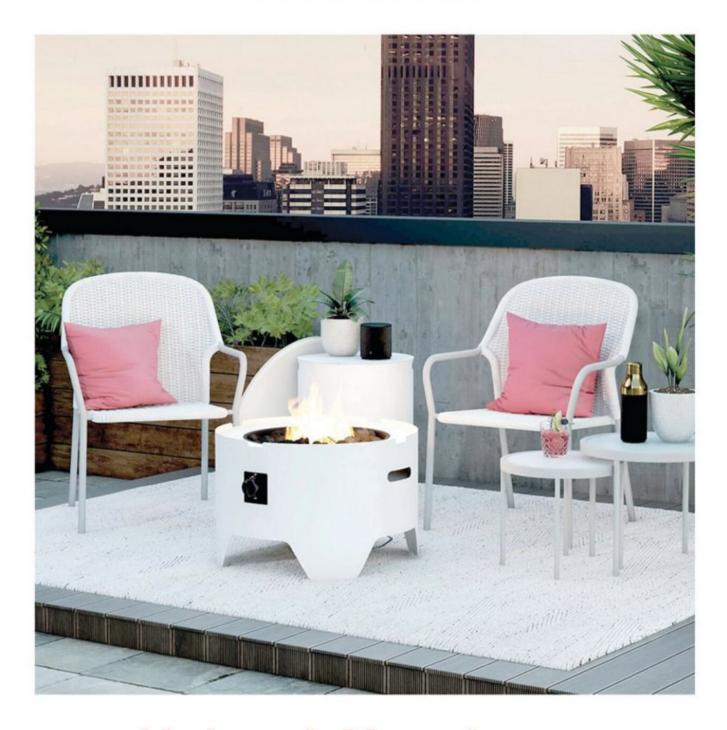




OUTDOOR COLLECTION



Unleash Your Inner Happy Hour

BAR SETS | DINING SETS | SIDE TABLES | PATIO CHAIRS | CHAISE LOUNGES | FIRE PITS



COSMOPOLITAN.COM/COSMOLIVING





nce upon a time, the phrase "great skin" signaled one thing: a mostly fair, hyper-smooth, pore-, blemish-, and wrinkle-free complexion. And like so many beauty standards of yore, this ideal was unnecessarily narrow and... totally out of touch with reality. Today's revised definition—as seen in our *Cosmo* reporting and your TikTok FYP and endless group chats—reflects a way more satisfying and accessible truth: that *all* skin has the potential to be "great skin," regardless of type or tone.

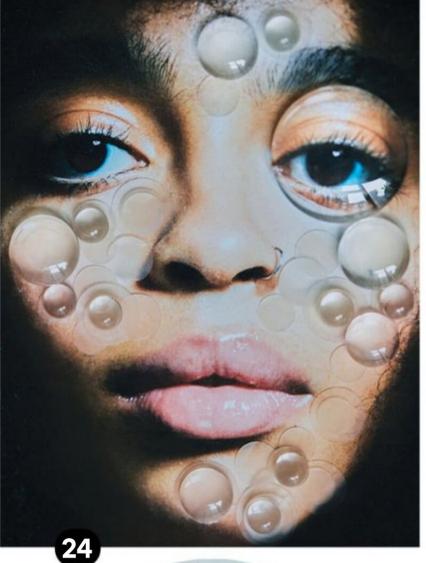
Did it take a while and a spin cycle of aesthetic #goals to get here? Yes. Are there still some reigning mega-trends out there? Sure (Exhibit A: the Hailey Bieber glow). But it's now possible (and encouraged!) to interpret these individually—to grab such inspo and make it your own. Because in the last year or two, the skincare industry has finally caught up with the shifting conversation, launching new products and treatments to help nearly every single person find a routine that works and feels best for them.

So whether your skin is naturally oily or dry or light or dark or anything in between, you can achieve whatever "great skin" means to you. And this issue will guide you through it, step by step. It's loaded with products—dreamy cleansers, lush moisturizers, hydrating serums, powerhouse retinols, and much more—for every skin type and tone. You'll also find fast fixes for tackling breakouts, expert-approved advice on dealing with hyperpigmentation, a crash course on professional treatments, and reviews of the latest skin-enhancing devices. Plus, an entire section on caring for the skin all over your body (despite what Zoom may imply, it's not just about your face).

Your personal, best-ever skin era starts now. And it's going to be truly great.

xoxo, the *Cosmo* team







Part 1 The Essentials

- 8 Face Facts
- **14** Your Ultimate Skincare Routine
- 22 Cleansers
- 24 Moisturizers
- 26 Sunscreen
- 30 Acne Care
- **38** Soothing Solutions for Sensitive Skin
- **42** Dealing With Discoloration

ents





Part 2

Next-Level Routines

50 Retinol

54 Face Serums

56 Acids

58 Pore Minimizers

62 Eye Creams

64 Toners

66 LED Face Masks

68 Dermaplaning

70 Jade Rollers

72 Professional Treatments

Part 3

Body Care

82 Neck Work

84 Total Body Glow

90 Sole Attention

92 10 Things Women With Great Skin Always Do





Face Facts

Let's first figure out your type, shall we?

ecause here's the thing: Just as no two skin types are the same, no one skin type remains the same. Your unique skin blueprint can and probably will change over time—and what matters most is what it looks and feels like right now (i.e., not how it felt in high school or college or during that super-stressful first-job breakout era). Turn the page to find your current type and exactly how to care for it.

Dry Skin

The features

"Dry skin has a tendency toward redness, scaly patches, and the feeling of tightness," says dermatologist Anjali Mahto, MBBCh BSc. This is because it produces less oil (aka sebum) compared to other skin types, explains dermatologist Ben Esdaile, MBBS. "It's why dry skin is not able to retain moisture and leads to a rough and sometimes flaky surface."

Neverskip

The single most important thing to remember when treating dry skin? Restore. Your. Skin. Barrier. Get that right, and you'll prevent a whole load of moisture loss. "Look out for ingredients like hyaluronic acid, shea butter, ceramides, and glycerin," says Dr. Esdaile. All of these work to hydrate and strengthen the skin barrier, allowing it to hold in moisture.

Stay clear of

Dr. Mahto recommends "avoiding long, hot showers, as they can strip the skin of moisture." Instead, opt for warm water and try to keep things speedy. "Only use gentle soaps and washes, and avoid unnecessary exfoliation," he advises.







Dry skin produces less oil, so it tends to look and feel rough and flaky.





Oily Skin

The features

Visible pores, shiny skin, and being prone to blackheads are all key indicators of oily skin, according to Dr. Mahto. "Having had oil-prone skin for most of my adult life, I can certainly relate," she says. "For anyone dealing with bumpy texture and pores the size of planets, I'm right here with you."

Neverskip

Retinols are basically your BFF. "They have multiple benefits including oil reduction and fighting acne," says Dr. Esdaile. Another useful active for oily skin is salicylic acid (a type of beta hydroxy acid, or BHA). These actives can be drying, so using a good moisturizer can help with this.

Stay clear of

"Oily skin can be prone to blemishes, so using products that further block pores can worsen breakouts," says Dr. Esdaile. "Heavier moisturizers containing ingredients such as paraffin, petroleum jelly, and beeswax should be avoided."

Combination Skin

The features

Some areas of the complexion are prone to dryness, while other areas are oily. "The classical distribution is oily over the T-zone [nose and forehead] of the face and dry skin around the cheeks," explains Dr. Esdaile.

Never skip

Keeping each part of the skin happy can be tricky because you have to cater to different needs. "It's still really important to hydrate combination skin using a moisturizer with ingredients such as hyaluronic acid," says Dr. Esdaile. For oily areas, "gentle exfoliants with low doses of BHAs like salicylic acid can be helpful."

Stay clear of

Balance is everything. You don't want to go for overly rich formulas that could clog pores in the T-zone, or use harsh ingredients that could strip the skin of moisture. Instead opt for milder products. "Avoid dehydrating products such as detergents and soaps, so as not to cause aggravation to the skin barrier," recommends Dr. Esdaile.



