

THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

OUTLET: EVERY DAY WITH RACHAEL RAY

DATE: OCTOBER 2014



finds & saves | **LOOKING GOOD**

Every Day with Rachael Ray Beauty Survey



SAVE BIG ON

beauty

To help uncover the true cost of looking your best, more than 1,000 of you lit us into your pantries, medicine cabinets, cosmetics cases and psyches. (Thanks, ladies!) Armed with that inside info, we went to an all-star panel of pros for the smartest

Unless your skin has special needs (say, chronic acne), your cleanser should be the least pricey of your products, says David Bank, M.D., director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, NY. "Cleanser stays in contact with your skin for very little time, so other than cleaning and maybe some light exfoliation, there's only so much you can ask of the product anyway."

"Because of how the FDA has tightened up sun-protection wording and cracked down on claims, you really can find reliable, high-efficacy products at the drugstore as easily as at department or specialty stores," says Dr. Bank, who suggests an SPF 30 or higher. One of our new

Treatments applied before bed, as these products tend to be, are the ones in contact with your skin longest, notes Dr. Bank. "Plus, they're better able to sink in because your skin temperature goes up by half a degree at night, and even that tiny shift lets product penetrate deeper." Also worth

85%

The number of you who use a product with SPF before you head out in the A.M.

Congrats! Beyond the health benefits, you're saving future antiaging dollars (the short list of potentially pricey problems that sunscreen helps prevent: lines, enlarged pores, sagging and unevenness). The not-so-good news? Unless you apply liberally and repeatedly (every couple of hours), you aren't getting the protection you think you are, says NYC dermatologist Heidi Waldorf, M.D. Not into lotion reapplication at work? Dr. Waldorf suggests Colorescience Sunforgettable Mineral Sunscreen Brush SPF 30 (\$52, colorescience.com).

YOU'D GO HOW FAR?!

To solve your biggest skin issue forever, would you sacrifice a lot for one year?



Got \$40?

Given this amount to splurge on skin care, more than half of you said you'd go for one of these three categories: antiager (25%), daily moisturizer (20%), cleanser or facial scrub (13%). Turns out, only 25% of you spent your imaginary money well.

<p>Facial scrub</p> <p>Don't splurge</p> <p>Unless your skin has special needs (say, chronic acne), your cleanser should be the least pricey of your products, says Dr. Bank, M.D., director of Center for Dermatology, Cosmetic & Laser Surgery.</p>	<p>Moisturizer</p> <p>Don't splurge</p> <p>Another product that doesn't have to set you back much is your daytime moisturizer with SPF 30.</p>	<p>Antiagers</p> <p>Splurge!</p> <p>Treatments applied before bed, as these products tend to be, are the ones in contact with your skin</p>
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15 ONE-POT DINNERS!

Every Day with Rachael Ray

FUN FALL FOOD!

PUMPKIN AWESOMENESS
Halloween decorating special

save UP TO \$75
beauty bargains & buying tips

52 LOW-COST WAYS TO love your kitchen!

organize it stock it spruce it up!

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