



THE FINANCIAL DIET

3 Dermatologists Tell Us Their Skincare Splurges That Are Most Worth The Money

By Shammara Lawrence February 22, 2019



We all have that one thing we occasionally splurge on. For many people, it's good skincare — and it's not hard to see why. While factors like genetics and one's diet undoubtedly have an effect on the texture and behavior of someone's skin, quality skincare products and treatments can greatly reduce the frequency with which common skin problems come about. For example, if you're prone to acne because of your genetics, you may not be able to completely eradicate breakouts from cropping up on your face. But the right product (with consistent use) may dramatically cut down their presence.

You don't have search far on social media to find astonishing before-and-after pictures and videos from people sharing their skincare journey for proof of what an effective skincare regimen can do for someone's complexion. Finding those powerful concoctions, however, can feel like looking for a needle in a haystack with the sheer amount of product out there on the beauty market. To that end, many people (and not just celebrities) go to great lengths for top-notch skincare, sometimes spending hundreds in the process on all sort of products and services.

Of course, there is a slew of affordable brands with offerings that work wonders, too. But, there's nothing wrong with investing in your skincare routine if your budget allows, especially if what you're spending your money on produces amazing results. Just take it from board-certified dermatologists Dr. Anna Guanche, Dr. Amy Perlmutter, Dr. Joshua Zeichner who know firsthand the life-changing magic of



luxury skin care. Ahead, find out some of their biggest skin care splurges, and why they think they are worth every penny.

(If, like most people, you are definitely not looking for skincare in the “splurge” category, check out our roundup of affordable dermatologist-recommended products!)

2. Dr. Anna Guanche, Board-Certified Dermatologist at the Bella Skin Institute

Restorsea PRO Intensive Treatment 10x, \$195

“This amazing exfoliating lotion contains 10 times the amount of this company’s proprietary ingredient, Aquabeautine XL. This treatment fluid mimics the effects of glycolic acid and retinols without redness and flaky skin. It contains no parabens, phthalates, silicone, mineral oil, or PEGs. It is hypoallergenic and will not clog pores. I love to use this in conjunction with my Retin-A and glycolic acid creams. However, if you are just starting out you may want to try this by itself.”

Alastin Restorative Neck Complex, \$110

“This amazing neck cream stimulates collagen and Elastin (hence the name Alastin). Elastin gives that ‘rubber snap’ quality to your skin and is equally as important as collagen. This cream improves texture, fine lines, and elasticity. The patented TriHex Technology helps remove cellular debris, improves skin health, hydrates, brighten and improves redness. In addition, it also contains peptides ceramides, antioxidants, Niacinamide, phytoene/phytofluene, squalane, and bentonite.”

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