Seasonal changes can affect your skin type, making it drier in winter, oilier in summer.

Your Ultimate Skincare Routine

Because order is everything, friends.

hanks be to TikTok influencers and their approximately 47 billion posts on how and when to apply products for bringing awareness to this topic. Following the right sequence is crucial to getting the results you want (it also helps you avoid issues like breakouts and irritation). Does the following step-by-step routine kind of seem like a lot? Sure, maybe at first, but it'll soon feel like second nature, and we have full faith in you and your soon to be absolutely glowing skin.





"For ingredients to absorb properly, you need clean skin that's totally free of oil and grime," says Dr. Gohara.



Cleanser

When to use

morning and/or night

Please, for the love of the beauty gods, remove your makeup and wash your face before slathering on your products. "For ingredients to absorb properly, you need clean skin that's totally free of oil and grime," says dermatologist Mona Gohara, MD. The simplest method is to remove any makeup with a cleansing oil or cleansing balm (neither is "better" than the other; it's just personal preference). It'll dissolve all the makeup on your face without stripping your skin. Then follow that up with a gentle cleanser. (Want some recs? Flip to page 22.)

Toner

When to use

morning and/or night

"Toners are just priming your face for ingredients to be better absorbed later on," says Dr. Gohara. But if yours smells like nail polish remover or alcohol—many older products were way harsh you need to ditch it for an updated formula instead (find one on page 64).

Serum

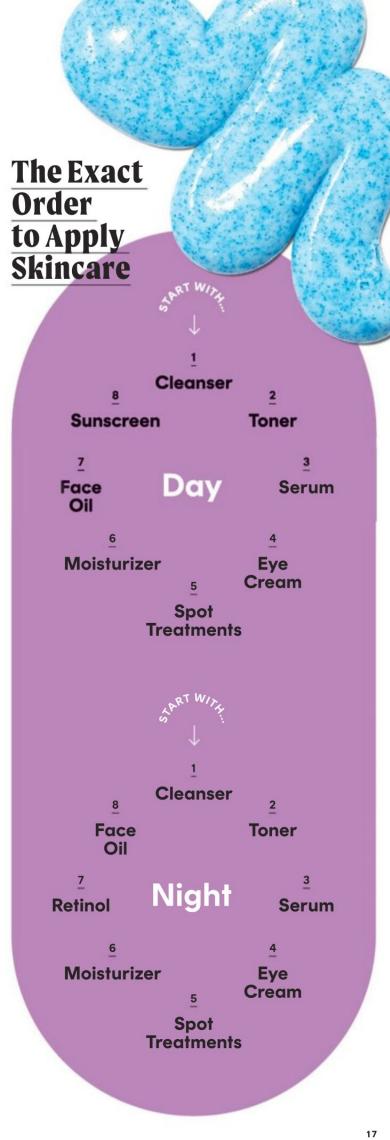
When to use

morning and/or night

"Serums are essentially shots of extremely concentrated nutrients, hydrators, or antioxidants that really amp up your skin health as soon as you apply them," says Dr. Gohara. "People often skip out on using them, but they're honestly the heavy lifters of your skincare routine."

When it comes to layering products, remember the thin-to-thick rule. "Apply the lightest first and the heaviest last, since thinner products can't penetrate thicker products," says dermatologist Shereene Idriss, MD. So you'll want to start with your watery, vitamin C serums, then layer on rich, creamy formulas after. (For more details on face serums, check out page 54.)

TIP If you're a sheet-mask fan, use it after cleansing and toning your face, then pat on the excess serum left behind (instead of your usual serum).









Eye Cream

When to use

morning and/or night

Eye creams are lighter and thinner than face moisturizers, so apply them before your other creams and oils. But an important note: While they definitely help protect the thin skin around your eyes, "as long as you're using moisturizer and sunscreen, your eye area is already getting the TLC it needs," says Dr. Gohara. (See page 62 for recs.)

Spot Treatments

When to use

morning or night

Ideally, spot treatments (whether for dark spots, zits, or scars) are best applied at night, because that's when your body is working hardest to repair itself, says Dr. Gohara. But if your nighttime routine already includes acids or retinoids, try spottreating in the morning, so you don't irritate your skin with too many products at once.

To apply, dab a thin layer over your spot or zit and wait a full minute for it to dry. Then, to prevent the treatment from getting wiped around your entire face, apply your moisturizer to the rest of your face, avoiding the spots. When your face is fully moisturized, tap a dot of moisturizer on top of the spot treatment.

TIP Follow the same procedure with pimple patches: Stick one on your zit, then carefully spread moisturizer around it to avoid moving it.







Moisturizer

When to use

morning and night

"You need to be using a moisturizer twice a day," says dermatologist Karan Lal, MD, and every other dermatologist in the world. "Your skin barrier requires moisture and hydration to stay healthy," he adds, noting that all skin types should load up on formulas rich in ceramides, glycerin, and hyaluronic acid. "A moisturizer also helps trap in all the products underneath it to make the ingredients even more effective," says Dr. Idriss.

You can use the same moisturizer morning and night, but if you plan to skip sunscreen (shame), your a.m. formula needs to have at least SPF 30. And remember to let it sink in for 5 to 10 minutes before applying makeup (if this is the end of your morning skincare routine and makeup is your next step).

Retinol

When to use

night

Derms agree: Rentinol is hands down one of the best ingredients for reversing signs of aging and giving your skin a dewy glow. Retinols speed up cell turnover, so they help improve the look of dark spots, fine lines and wrinkles, and uneven skin texture. They also rid pores of dead skin cells and excess oil, so they can help clear up acneprone skin.

Retinols can irritate your skin so start slowly—apply just once a week at first, working up to twice a week once all signs of irritation subside. If you have extra-sensitive skin, apply a layer of moisturizer 10 minutes before and 10 minutes after your retinol to reduce irritation without totally diluting the treatment. (For even more on this beauty essential, see page 50.)





Face Oils

When to use

morning and/or night

"Face oils are occlusive, meaning they seal in all the ingredients and moisture you just applied to your face to keep them from evaporating as quickly," says Dr. Idriss. On their own, oils don't really moisturize your skin, but when you layer them over products, they help increase your routine's efficacy while also leaving skin softer and smoother. Just make sure to always, always apply your oils last. Yes, last.

"Oils can easily penetrate moisturizers, serums, and treatments, but no products can penetrate an oil, which means they need to be applied last," says Dr. Gohara. And don't think that oils are just for dry skin—certain oils, like rose hip and jojoba, have been shown to regulate excess oil in acne-prone skin, while marula and aloe oils can soothe sensitive skin.

Sunscreen

When to use

morning

Oils go last, but technically, sunscreen (SPF 30+) is the absolute last step—and one that's required. "Oils are still working to penetrate and treat your skin, which is why they would go last in your skincare routine, but sunscreen isn't trying to penetrate anything—it's just there to protect your face and act as armor against the outside world," which is why it goes last, says Dr. Gohara. (For the best SPF recs, check out page 26.)

Those with oily skin should look for lightweight moisturizers in either a cream or gel-based formula to keep skin hydrated without feeling greasy.



If you've opened TikTok recently, you've likely stumbled across the very buzzy beauty term (at press time, #SkinCycling had a casual 697 million views). Coined by derm Whitney Bowe, MD, it describes a repeating four-night skincare regimen in which you rotate between an exfoliator, a retinol, and a moisturizer.

The goal: to both plumpify and glowify your skin—without going overboard. Because too much of these active ingredients can be, well, too much. "AHAs, BHAs, retinol...they're all fantastic at brightening, clarifying, and smoothing skin," says dermatologist Daniel Belkin, MD. "But they can be irritating if misused."

Skin cycling's controlled, step-by-step approach lets you incorporate the good stuff into your routine without compromising your skin barrier. And also, it's kind of fun? (Or is that just for type As?)

So anyway, yeah, it's official: The internet is onto something with this one.
Here's how to get started.

