

# THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

OUTLET: WOMAN'S DAY  
DATE: OCTOBER 2014

**Woman's Day**

SO EASY! A week of slow cooker suppers

MAKE EXTRA CASH HERE'S HOW

Clutter, Gone! 12 NO-FAIL FIXES

LIFESAVING TESTS YOU CAN'T PUT OFF

**Halloween!**

Wicked-fun pumpkins Quick costumes Yummy treats

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WD SPECIAL  
7 YEARS YOUNGER



## ERASE Age Spots

Just a few tweaks to your beauty routine can even out your complexion. A WD reader learns how.

SKIN CONCERN

"For years I thought tanning made me look youthful—now all I see is damage."

JACKIE PLANT, 52, CHICHESTER, MD

What's Really Happening?

TAP FOR MORE



SHANNON GREER: HAIR BY MONICO TAYLOR; MAKEUP BY LARA GELLER FOR REALITY; JESSICA WESSER, MD, MD, NEW YORK CITY DERMATOLOGIST; GROUP HEATHER WOODLEY FOR OLY; PHOTO DIRECTOR OF THE CENTER, UNIVERSITY OF MARY



## PICK YOUR FIX At-Home Regimen

Start Fresh

"Three times a week, use a cleanser that contains glycolic or salicylic acid to gently dissolve dead skin cells," says Jessica Weser, MD, a New York City dermatologist. Clearing away the debris on Jackie's skin instantly brightened her complexion. And exfoliating skin lets it better absorb the ingredients in products that lighten dark spots.

TRY: Olay Regenerist Retinol2D Cream Cleanser, \$14, at drugstores.



## Load Up on Vitamins

Jackie has sworn off sunbathing and now wears SPF 30 every day—the only way to prevent more spots from forming, says David Bank, MD, a dermatologist in Mt. Kisco, NY. In addition, he suggests applying a daily dose of vitamin C or retinol (vitamin A). "They speed up cell turnover, which helps diminish spots and fine lines," explains Dr. Bank.

TRY: Neutrogena Rapid Tone Repair Dark Spot Corrector, \$20; at drugstores

If you're looking for longer-lasting results, consider seeing a dermatologist.

TREATMENT	COST	RESULTS	IS IT PAINFUL?
<b>MICRODERMABRASION</b> A handheld tool draws tiny exfoliating crystals across the skin to refine pores and smooth out	\$150 per treatment on average	After one session	There may be slight redness for up to two days; however, this procedure

SCROLL FOR MORE

JEFFREY WESTBROOK/STUDIO 5; SOURCES: DAVID BANK, MD, DERMATOLOGIST, MT. KISCO, NY; LARA GELLER, FOUNDER LARA GELLER REALITY; JESSICA WESSER, MD, MD, NEW YORK CITY DERMATOLOGIST; GROUP HEATHER WOODLEY FOR OLY; PHOTO DIRECTOR OF THE CENTER, UNIVERSITY OF MARY

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