



Reader's digest

7 Simple Steps to Take Tomorrow Morning For Your Best Skin Ever

By: Denise Mann, MS | March 1, 2017

Shake your breakfast up



Beautiful skin starts from within. Seize the day by starting your morning with a green smoothie, says **Anthony Youn**, MD, chief surgeon at Youn Plastic Surgery in Troy, Michigan, and author of *The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look Ten Years Younger*. "Combine kale, almond milk, a dash of coconut milk, some berries, a scoop of almond butter, and a little matcha tea for a huge antioxidant boost," he says. Good news for java junkies: "Morning coffee is fine," he says. "It has

lots of antioxidants and you can add some coconut milk for medium chain triglycerides which can help rev up the metabolism."

Wash well



"Wash with an exfoliating cleanser. A combo chemical and physical scrub is best. Look for glycolic or lactic acid and/or polish beads. This will prep your skin to receive hydration," says Jessie Cheung, MD, director of the Jessie Cheung MD Dermatology & Laser Center in Willowbrook, Illinois. While an exfoliating cleanser *will* leave normal or oily skin glowing, it's not the best for daily use for those with sensitive or dry skin. If you fall in either category, you may want to skip the morning wash altogether. Follow these skincare tips if you have oily skin.



Tone up



Quick science lesson: pH means "potential hydrogen." This term describes the acid-alkaline ratio of your skin, and maintaining the right balance is the key to skin health. "Apply toner in order to even out the pH balance of your skin," Dr. Youn says. There a multitude of toners available for every skin type and condition. Mario Badescu offers a full line to correct any and all skin pH woes.

Smooth on serum



After toner, smooth on an antioxidant serum, Dr. Cheung says. "This will brighten your skin over time as vitamin C breaks down brown spots and helps with building collagen." A dermatologist favorite is Skinceuticals C E Ferulic. Serums have the added benefits of fighting off free radical damage during the day, to keep you looking younger, Dr. Youn says. If you have oily skin, a serum may be sufficient as they're not-cream based, if your

skin is drier you may want to forgo the serum in favor of traditional moisturizer, and if anti-aging is a top concern, you may want to opt for both, says Alisha Plotner, MD, a dermatologist at the Ohio State University Wexner Medical Center in Columbus, Ohio. These are the things that women with beautiful, ageless skin do every day.



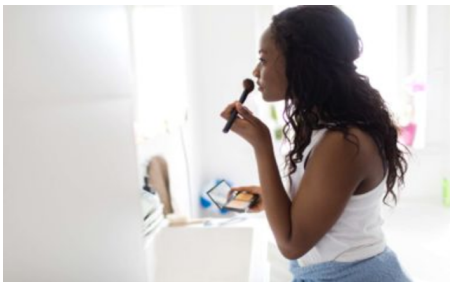
Protect your skin



Sunscreen is not just for summer months. It should be applied judiciously all year long, and the best way to make this habit stick is to do it every morning without fail. Choose a sunscreen with a sun protection factor (SPF) of 30 or higher and look for the words "Broad Spectrum" on the label. The American Academy of Dermatology suggests using a broad-spectrum sunscreen that protects against both UVA and UVB rays. Think you can skip this step

because you wear foundation? Think again. "Sunblock in makeup is generally not sufficient, Dr. Plotner says.

Put your face on



Makeup application should be your last step in your morning skincare routine. Try these makeup tips to look more energized and awake.

Remember the rest of your body



Let's face it, we all focus on our faces more than the rest of our body, so while you're waiting for your serums and SPF lotion to soak in, slather on a body lotion. "I like Vaseline Intensive Cocoa Radiant Lotion, which contains 100 percent pure cocoa butter and micro droplets of Vaseline jelly, which leaves your skin hydrated and glowing," says Brooke A. Jackson, MD FAAD, in Durham, North Carolina. (Find out the [eight showering mistakes to avoid.](#))

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