Night 1

Exfoliate with acids

Apply a leave-on serum or use a peel pad with AHAs, BHAs, and/or PHAs to dissolve dulling dead skin cells, unclog pores, and improve your skin texture. (For more intel on acids, turn to page 56.)

Night 2

Go in with a retinol

Exfoliating the night before preps your skin for this main event on night two. The collagenboosting superhero is every derm's favorite ingredient for firming skin and smoothing fine lines.

Nights 3 + 4

Take time to recover

Your face needs to rest and regroup after two nights of actives. Slather on a gentle barrierrepair cream that contains ingredients like hydrators, fatty acids, and/or ceramides.



Cleansers

Whether your skin is dry and flaky or oily and acne-prone, find the best one for you.

nother quick PSA about why it's so damn important to wash your face before bed: "Pollution particles, bad bacteria, oil, and dead skin cells cling to makeup and accumulate on the surface of your skin during the day," says dermatologist Shari Marchbein, MD. "If you don't wash them off, they can generate free radical damage in the skin, triggering everything from acne to redness and even premature aging." Not fun. Or cute.

To keep that from happening, you need a cleanser that's suited to your skin's needs. Lucky you, below is a roundup of the best face washes broken down by skin type. Keep on reading to find your new BFF.

Best face wash for Dull Skin

If you're dealing with dullness or discoloration, like melasma, dark spots, or post-inflammatory hyperpigmentation, invest in a face wash with gentle alpha hydroxy acids (like glycolic, lactic, and mandelic acid) to slough off the top layer of uneven skin, resulting in clearer, more even-toned skin.

TRY Dermalogica Skin Resurfacing Lactic Acid Cleanser, \$48, dermalogica.com

dermalogica

Best face wash for Dry Skin

Truth: Using the wrong face wash can actually dry out of your face.
As a rule, look for formulas that have a cream, lotion, or milk-like texture and contain hydrating ingredients, like hyaluronic acid, glycerin, or a moisturizing oil, says Dr. Marchbein.
And again, skip any face washes with drying sulfates. You might think they're doing amazing things for your skin, since they feel nice and foamy on your face when you're washing, but secretly, they're sucking up all the moisture, leaving your face dry and flaky.

TRY Neutrogena Hydro Boost with Hyaluronic Acid Soothing Milk Cleanser, \$11, amazon.com

Best face wash for Sensitive Skin

Skin that's prone to redness or irritation has a weakened skin barrier, and using a face wash that's too harsh can definitely make matters worse. So to prevent that from happening, you'll want to look for something labeled "gentle" or "extra gentle," says Dr. Marchbein. This means no bar soaps, scrubs, or super sudsy cleansers (sorry) with stripping sulfates. Instead, opt for creamy or low-foam formulas with hydrating and calming ingredients. Also good to know: If your skin is supersensitive, you need to wash it really only at night—then just rinsing with some water in the morning is fine, she adds.

TRY Aveeno Ultra-Calming Hydrating Gel Cleanser, \$18, amazon.com



Best face wash for Oily Skin

Washing your face removes the excess oil and dead skin cells that contribute to clogged pores and acne. Choose a face wash that has poreclearing ingredients, like charcoal, clay, or exfoliating AHAs (alpha hydroxy acids) or BHAs (beta hydroxy acids).

TRY Hanskin Pore Cleansing Oil, \$27, sokoglam.com



HYDRO BOOST



Moisturizers

All hail this VVIP.

hat's Very, Very Important Product to you. Moisturizers hydrate skin, lock in moisture, and help improve skin barrier function—all musts for happy, radiant skin.

The best facial moisturizers contain at least one humectant (an ingredient that attracts water and hydrates the skin, like hyaluronic acid or glycerin), plus one occlusive (an ingredient that forms a barrier on the skin to prevent transepidermal water loss, like wax, oil, or petroleum), says dermatologist Anar Mikailov, MD. "When combining oils with water and fatty acids or waxes, the final product tends to have a combination of properties, including humectant, emollient, and occlusive," Dr. Mikailov explains.

Once you have the basics covered, most derms suggest looking for a moisturizer with add-on "bonus" ingredients for your skin type and concerns. Depending on your specific needs, the experts say to look for niacinamide (a multitasker that minimizes the appearance of pores, fades hyperpigmentation, and regulates oil production), peptides (to plump and firm skin), squalene (an anti-inflammatory that mimics your skin's natural oils), or PHAs (polyhydroxy acids), which work on everything from acne to fine lines.

Lotions, gels, creams, balms—the consistency of your face moisturizer makes all the difference too. Dermatologist Elyse Love, MD, recommends those with oily skin stick to lighter, oil-free formulas that hydrate without feeling heavy, and those with dry and sensitive skin use heavier, balm-like formulas.

One of the biggest misconceptions is that a face cream has to cost hundreds of dollars to be effective. "Moisturizers do not necessarily need to be fancy or expensive to do a great job of keeping your skin hydrated," says dermatologist Rebecca Marcus, MD. At right, you'll find some of the best face moisturizers for every skin type—and budget.

The Top Moisturizer for Every Skin Type



Best overall

La Roche-Posay Toleriane Double Repair Face Moisturizer, \$24, ulta.com

Drs. Marcus and Love are both fans of this tried-and-true favorite, and you will be too. "It's a medium-weight moisturizer that is nonirritating and contains ceramides, niacinamide, and glycerin," says Dr. Marcus. Dr. Love also highlights the prebiotics in the formula that work to support the skin's microbiome.



Best for oily and acne-prone skin

Byoma Moisturizing Gel Cream, \$16, ulta.com

This contains brightening niacinamide and soothing green tea to help fade acne scarring—plus it has a blend of ceramides to improve skin-barrier health. The lightweight, jelly-like texture packs a major hydrating punch without clogging pores.



Best for dry skin

Doctor Rogers Face Cream, \$78, amazon.com

This rich cream won't clog pores and instead will cocoon skin in a thick layer of moisture that erases dry, rough patches and makes skin feel supremely soft and dewy, thanks to squalane and shea butter.



Best for combination skin

Skinfix Barrier+ Skin Barrier Niacinamide Refillable Restoring Gel Cream, \$40, sephora.com

This lightweight gel cream soaks in fast without any greasy residue. The combo of hyaluronic acid, niacinamide, and allantoin helps hydrate, brighten, and soothe reactive skin.

Sunscreen

No excuses, just lots of effectively awesome SPFs you'll be wearing from now on.

Il sunscreens are designed to protect skin from the damaging effects of sun exposure, and all sunscreens use either chemical or mineral active ingredients to get the job done. Chemical SPFs absorb UV rays, soaking them up sort of like a sponge and converting them into heat that is released from your skin (yes, science is magic). Mineral sunscreens do this same thing in addition to creating a protective shield that reflects and scatters harmful rays. And despite plenty of chatter that chemical sunscreen is unsafe ("It causes cancer!" "It messes with hormones!" says the internet and probably a lot of people in your feeds), the FDA—and plenty of dermatologists—are so far unconvinced. "At this time, we cannot definitively say that chemical sunscreens are any less safe than mineral ones," says dermatologist Rachel Westbay, MD. What we can definitively say is that not using any SPF at all puts you at risk for premature skin aging and, more seriously, skin cancer.



Why Everyone Needs Sunscreen

Most sunscreens don't blend into deeper skin tones, so they leave skin looking ashy or chalky, which may lead to a health threat. Yup, health threat, because—spoiler alert—melanin doesn't fully protect from the sun's damaging rays. While Black skin naturally has an SPF 13, that just isn't enough. Everyone needs to be wearing a minimum of SPF 30 Every. Single. Day. But when it's hard to find sunscreens that work with Black skin, it's easy to just skip them altogether. Hence the urgency, because when skin cancer is diagnosed in people with darker skin, it often is caught late, which means lower survival rates. So slather on the SPF every time you go outside.

Thankfully, some companies are finally formulating products that work for deeper skin tones (see right). But until more brands create solutions for a community that deserves them, everyone needs to make sure that they're checking for moles, rough patches, and dark spots in less obvious places like scalp, palms, nail beds, genital areas, and bottoms of feet.





