



## MINIMALIST



[01] — CLEANSE  
Use: GENTLE LIQUID SOAP

## ANTI-AGING SKIN CARE: WHAT'S RIGHT FOR YOU? —

Some of us **fantasize** about one product that does it all: erases fine lines, fades spots, tightens a slack jaw. (Let's call that being a **minimalist**.) Others are determined to leave no anti-aging stone unturned and think nothing of layering on multiple products before bed. (They're **maximalists**.) The good news: Either way, your skin can age gracefully. To find out how, **keep reading**

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PHOTOGRAPHED BY — JUSTIN FANTL

[02] — PROTECT/HYDRATE  
Use: MOISTURIZER WITH SPF



[03] — TREAT  
Use: ANTI-AGING CREAM





# IN THEIR NEW BOOK, *Your Medical Mind:*

*How to Decide What Is Right for You*, physicians Jerome Groopman and Pamela Hartzband posit that when it comes to making health decisions, your psyche is key. Minimalists think less is more; maximalists seek every ounce of treatment. Now, making skin-care choices isn't as serious as, say, treating high blood pressure. But the same principle applies. If you scoff at doing more than two steps before bed (which, by the way, is the absolute minimum for real results), investing in a complicated regimen is a waste. On the other hand, if you intend to fight fine lines with vigor, a two-stepper won't cut it. The goal? To find a plan that harnesses your personality rather than asks you to transcend it. Lucky for you, that plan's right here. Identify your skin type (more.com/skintype can help) and your personality: minimalist vs. maximalist. Then get ready to make the most of your skin.

## [ SKIN TYPE ] \_\_\_\_\_ **COMBINATION**

"Combo is the new normal," says New York City plastic surgeon Adam Kolker, who points out that approximately 70 percent of adult women fall into this category. Increased stress levels coupled with worsening pollution and stronger UV rays (thanks, depleting ozone layer) may be factors in the reason that otherwise normal types are developing split-personality complexions, says Kolker. The usual combination-skin division: oilier in the T-zone (nose, chin, forehead) and normal to dry everywhere else. Your goal? To treat both skin types without compromising the condition of one for the other.

**[01] — CLEANSER** "Washing and rinsing use a gentle yet effective cleanser over your entire face so you don't overdry your cheeks," says New York dermatologist Debra Jaliman, author of the new book *Skin Rules*. Then, to give the oily T-zone further attention, follow with a toner that contains some kind of exfoliating ingredient (glycolic, lactic or salicylic acid) on just your nose, forehead and chin. **USE AM AND PM.**

**[02] — HYDRATE** moisturizing, you should choose something comedogenic (th

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can layer a light, top of your daily moisturizer without making your face greasy. **USE AM ONLY.**

**[04] — TREAT** Your miracle do-it-all anti-aging acne fighter should be either a tretinoin cream (the form of vitamin A in Retin-A, Avita or Refissa, all of which are good Rx options for your skin type) or retinol, the over-the-counter version of this vitamin, says Gervaise Gerstner, MD, L'Oréal Paris's

**[02] — HYDRATE** In terms of moisturizing, you should treat combination skin as if it were oily—in other words, choose something very light and non-comedogenic (that means it won't clog pores) to use all over. Hydrating serums are a safe bet, says Kolker, because thanks to their quick penetration, they have an effect without leaving the oilier spots feeling sticky. If your cheeks need extra moisture (a possibility in the winter, when skin is driest), you can also layer a richer moisturizer on just those spots.

**USE AM AND PM.**

**PEEL** "An at-home acid peel is perfect for combination skin because it works in a balanced fashion, decreasing oil in the T-zone and helping shed dry, flaky skin in other areas," says Kolker. Use one or two times a week in the evening, clearing the way for your end-of-day treatments. **USE PM ONLY.**

consulting dermatologist. Both forms accelerate skin-cell turnover, prevent pore clogging and get rid of old cells clinging to the skin's surface, which

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**PLUMP** The oilier parts of your face will age more slowly than your cheeks and eyes (at least all that sebum is good for something!). So to keep the areas outside your T-zone from