at cosmetics counters are meant for specific issues, such as fine lines, extreme oiliness, and makeup that never stays put. If you already have near-perfect skin, well, count your blessings.



makeup primer

■ **What it's meant to do:** A primer is designed to temporarily smooth skin on the lips, the eyelids, or the face with silicones and polymers. "Most contain waxes that bond with cosmetics to give them longevity," says Jim Hammer, a cosmetics chemist at Pharmed Labs in Fenton, Massachusetts.



toner

■ **What it's meant to do:** A toner purportedly removes oil, tightens pores, and gets the skin ready to absorb active ingredients in other products.
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■ **So who needs it?** Only people with extremely oily skin, says Ranella Hirsch, M.D., vice president of the American Society of Cosmetic Dermatology and Aesthetic Surgery. And that's only if you're not already controlling oil in another way, like with a salicylic acid-based cleanser or an oil-absorbing lotion. (Incidentally, "there's no truth to the theory that toners prep the skin or help other products penetrate better," says David E. Bank, M.D., director of the Center for Dermatology, Cosmetic and Laser Surgery, in Mount Kisco, New York.)

what everyone

2. Daily facial moisturizer with SPF 30: A high SPF ensures that skin is protected every day of the year. "Ones with antioxidants, like green tea, are terrific because they offer a second line of defense against UV damage," says dermatologist David E. Bank.

another sunscreen to use in place of your daily one on days when you're outside for an extended time, like on vacation or in the summer. "It's the single best anti-aging product on the

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