Best mineral sunscreen

Unsun Mineral Tinted Face Sunscreen Lotion SPF 30 Medium/Dark, \$20, dermstore.com

This sunscreen from a Blackowned brand contains mineral blockers yet works on darker skin thanks to a sheer tint, non-whitening finish and easy to blend formula.



Best chemical sunscreen for face

BYOMA

Moisturizing Gel Cream SPF 30, \$23, target.com

This protects your complexion from UV rays and will give you a nice glow, thanks to hyaluronic acid, the key to plump, glowing skin.



Best drugstore chemical sunscreen

Coppertone

Every Tone Sunscreen SPF 50 Lotion, \$9, amazon.com

This lotion blends in clear—and stays clear on all skin tones. Plus, it won't clog pores.



Best chemical spray

Vacation

Classic Spray SPF 30 Sunscreen, \$19, ulta.com

This nonaerosol SPF smells like heaven, and secondly, it sprays on seamlessly for allover protection without a white cast.



There's no right or wrong choice when it comes to choosing between a chemical and mineral sunscreen. People with hyperpigmentation or sensitive and/or acne-prone skin may prefer gentler mineral options. Those who dislike heavier-feeling or visible SPF might prefer super-sheer chemical versions. The most important thing is to pick a formula that you like enough to actually put on every day. Take it from Dr. Westbay: "The safest sunscreen is one you will use diligently and reapply without issues." Here's what else you need to know when choosing one.

Opt for SPF 30+

Sunscreens with SPF 30 block 97 percent of the sun's rays, while those with SPF 50+ block slightly more. "People rarely apply the same amount of sunscreen that's used in studies that generate SPF ratings, so there can be an advantage to selecting a sunscreen with an SPF of 50+ over one with an SPF of 30," says Dr. Westbay.

Look for "broad-spectrum"

This is key for getting adequate protection, says Dr. Westbay. Sunscreens with this label protect against both UVA rays (which are primarily responsible for skin aging) and UVB rays (the ones that cause sunburn).

Water-resistant≠ waterproof

"If a product's front label makes claims of being waterresistant, it must specify whether it lasts for 40 minutes or 80 minutes while swimming or sweating," says dermatologist Corey L. Hartman, MD. After the 40- or 80-minute mark, you have to reapply. Whether you stan a mineral or chemical formula, here are some favorites.

Chemical Sunscreen

Best for dry skin

Skin Proud Serious Shade Sunscreen SPF 50, \$14, walmart.com

This ultralightweight serum is easy to apply and is also intensely hydrating.

Best for oily and acne-prone skin

Starface Clear as Day SPF 46, Invisible Sunscreen Gel for Acne-Prone Skin, \$16, amazon.com

Made with lightweight, noncomedogenic ingredients, this formula is a lightweight gel that won't clog pores or leave a white cast.

Best for sensitive skin

Vanicream Facial Moisturizer SPF 30 Mineral Sunscreen, \$15, target.com

It's free of dyes and fragrances, reducing the chance of reactions, and is also a great base for makeup.

Mineral Sunscreen

Easiest to blend

Bliss Block Star Invisible Daily Sunscreen SPF 30, \$18, walmart.com

This "invisible" formula doesn't leave much of a chalky, white cast on skin—even on darker tones. It has smoothing silicones and hydrating glycerin, so it's easy to apply and doesn't feel greasy.

Best multitasker

Relevant One & Done Everyday Cream With SPF 40, \$38, relevantskin.com

This four-in-one formula from Black entrepreneur Nyakio Grieco combines a broad-spectrum SPF 40 mineral sunscreen, a moisturizer, a serum, and a primer. Suitable for all skin tones, it won't leave a white cast.

Best spray

Beautycounter Countersun Mineral Sunscreen Mist SPF 30, \$39, beautycounter.com

Arguably the easiest-to-apply mineral sunscreen, it blends in quickly and dries down without an oily residue or chalky look.

Acne Care

This super-easy routine will work miracles.

f you've got zits, incorporating acne treatments and ingredients like salicylic acid, retinoids, and benzoyl peroxide into your skincare routine are pretty much essential for clearing your skin. And to take it even further, "your skincare routine should be adjusted based on the type of acne you have," says dermatologist Margarita Lolis, MD. "Fundamentally, everyone's skin is the same—everyone has hormonal fluctuations, oil productions, and acne-causing bacteria in their skin that could cause a huge breakout at any time," explains dermatologist Mona Gohara, MD. But some people's oil glands are more sensitive to those triggers, simply based on their genetics, causing more frequent inflammation and breakouts, Dr. Gohara adds.



Step 3

Moisturize

"Moisturizer is absolutely necessary to balance your skin's oil production and keep your skin barrier healthy," says Dr. Lolis. Yup, this is still true even if your skin is super oily. To keep your skin hydrated, focus on moisturizers and gel creams that use lightweight hydrators—like hyaluronic acid, glycerin, and squalane—and avoid thick creams that are filled with heavy oils and butters like shea butter and coconut oil.

TRY REN Clean Skincare Clarimatte T-Zone Balancing Gel Cream, \$49, amazon.com



Wear SPF

No matter your skin type or concerns, you need to protect yourself with sunscreen every single day, says Dr. Lolis. FYI: UV exposure from the sun can actually make active acne and acne scarring worse, as well as potentially lead to both premature aging and skin cancer. Make sure the formula you use (1) contains SPF 30 (or more), which is the daily minimum recommended by dermatologists; and (2) provides broad-spectrum protection against both UVA rays (the damage-causing kind) and UVB rays (the cancer-causing kind).

TRY Clinique Pep-Start Daily UV Protector Broad Spectrum SPF 50, \$25, clinique.com

Your Nighttime Routine

Step 1

Wash your face and remove makeup

Despite how tired you are, wash your face before bed. "For topical ingredients to absorb properly, you need clean skin that's totally free of oil and grime," Dr. Gohara says. Use the same cleanser you used in the morning to remove all the gunk that accumulated on your skin during the day.

Side note: If you wear makeup, experts recommend double cleansing—which is when you first use an oil-based cleanser to break down your foundation and eye makeup (don't worry; the oil won't clog your pores). After that, use your cleanser to rinse everything away. It's way more effective at cleaning your pores than a face wash alone.

TRY The Inkey List Oat Cleansing Balm, \$12, sephora.com.



KEEP IT SIMPLE

Feeling overwhelmed?
Just focus on the basics:
cleansing, treating, and
protecting with SPF. And
also make it a point to
introduce only one new
product at a time. This
creates less room for
reactivity and will make
it easier to determine
what's working for you
and what's not.

13 More Acne Hacks (You're Welcome)

If you're trying to prevent future breakouts

Ditch your makeup wipes

Sorry, but they can't effectively break down pore-clogging dirt, oil, or makeup—at least not as well as a cleanser can. And any gunk left on skin overnight is a recipe for zits.

Wash your face and body last in the shower

Hair conditioners are usually loaded with heavy oils and butters that can trigger zits when they linger on your skin. So condition your hair, rinse it thoroughly, throw it in a clip so it's out of the way, and then wash your face and body (ideally with something sulfate-free) to get rid of any poreclogging residue.

Cut out anything with fragrance

Scent—whether it's synthetic or natural—is a known irritant that can exacerbate acne.

Keep your hands away from your face

When the bacteria from your fingers mixes with oil on your skin, it's a one-way ticket to pimple town.

If you're battling a breakout right now

Sing the ABCs (twice) while you wash your face

This ensures your acne cleanser stays in contact with your skin long enough that the active ingredients (like sulfur or salicylic acid) have a chance to work their zit-clearing magic.

Area-treat with your retinoid

Most directions will tell you to apply a pea-size amount all over your face, but you can also just area-treat to avoid a full face of dryness.

Spot-treat like a pro

Do your entire skincare routine, then take a wet Q-tip and gently clean the skin on and around your zit. Then—and only then—dab on your spot treatment. This guarantees that (1) the ingredients in your spot treatment are actually able to penetrate your skin, and (2) they don't react badly with your other products.

