

cheryl checks it out:

# younger-looking skin

REDBOOK's beauty director spots the signs of aging—on herself.



**One of the very first beauty stories**

I ever wrote was about skin care in your 20s, 30s, and 40s. I interviewed quite a few skin-care experts, including David E. Bank, M.D., a dermatologist in Mt. Kisco, N.Y. Bank spent at least an hour on the phone with me, detailing the skin issues that women in each age range would encounter, but I kept going back to the topic of skin care in your 20s: "What happens if you sleep with your makeup on? Can alcohol make your eyes puffy? What's best for an oily T-zone?" About 45 minutes into the interview, Bank said, "Cheryl, can I take a guess here? Are you, just maybe, in your 20s?" Twenty-seven and busted.

So much for being an impartial journalist.

I'm now deep into my 30s, and the advice from Bank—and the multitude of derms I've spoken with since then—has served me well. I knew what to do when my complexion started looking dull and when my smile lines kept smiling even after I'd stopped. But recently I saw something on my skin that surprised the heck out of me.

I was getting ready for bed, absent-mindedly applying lotion to my parched limbs, when I saw it. Is that—*sharp inhale*—an age spot...on my leg? I've been freckly forever, but suddenly, it seemed, a whole bunch of freckles got together and decided to join forces. I checked out the rest of my body, and sure enough, there were age spots sprinkled all over my arms and legs. Years after the signs of aging showed up on my face, they were finally surfacing on my body too. I silently cursed the carefree, sunscreen-free days of my youth.

So it was back to Bank, who gave me a refresher course in the top anti-aging ingredients (see the sidebar, right). We talked vitamin A, AHAs, and pentapeptides, but, of course, I paid the most attention when we got to vitamins C and E: the age-spot lighteners. When I hung up the phone, I scoured the shelves of the REDBOOK beauty closet. Bingo: Curél Youth-Defense First Signs of Aging Moisture Lotion, \$7.49, had the vitamin C and E combo in a body lotion, plus sneaky skin brighteners that immediately disguise imperfections. I'm happy to report that after two months of daily applications, my age spots are lightening up and my skin is as soft as I can remember.

Oh, and when I do hit my 40s, David Bank's going on speed dial.

**the top 5 antiaging ingredients**



**1 Retinoids** These vitamin A-derived ingredients—tretinoin by prescription; retinol in most OTC products—have a proven history of reversing sun damage and stimulating skin-supporting collagen by increasing the rate of cell turnover. **Try: Roc Retinol Correxion Deep Wrinkle Serum, \$20.**

**2 AHAs** Alpha hydroxy acids, such as glycolic, lactic, and citric acids, exfoliate dead cells to reveal fresher skin underneath while stimulating new collagen. **Try: Priori Skin Renewal Cream Advanced AHA, \$60.**

**3 Vitamins C & E** Both vitamins are free radical-fighting antioxidants. Together, they have a synergistic effect that enhances their skin-brightening, collagen-producing properties. **Try: Skinceuticals C E Ferulic, \$128.**

**4 Kinetin** A mega-moisturizer, kinetin plumps skin to reduce the appearance of fine lines and wrinkles. **Try: Kinerase Intensive Eye Cream, \$59.**

**5 Pentapeptides** These chains of amino acids boost collagen and elastin production to reduce wrinkles, without irritation. **Try: Philoso-phy When Hope Is Not Enough, \$38.**



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