

Woman'sDay

APRIL 2017

Healthy Skin

From Morning to Night

Try these simple switch-ups for smoother, brighter skin.



Too much calcium and magnesium in water can dry out skin. A quick test with a pH strip (available at hardware stores) can help you determine if you need a water softener.

7:00 a.m.

During your shower

"High levels of chlorine in your home's water can strip skin of its oils and cause inflammation," says Elizabeth Tanzi, MD, a dermatologist in Washington, DC. So add a showerhead that helps filter it out. Try **Waterpik Universal Shower Filter** (\$29.99; waterpik.com). You can also switch to a micellar face wash, which doesn't require rinsing. Try **Yes To Cotton Comforting Micellar Cleansing Water** (\$8.99; walmart.com).



9:00 a.m.

At work

"If you're prone to melasma—dark patches on the face—LED overhead lighting gives off a type of light that can bring it on," says Mona Gohara, MD, a dermatologist in Connecticut. Protect skin with an antioxidant serum each morning like **No. 7 Protect & Perfect Intense Advanced Serum** (\$29.99; ulta.com), followed by a sunscreen with iron oxide. One to try: **SkinCeuticals Physical Fusion UV Defense SPF 50** (\$34; skinceuticals.com).



10:00 a.m.

Mid-morning

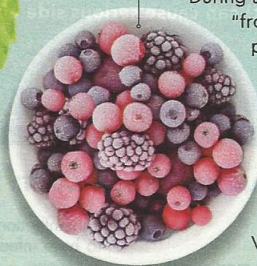
Chomping gum and sipping through a straw seem harmless but both can affect your face over time. "These habits put stress on your skin and can etch lines around your mouth," says Macrene Alexiades, MD, a New York City dermatologist. "And gum-chewing can lead to sagging jowls." So limit these actions to once or twice a week, and if you rely on gum to cut snack cravings, reach for a cup of peppermint tea instead.



12:00 p.m.

Lunchtime

Fruits and veggies are chock full of antioxidants, molecules that help protect skin from free radical damage. During the winter months, though, "frozen produce, which is picked when ripe, is richer in antioxidants that can help keep skin young than fresh produce, which has lower levels by the time it reaches your local store," says dermatologist David McDaniel, MD, of Virginia Beach, VA.



3:30 p.m.

On social media

A study found that the average amount people look down at their phone is about 150 times a day. "All this folding of your neck can lead to wrinkles and sagging," says Joshua Zeichner, MD, a dermatologist in New York City. Hold your phone at eye level and keep your chin up when checking it. Also, apply a neck cream with retinol or peptides, like **RoC Multi Correxion 5 in 1 Chest, Neck, & Face Cream** (\$29.99; at drugstores).



8:00 p.m.

Before bed

Ditch your cotton pillowcase for a silk one. "Cotton crinkles, so smooching your face up against it can lead to permanent wrinkles," says Dr. Gohara. Smooth silk reduces the friction between your face and the pillow. Try **Fisher's Finery 100% Mulberry 25mm Silk Pillowcases** (\$59 for queen size; fishersfinery.com).



24 HOURS

All day

Here's why you should forgo crash diets: "A cycle of rapid weight loss followed by significant weight gain causes facial skin to constantly stretch out then contract, which can trigger sagging," says Ava Shamban, MD, a dermatologist in Los Angeles. "Plus, when your body is low on nutrients, your skin can't repair itself as well." So stick to a well-balanced diet and exercise to stay fit *and* pretty.