Make an emergency appointment

If you just cannot deal with a breakout, at the first sign of an under-the-skin cyst, make an appointment with a dermatologist for a cortisone shot. They'll inject your bump with a tiny amount (it takes two seconds and is, like, a 3 on the pain scale), and the swelling and redness will be totally gone a few days later, sans lingering marks or scars.

If you're dealing with the aftermath of old breakouts

Heal raw, red skin with good ol' Vaseline

If products have sizzled off the top layer of your skin, smooth on a thin layer of petroleum jelly (like Vaseline) to create a protective shield over your skin to help it rebuild. Then wait. Your skin takes about 28 days to regenerate, so healing will be a process.

Smooth a crusty old pimple

Run a washcloth under hot water and hold it over your scabby zit to soften the skin. Then take a pair of clean tweezers (run an alcohol wipe over them to kill any germs), and gently pull any loose flakes off the zit. Tap on a little bit of gentle moisturizer, let it sink in for a minute or two, and then go in with concealer.

Replace your acne actives with brightening actives

If your breakout has healed and left you with a dark mark, put away the benzoyl peroxide and start treating said mark with niacinamide or azelaic acid instead. Both are anti-inflammatory and help regulate melanin to fade hyperpigmentation.

Try a black-tea compress on an angry cyst

Steep a black-tea bag (it's loaded with caffeine) in hot water for 10 minutes, then stick it in the fridge. Once it's nice and cold, hold it over the cyst for five minutes to shrink it and reduce redness.

Load up on the sunscreen

Post-inflammatory hyperpigmentation (like the dark marks from old breakouts) gets way darker/more noticeable when exposed to UV rays. Your best bet: SPF 30 or more every morning (yep, even when it's cloudy).



Step 2

Apply an acne treatment

The best acne treatment at night is a retinoid for acne, according to Dr. Gohara, especially if you've got cystic acne. "Retinoids speed up and regulate the shedding within your oil glands, kind of like a crossing guard that keeps things moving," Dr. Gohara explains. "Without it, the glands get lazy, they don't shed, they get plugged, and the bacteria starts feeding on the plug to create a zit."

TRY Differin Adapalene 0.1% Acne Treatment Gel, \$18, ulta.com

TIP Make sure to start small. Smooth a pea-size dab two nights a week for two weeks, three nights a week for three weeks, then every other night, or every night, indefinitely. But if you still can't tolerate retinoids, try incorporating your morning acne treatment at night instead.

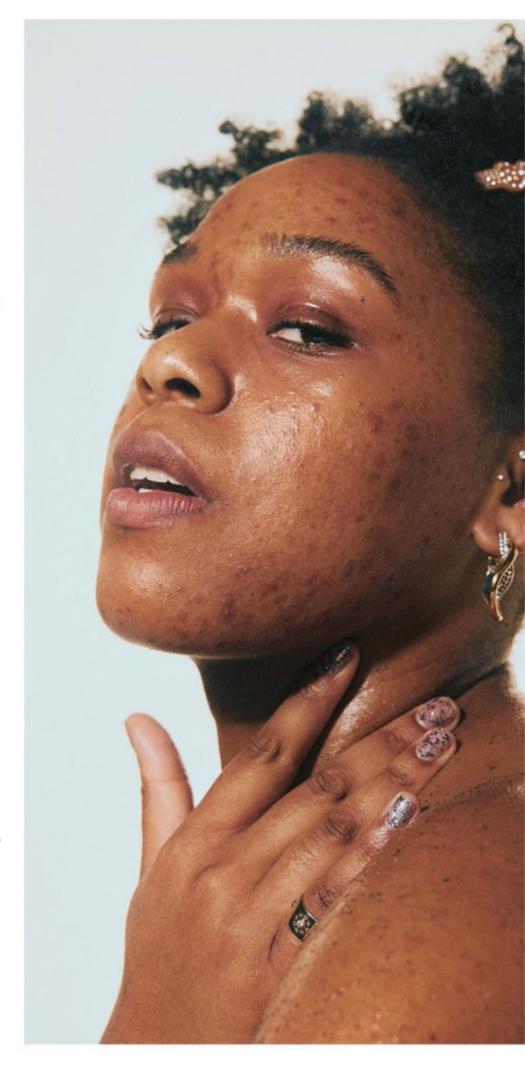
Step 3

Moisturize

Wait a minute or two after you've applied your acne treatment, and then layer the same moisturizer you used in the morning right on top. And before you ask, the answer is no, you don't need a separate night cream. Most night creams contain active ingredients, which may interfere with your acne treatment or even cause irritation.

Remember, "it's always important to consult with a dermatologist before starting any new skincare routine, especially if you have persistent acne," says Dr. Lolis. And not to be a buzzkill, but this routine won't transform your skin overnight. It will probably take anywhere from 4 to 12 weeks of consistent use before giving you any visible results. But just stick with it (unless you have a super-bad reaction, and in that case, hit up your derm for advice), and you'll be glad you did.

Remember that ACNE. IS. NORMAL. In fact, it's the most common skin condition in the U.S.—an estimated 80 percent of people deal with it at some point.





The Best Pimple Patches for Every Kind of Breakout

For a face-art moment

Starface Party Pack, \$11 for 32, walmart.com; **Squish.** Flower Power Acne Patches, \$14 for 20, amazon.com

These colorful lil cuties don't just give you main character energy, they're excellent at absorbing the white pus from pimples too. Your concealer could *never*.

For nose blackheads

Peace Out Oil-Absorbing Pore Treatment Strips, \$19 for 8, sephora.com

These hydrocolloid patches help soak up the excess oil on your nose that leads to blackheads. They're even infused with retinol to boost cell turnover and unclog pores.

For deep, angry pimples

Skin Inc Deepcare Blemish SOS Patch, \$25 for 12, lovelyskin.com

When your cystic acne is screaming at you, calm it down with these. Their tiny microneedles infuse the area with pore-clearing salicylic acid while simultaneously minimizing inflammation.

For invisible wear

Rael Miracle Patch Invisible Spot Cover, \$11 for 48, amazon.com

Pick up these ultrathin clear patches—definitely the most incognito ones out there—with tweezers and press them firmly onto your skin so that their edges lie completely flat.

For juicy whiteheads

Mario Badescu Drying Patch, \$17 for 60, ulta.com

You can legit shrink a zit in half by covering it with one of these dots overnight. The salicylic acid, tea tree extract, and niacinamide work together to dissolve gunk, kill bacteria, and calm redness.

For lingering acne scars

Peach Slices Dark Spot Microdarts, \$9 for 9, peachandlily.com

These microdart dots won't do much for active acne but can help lighten discoloration, thanks to vitamin c and niacinamide.

For a cluster of whiteheads

Hero Cosmetics Mighty Patch Surface, \$18 for 10, herocosmetics.com

Instead of applying a bunch of individual stickies, save yourself time and money with an XL patch (it can successfully cover multiple breakouts) so you can stop picking and start healing.

For scabby wounds

Neutrogena Stubborn Acne Ultra-Thin Blemish Patches, \$8 for 24, amazon.com

You've squeezed, you've bled, and now you need these. These easy-to-apply patches help absorb excess fluid from a picked zit or popped pimple and significantly speed up healing time.

For a full-face zituation

Zitsticka Face Map Targeted Extraction Patches, \$18 for 2 sets of 7, zitsticka.com

When your entire face is losing its shit, cleanse your skin, pat it dry, then stick on all seven (!) Salicylicacid-spiked hydrocolloid patches before bed to help soothe and reset your skin.

Soothing Solutions for Sensitive Skin

Goodbye, redness and itchiness, you will not be missed.

ou've been there: After trying that new product that your best friend (or, like, your Instagram feed) convinced you to buy, you're left with red, irritated, and burning skin. The hard truth? If you've got sensitive, easily irritated skin, you need to take extra caution when making changes to your routine.

