

TRUE BEAUTY

# FREEZE TIME

7 cool antiaging  
breakthroughs

BRILLIANT TECHNOLOGY  
THAT BLURS AWAY LINES.

A DEEP-SEA  
INGREDIENT  
PROVEN TO RENEW  
AND BRIGHTEN.

POWERFUL WRINKLE  
FIGHTERS THAT WON'T  
IRRITATE YOUR SKIN.

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## RESVERATROL SERUMS

New research suggests that resveratrol is no ordinary antiager: This compound, found in the skin and seeds of grapes, increases the body's own natural store of

**DERMATOLOGISTS CAN BE a pretty reserved bunch—but they got pumped up telling us about a handful of innovations that are changing the face of antiaging. Happily, not one of them involves a scalpel. “Years of research have resulted in better, more intelligent at-home treatments,” says Anne Chapas, M.D., a clinical instructor of dermatology at Mount Sinai Medical Center in New York City. “These ingredients are popping up in peer-reviewed medical journals, proving they’re not just hope in a bottle.” Straight from top skin docs: a roundup of the latest trends, ingredients, and technologies with science on their side.**

antioxidants. “It’s becoming clearer that resveratrol regulates many different aspects of cell function, so I like to think of it as the head-general antioxidant,” says Macrene Alexiades, M.D., an associate clinical professor of dermatology at Yale University. And what do these antioxidants do? They counter the effects of UV exposure,

pollutants, and other enemies of smooth, firm skin.

Important to consider: Since resveratrol is involved in your skin’s natural repair process, our experts recommend applying a moisturizer or serum with the ingredient in the morning *and* at night, when renewal revs up. Some studies suggest it degrades if exposed to UV light, so layer a broad-spectrum sunscreen over it during the day.

### TRY THESE

**SkinCeuticals** Resveratrol BE (\$145, [skinceuticals.com](http://skinceuticals.com))  
**Caudal ** Premier Cru L’Elixir (\$99, [caudal .com](http://caudal .com))  
**100% Pure** Red Wine Resveratrol Eye Cream (\$28, [100percentpure.com](http://100percentpure.com))  
**Philosophy** Miracle Worker Miraculous Anti-Aging Moisturizer (\$60, [philosophy.com](http://philosophy.com))

## BLUR CREAMS

Derms love blur creams for the same reason you love a good Instagram filter: They make your skin look better—instantly. Apply these velvety-soft creams over your moisturizer before putting on makeup; tiny silicones and polymers fill in pores and fine

lines. They also have light-diffusing ingredients, says Alexiades, “which help minimize imperfections.”

Blur creams first hit the market a few years back, and the latest versions go beyond the purely cosmetic: They’re packed with skin-care ingredients such as antioxidants and sunscreens. “In one swipe, these creams hide problems and deliver ingredients that will prevent or reverse the signs of aging over time,” says Alexiades.

### TRY THESE

**Murad** Invisiblr Perfecting Shield Broad Spectrum SPF 30 (\$65, [Sephora](http://Sephora))  
**RoC** Smooth Perfection Instant Line Corrector (\$25, [CVS](http://CVS))  
**Miracle** Skin Transformer Face Broad Spectrum SPF 20 (\$48, [Kohl's](http://Kohl's))

## GENTLER RETINOL

Few ingredients have a better wrinkle- and spot-erasing track record than retinol. This OTC form of vitamin A (and the prescription versions like tretinoin and tazarotene) have decades of studies proving their ability to stimulate wrinkle-smoothing collagen, firm skin, and amp up cell turnover to help fade dark spots. The only downside: irritation, which can get really intense if you’ve got very sensitive skin. The redness and peeling lead a lot of women to give up on retinol before they see results. (It can be several months before you notice a difference.)

That’s why our experts are excited about the



newest delivery systems and formula tweaks that cut down those side effects significantly. One approach: encapsulating retinol in a time-released, oil-based sphere called a liposome. “This helps it slowly seep through skin’s barrier, so it doesn’t dry out your top layer,” says Chapas. Brands are also adding high-performance moisturizers like hyaluronic acid and anti-inflammatory ingredients like chamomile to their formulas to nix irritation.

