

# THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

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The anti-aging secrets real women swear by

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Connie Britton on heartbreak, plastic surgery, and the boy who changed her life



## The only anti-agers you need

Every new product claims to be a miracle in a lab flask, or jar—but these dermatologist favorites are the real deal.

All of us have been there: You purchase a clear serum that promises to whisk your skin back to dewy, only to find yourself wondering if you're back where you started. It doesn't happen. With formulas of new anti-aging products being introduced every day, finding the right quality formula can be baffling. So we asked top dermatologists to give us their best pick on what will keep your skin soft, smooth, and bright for years to come. These five tried-and-true ingredients are proven breakthroughs.

antioxidant products, which are pigment-producing cells with skin damage. Because this is a factor in who has skin that does need to be more susceptible.

is. Most derms agree that to get your money's worth, "it's best to go with a serum, which allows for a higher concentration of antioxidants and helps them absorb into skin better," says Bank. Some of

### A NEW BREAKTHROUGH

With these brightening ingredients work on your skin, you'll see a real difference in your skin's texture, tone, and texture. A new ingredient called Hexinol targets all signs of the problem. It has been shown to enter the skin faster than other ingredients that target the same problem. Hexinol works by blocking the production of melanin, the pigment that gives your skin its color. Hexinol also helps to reduce the production of melanin, the pigment that gives your skin its color. Hexinol also helps to reduce the production of melanin, the pigment that gives your skin its color.



"Some of these newer ingredients can give you similar results to the established anti-agers, but without the side effects," says David E. Bank, M.D., an assistant clinical professor of dermatology at Columbia Presbyterian Medical Center in New York City. Just remember that to notice a real difference in your skin, you have to be patient. "It can take four to six months of continued use in order to see results from an anti-aging ingredient," says Bank. But don't feel overwhelmed,



ingredient called Hexinol may change all that: "It's able to act like a cog in the wheel of inflammation, halting the collagen damage before it occurs," says Bank.

### Antioxidants

Think of antioxidants as your skin's natural defense system. They help to protect your skin from damage caused by free radicals, which are unstable molecules that can harm your skin's cells. Antioxidants help to neutralize free radicals and prevent them from causing damage to your skin's cells.

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### THE GOLD STANDARDS

Retinoids, which include retinol and prescription strength retinoids like tretinoin, have been the mainstay of anti-aging skincare for decades. These ingredients speed up your skin's natural cell turnover process, which helps to reduce fine lines and wrinkles. Retinoids also help to stimulate the production of collagen, which helps to firm the skin and reduce the appearance of aging.

### NEW BREAKTHROUGHS

New formulas are now available that combine the benefits of retinoids with other ingredients to provide even better results. These new formulas are designed to be gentler on the skin while still providing the same anti-aging benefits.