"Not every product is made for everyone," says dermatologist Ranella Hirsch, MD. "If your skin becomes inflamed or stings after using a formula, especially one that contains fragrance, alcohol, or harsh exfoliants, your skin is considered sensitive." The good news, though, is that there are tons of gentle products out there. So to make just one thing easier on you and your face, flip the page for the best sensitive-skin-friendly products.





Makeup Remover

Avène Micellar Lotion Cleansing Water, \$18, walgreens.com

Unlike makeup remover wipes (which can lead to irritated, broken-out skin), this gentle, no-rinse cleanser, toner, and makeup remover doesn't contain any alcohol, soap, or oil. Plus, it's spiked with soothing ingredients like chamomile and hyaluronic acid that hydrate your skin as you're cleansing.





Foaming Face Wash for Oily Skin

Olay Cleanse Gentle Foaming Cleanser, \$9, walmart.com

This ultra-gentle face wash is ideal for hypersensitive, yet oily, skin, thanks to its simple ingredients (no soap, oil, or fragrance here) and foaming texture. Lather it up morning, night, or both to give your skin a soft-but-effective cleanse.



Cleansing Milk for Dry to Normal Skin

Stratia Velvet Cleansing Milk, \$16, stratiaskin.com

Stratia is obsessed with formulas that just work, and this milk uses water-soluble olive oil, rice bran oil, and aloe vera to remove makeup, dirt, and grime while leaving your skin's natural oils in place without drying or stripping. Yes, please!



Eucerin Redness Relief Night Creme, \$10, amazon.com

Got red, easily irritated skin? Slather on this luxuriously thick moisturizer before you jump into bed, and the fragrance-free and noncomedogenic formula will soothe your sensitive skin with ingredients like redness-reducing licorice root extract and hydrating glycerin.



Daily Moisturizer

Dermalogica Calm Water Gel, \$55, ulta.com

A cocktail of sensitive-skin-friendly ingredients makes this daytime moisturizer a must-have for easily irritated skin. Think: apple fruit extract (which helps soften your skin), ultra-hydrating glycerin (which sucks moisture into your skin barrier), and skin-soothing cactus pear (to lightly calm irritation).



Soothing Serum for Sensitive Skin

Dr. Andrew Weil for Origins Mega-Mushroom Relief & Resilience Advanced Face Serum, \$86, origins.com

This face serum is packed with the skin-repairing reishi mushroom and redness-soothing chaga and cordyceps mushrooms that are typically used in Chinese medicine to help heal irritated, out-ofwhack skin.





Eye Cream

Burt's Bees Calming Eye Cream with Aloe and Rice Milk, \$13, amazon.com

Hot take: Eye cream isn't a useless step in your skincare routine—it's actually super important, especially if you've got sensitive skin, since the area surrounding your eyes is not only thin but also easily irritated by the wrong products. This fragrance-free formula, which is made with moisturizing cotton extract and olive fruit oil, will do the trick. (Burt's Bees not the right one for you? Check out p. 62 for more options.)



Sunscreen

Neutrogena Sensitive Skin Mineral Sunscreen With Broad Spectrum SPF 60+, \$30, amazon.com

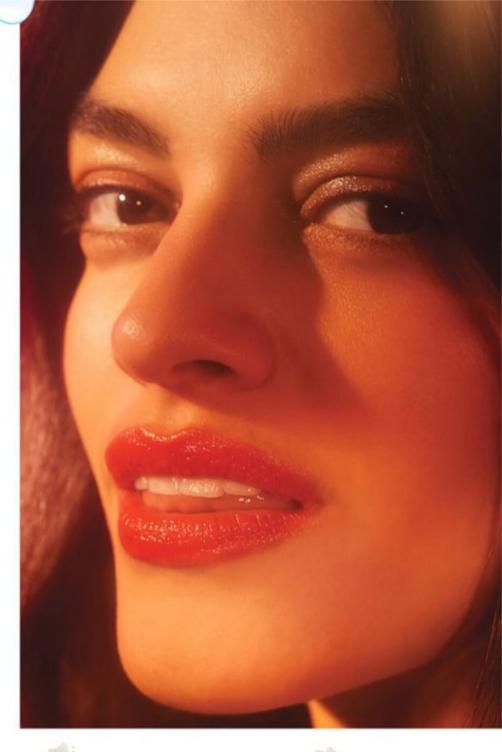
Sunscreen is a nonnegotiable for sensitive skin and, let's be real, all skin—and this fragrancefree and hypoallergenic formula is lightweight, nonirritating, and supereffective. Prepare to slather this one on daily.



Retinol

Cocokind Beginner Retinol Gel 0.1%, \$27, cocokind.com

This contains just enough retinol to make it easy to tolerate for beginners but still effective if you're a retinol vet, plus it combines a whole host of skin-soothers like aloe extract, allantoin, and centella asiatica to help calm down any potential irritation. Fans report zero irritation, plus they love how lightweight the gel texture is. It still leaves skin feeling moisturized (ty, squalane), so you won't need to slather heavy moisturizers on top to avoid peeling or dryness.

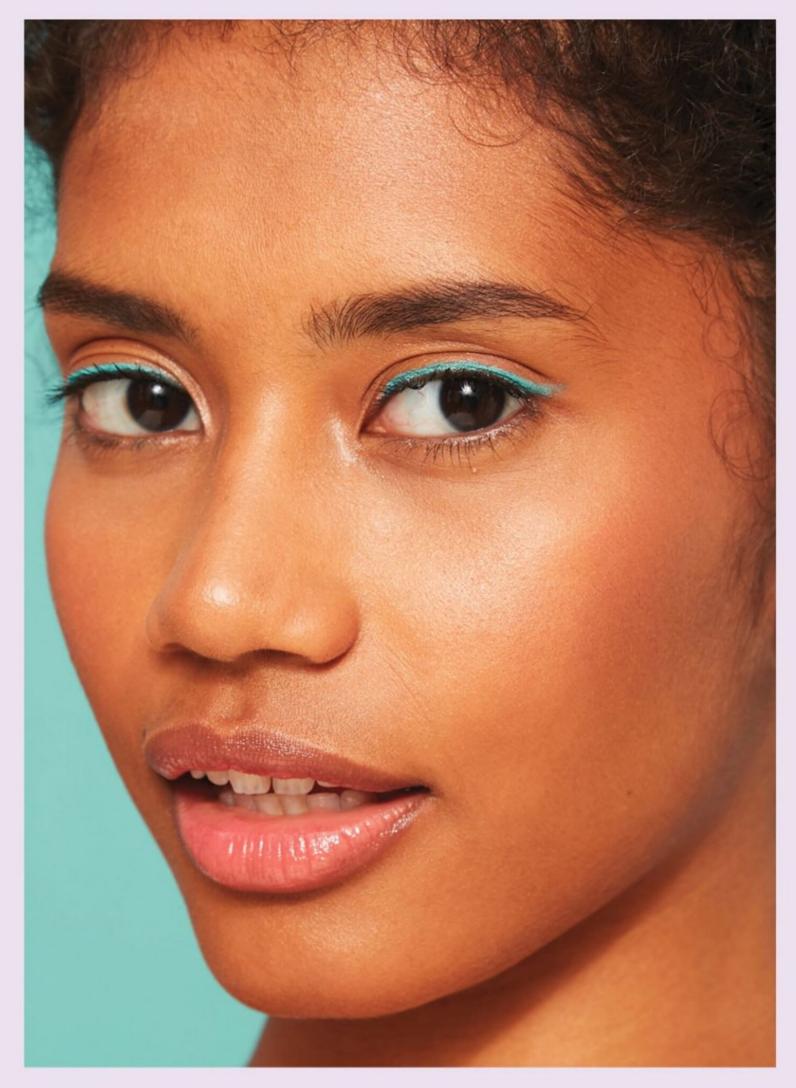




Dealing With Discoloration

Hyperpigmentation, melasma, and sun spots require special care.

ou know discoloration as the dark spots that creep up out of nowhere to camp out on your face. They're very common and totally normal, but they can also be extremely stubborn—and frustrating. Which is why, if you'd like to treat yours, you need this comprehensive info. Here's how to kick 'em out for good.