### TRY THESE

**Peter Thomas Roth** Professional Strength 3% Retinol Plus (\$78, [Sephora](http://Sephora))  
**Boots No7** Protect & Perfect Intense Advanced Serum (\$30, [Target](http://Target))  
**Neutrogena** Rapid Wrinkle Repair Serum (\$22, [drugstores](http://drugstores))  
**Vichy** LiftActiv Retinol HA Night (\$47.50, [vichyusa.com](http://vichyusa.com))

## MARINE EXTRACTS

The ocean is home to some pretty potent antiagers, research suggests. “I’m very hot on algae, because it’s proven to be so protective for the

skin,” says Jeannette Graf, M.D., a dermatologist at Mount Sinai Medical Center in New York City. In one study, the antioxidants found in brown algae helped prevent some skin cancers caused by sun damage.

In fact, a growing body of evidence shows that *all* algae (brown, red, green, and blue-green) can boost skin’s circulation for an overall glow, help skin stay hydrated, and fade dark spots. A recent preliminary study in the *Journal of Drugs in Dermatology* found one compelling example: A blue-green algae extract prevented UV-induced DNA damage, which has been linked to premature skin aging. You don’t need to deep dive to find these impressive ingredients—they’re already in products at your drugstore or department store counter.

### TRY THESE

**Algenist** Genius White Brightening Moisture Softener (\$48, [Ulta](http://Ulta))  
**Fresh Lotus** Youth Preserve Eye Cream with Super 7 Complex (\$42, [fresh.com](http://fresh.com))  
**Origins** Original Skin Renewal Serum with Willowherb (\$39, [origins.com](http://origins.com))

## TRUE BEAUTY



A type of **MINERAL SUNSCREEN** shields skin and won't leave you looking like Casper.

## INVISIBLE SUNSCREEN

Dermatologists have been saying it for years: Sunscreen should be a part of your daily antiaging arsenal. One study in the *Annals of Internal Medicine* showed that people who used SPF regularly experienced 24% less skin aging over 4.5 years than those who didn't.

Note, though, that not all sunscreen ingredients protect you from UVA rays, the kind that damage collagen and cause sagging. Zinc oxide is one that does, but the whitish cast it leaves on skin is a turnoff for lots of people, says Steven Q. Wang, M.D., director of dermatologic surgery and dermatology at Memorial Sloan Kettering Cancer Center in Basking Ridge, NJ. Enter the new sunscreens with micronized zinc, a version with a super-small particle size, so it practically disappears into skin. "I'm a

fan, because I think this will get women to use sunscreen more regularly, and that's the single most important thing you can do to stave off skin aging," Wang explains.

### TRY THESE

**Eau Thermale Avène** Mineral Light Hydrating Sunscreen Lotion SPF 50+ (\$30, [drugstore.com](http://drugstore.com))

**CeraVe** Sunscreen SPF 50 for Face (\$15, [drugstores](http://drugstores))

**Drunk Elephant** Umbra Sheer Physical Defense SPF 30 (\$38, [sephora.com](http://sephora.com))

**Exuviance** Sheer Daily Protector SPF 50 (\$42, [Ulta](http://Ulta))

**First Aid Beauty** Ultra Repair Pure Mineral Sunscreen Moisturizer SPF 40 (\$30, [Sephora](http://Sephora))

## NEW FILLERS

Two next-gen injectables have our pros excited. The first is Restylane Silk, a filler that was recently FDA-approved to plump fine lines around the lips. Previous fillers often seemed fake when used in this area, says Miami dermatologist Leslie Baumann, M.D. "Now you don't have to swap smoker's lines for a duck's pout," she says. It runs about \$600 a treatment and lasts six months.

The other is Voluma XC, the first injectable approved for volume loss

in the cheeks—that sunken look that happens with age. It's injected deep into the skin on top of the cheekbone, where it has a lifting effect. Considering the cost (and downtime) of an actual face-lift, \$1,000 for a syringe might make sense—and the results can last for years.

## LOW-SUGAR DIETS

You can expect your dentist to warn you about the evils of sugar, but your dermatologist? Uh-huh. Research continues to expose just how bad the sweet stuff is for our bodies: One recent study at the University of California found that drinking sugary beverages accelerates cellular aging. The study didn't specifically call out skin, but we know that when our cells age, skin ages, says Baumann.

So it's no wonder dermatologists are 100% behind the movement toward a diet lower in sugar and refined carbs like white bread and pasta, which cause blood sugar spikes that can damage your skin's collagen and elastin. A goal to shoot for: Cap your sugar intake at 6 teaspoons per day.

## SUNSCREENS