The Three Most Common Kinds, Explained

Because you can't treat discoloration until you know what type you have.



Melasma

What it looks like

It shows up as brownish or grayish patches that appear most often on your cheeks, nose, chin, forehead, or the area above your upper lip, says dermatologist Uchenna Okereke, MD.

Why it happens

Sun exposure and hormones, mostly—hence why you may hear melasma called a "sunstache" or a "pregnancy mask." Other culprits include birth control pills, inflammation, excessive heat, and genetics.

Who gets it

About 90 percent of people with melasma are women, mostly in their 20s to 40s, says Dr. Okereke. And "people with darker skin tones have more active melanin-producing cells in their skin, making them more prone to melasma." (Melanin, FYI, is the thing that gives color to your skin and hair.)





Your DIY Game Plan

"It's all about building a routine for your skin type and the kind of hyperpigmentation you have, and then being consistent with that routine," says dermatologist Shari Marchbein, MD. That starts with being religious about these four steps:

Step 1

Cleanse

Ditch the harsh scrubs and stripping washes (reminder: inflammation can trigger hyperpigmentation) for a gentle, sulfate-free option.

TRY Shani Darden Skin Care

Cleansing Serum, \$38, shanidarden.com

Step 2

Treat

This is where your serums with active ingredients (like vitamin C, retinol, and niacinamide) come into play.

For melasma:

TRY SkinCeuticals Discoloration Defense, \$108, dermstore.com.

For PIH and sun spots

TRY Neutrogena Stubborn Marks PM Treatment, \$25, target.com

Step 3

Moisturize

Hydrated skin is happier and healthier and has a stronger skin barrier, all of which are key for minimizing hyperpigmentation. Keep things simple—and effective—with a lightweight lotion that has hyaluronic acid and ceramides. They'll draw moisture to your skin and lock it in for hours.

TRY CeraVe Daily Moisturizing Lotion, \$15, walgreens.com

Step 4

Protect

If you're not committed to daily sunscreen, whatever else you're doing to treat your hyperpigmentation is pointless, since UV is one of its main causes. "Find a formula you like that's got SPF 30 or more and stick to it," says dermatologist Jennifer David, DO.

TRY EltaMD UV Daily Broad-Spectrum Facial Sunscreen SPF 40, \$36, bluemercury.com



Post-Inflammatory Hyperpigmentation (PIH)

What it looks like

Dark spots, streaks, or scars in areas where skin has been irritated, inflamed, or injured, says dermatologist Jason Emer, MD.

Why it happens

The name kinda says it all: Inflammation, which happens after your skin experiences any type of trauma (from things like acne, zit picking, rashes, or eczema), leads to an overproduction or irregular dispersion of melanin—and that process can leave a visible mark behind, says Dr. David.

Who gets it

PIH is definitely more common in people of color, especially those with sensitive or breakout-prone skin, but it can affect anyone, according to Dr. David.



Sun Spots

What they look like

Smallish (typically the size of a pencil eraser) tan or brown spots in areas that get chronic sun exposure, like your face, chest, and hands, says Dr. David.

Why they happen

Both prolonged UV exposure sans SPF (from, say, a beach weekend) and incidental exposure (from, say, driving in the car or going for a walk) can cause these marks, especially as sun exposure adds up over time. The marks can start appearing as early as in your 20s.

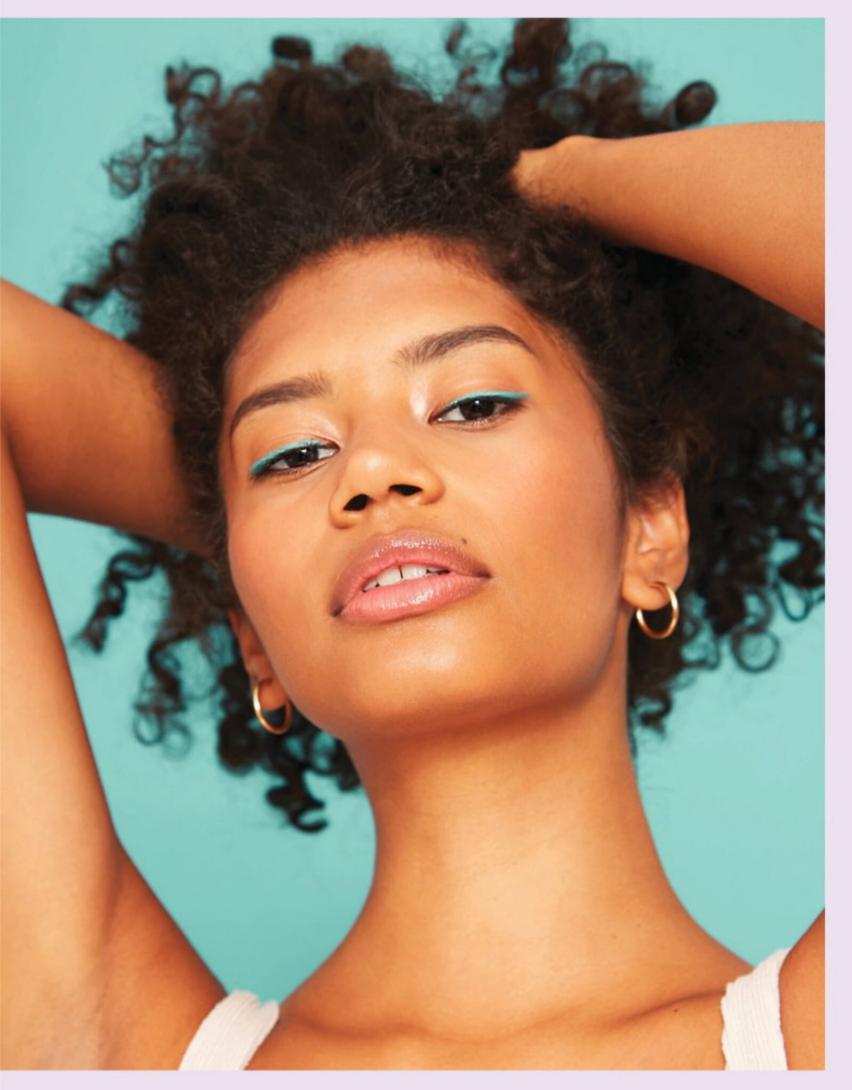
Who gets them

Lighter skin tones are at higher risk, but anyone who skimps on regular SPF can get them.

Just a heads-up... Your dermatologist may recommend chemical peels or laser treatments to treat hyperpigmentation. "Peels and lasers are powerful and should be used cautiously, particularly on patients with darker skin types, to avoid irritation and further discoloration," says Dr. David. So only ever book a treatment with a board-certified derm or plastic surgeon, and be sure to ask to see before-and-after pics of patients with your skin tone.

(For more intel on these in-office treatments, flip to page 72.)

The most common causes of dark spots are sun exposure, physical injury (cuts, bruises, picking at your zits), and genetics (ty, Mom and Dad!).







Retinol

Derms call this ingredient the GOAT for good reason.

et's start with a quick explainer on how this supremely effective stuff works. Retinoids is an umbrella term for all vitamin-A derivatives, including retinol (and Retin-A, the prescription version), that trigger collagen and elastin production—two proteins in skin that make it plump and firm and boost cell turnover (aka your skin's natural renewal process) for brighter, clearer, healthier-looking skin. "Retinoids sink into your skin to speed up cell turnover, causing your body to churn out fresher, smoother, less wrinkled skin over time," explains dermatologist Mona Gohara, MD. Basically, retinol is pure gold when it comes to improving skin texture and tone.



How to Maximize Your Results

Here's what you need to know when selecting a retinol cream.

Choose the formula best suited to your skin type

Retinols come in both cream and serum formulas, though the ideal one for you largely depends on your skin type, says dermatologist Kiran Mian, DO. "For those with sensitive or dry skin, a retinol cream or oil is often preferred, while those with oily skin or acne-prone skin may benefit from a retinol serum since they tend to be more lightweight." Those with oily skin may be able to skip an OTC retinol cream entirely and go to using an Rx retinol cream, gel, or serum, says dermatologist Shari Marchbein, MD.

Think about the other ingredients

The best retinol creams will contain retinol as well as other ingredients tailored to your skin type and skin concerns. For example, if you have dry skin and want to plump fine lines, a retinol cream that contains hyaluronic acid would be a good choice. If your primary skin goal is brightening, a retinol cream with niacinamide or vitamin C is the move. And if you want to improve skin texture and reduce pore size, look for a retinol cream that contains exfoliating acids like glycolic acid or lactic acid.

Start off low and slow

When shopping for a new retinol cream, it's best to begin with the lowest percentage you can find, and then work your way up to a higher concentration—especially if you have sensitive skin or are new to using retinol, says licensed aesthetician Victoria Russo. You'll want to use it sparingly as well, so "start by using your retinol cream every other night for a few weeks and increase the usage as the weeks go on," advises Russo.

Opt for a fragrance-free product

Fragrance, whether it's synthetic or naturally derived, can be potentially irritating when used in skincare products. Play it safe and look for a fragrance-free retinol cream to minimize chance of flaking, redness, or sensitivity.

Consider a prescription formula

Retinols are available in both OTC and prescription versions, which is what most dermatologists recommend. "Prescription retinoids like tretinoin—like Retin-A or Tazorac—are the gold-standard for anti-aging, collagen-promoting, and treating acne," says dermatologist Amy Wechsler, MD. "Over-the-counter retinoids try to mimic the effects of the retinoids, but they are much less powerful." That said, OTC retinols, which come in varying strengths, still have major benefits.

Don't overdo it

Usually, it takes a minimum of three months to see some reduction in fine lines and overall skin improvement, and trying to speed up the process or use a too-strong formula will only irritate the hell out of your face. Weaker retinoids take longer (but are more tolerable), while stronger retinoids work faster (but with way more redness and flakiness).



Best Retinol for Every Skin Type

Best overall

Skinbetter Science AlphaRet Overnight Cream, \$135, skinbetter.com

This retinol cream gives comparable results to Rx options like Retin-A or Altreno. Dr. Marchbein says, "AlphaRet contains so many great ingredients, including anti-agers like retinol and glycolic acid, plus antioxidants and hydrators like niacinamide, squalane, and hyaluronic acid." And because of the added glycolic acid, most people see a glow the next morning after using it, says licensed aesthetician Victoria Russo. "There's some instant gratification, which isn't typical with retinol products."

Best for dry skin

Paula's Choice Resist Intensive Repair Cream with Retinol, \$38, dermstore.com

Retinol can be notoriously drying, so if you have dry skin, it's important to look for a formula that's packed with hydrating and moisturizing ingredients like this cream. In addition to retinol and line-smoothing peptides, it uses a blend of jojoba oil,

hyaluronic acid, and fatty acids to nourish and plump skin for an ultra-glowy look.

Best for sensitive skin

CeraVe Skin Renewing Retinol Serum, \$27, ulta.com

Dermatologist Jessie Cheung, MD, loves this because it uses encapsulated retinol, which "allows for deeper penetration and sustained release, making it a great formulation for sensitive skin." She continues, "You are able to deliver the active ingredient where you want it to work, deep in the skin, and this lessens any potential irritation at the surface." Plus, it contains a whole slew of moisturizers, like ceramides, hyaluronic acid, and vitamin E.

Best for oily and acne-prone skin

Differin Adapalene Gel 0.1% Acne Treatment, \$16, target.com

This OTC version of the prescription-strength Differen 0.3% is "a great retinol for treating acne, and it also provides anti-aging benefits," says Dr. Marchbein. It contains a specific type of retinoid called adapalene that regulates cell turnover to keep pores clear and reduces redness and inflammation over time.

Best for discoloration

SkinMedica Even and Correct Dark Spot Cream, \$88, dermstore.com

This tiny tube is expensive so you definitely don't want to use

this as an allover treatment, but it's great for dark marks, melasma, and other areas of discoloration without sensitizing skin or causing a reaction with other actives you may be using in your skincare routine.

Best for acne scars and marks

Hero Cosmetics Rescue Retinol Nighttime Renewing Cream, \$21, amazon.com

The only thing worse than breakouts? The annoying acne scars and marks that they leave behind. Luckily, this retinol cream can help fade those marks without irritating your skin. It brings new, undamaged skin cells to the surface, while allantoin and squalane help soothe and moisturize damaged skin.

But do I even need it?
Well...yes.
If, that is, you want a proven way to treat your breakouts and stubborn forehead lines.
Or if you just want smoother, bouncier skin.

5 Genius Tricks for Thriving During Your First 5 Weeks on Retinol



Hit pause on your other actives

This includes any cleansers, serums, or moisturizers that contain AHAs and BHAs. Too many exfoliating ingredients + retinol = a recipe for redness and inflammation. So cut out this stuff a week before starting retinol, says dermatologist Uchenna Okereke, MD. Once your skin starts to adjust, usually in about four to six weeks, you can add them back in one at a time.



Ease into it

"Start off using retinol just one night your first week. Then go to twice a week for two weeks, then three times a week for three weeks, and so on," says dermatologist Elyse Love, MD. The goal is to work your way up to nightly use without causing irritation and flaking. For people who are ultrasensitive and can't get past the twice-a-week mark without their skin staging a revolt: Don't worry, you'll still get some benefits even with a lower frequency, says Dr. Love. Her motto: "Some retinol is better than no retinol."



Build a lil sandwich

Pretend your moisturizer is the bread and your retinol is the filling. "At night, first apply a thin layer of a gentle moisturizer, wait a minute or two, apply a thin layer of retinol, and then seal it all in with another thin layer of the same moisturizer," says Dr. Love. This creates a buffer between the product and your skin, so it will be able to tolerate it better.





Make vitamins your friend

No, sorry, not the gummy kind, but an a.m. moisturizer with ingredients like niacinamide, panthenol, and vitamin E.

TRY EltaMD Skin Recovery Light Moisturizer, \$44, dermstore.com

It will beef up your skin's protective barrier. Using one before and throughout retinol treatment means your face is less likely to turn into a blizzard of flakes.



Try short-contact therapy

This application method is ideal for anyone with extremely sensitive skin, says Dr. Love. She explains how it works: "Apply your retinol to clean skin and leave it on for one hour. Then wash it off and moisturize your face. Over the next several weeks, you can slowly increase the amount of time the retinol is left on the skin, with the goal of working up to overnight use."



good face serum contains a high percentage of active ingredients that are designed to address specific skin concerns. Besides being extremely effective, they have a thin consistency so they're able to easily penetrate and help skin, delivering noticeable results pretty quickly. Here are the ingredients to look for—and some solid serum recs to try—to target any issue you're facing, from dry to sensitive skin.

For dark spots and discoloration

LOOK FOR vitamin C, AHAs, kojic acid, tranexamic acid

TRY Biba de Sousa The Meta C Serum, \$75, bibalosangeles.com

This serum contains a blend of three oil- and watersoluble forms of vitamin C and collagen amino acids to improve the appearance of uneven skin tone and dull, dehydrated skin.

For fine lines and wrinkles

LOOK FOR retinol, bakuchiol, glycolic acid, growth factors, peptides

TRY Shani Darden Skin Care Retinol Reform Treatment Serum, \$88, sephora.com

Retinol is one of the best ingredients out there for treating signs of aging (like fine lines and dark spots), but not all formulas pack the same punch. (For the lowdown on this powerhouse ingredient, flip to page 50.) This serum combines a stable, encapsulated form of retinol with AHAs to improve skin tone, texture, and elasticity without drying or irritating.

For acne

LOOK FOR salicylic acid, zinc, niacinamide, benzoyl peroxide

TRY Naturium Niacinamide Face Serum 12% Plus Zinc 2%, \$24, walmart.com

Instead of using potentially drying actives like benzoyl peroxide or salicylic acid, this super-gentle formula contains niacinamide to regulate oil production, minimize the look of large pores, calm redness and inflammation, and reduce acne-causing bacteria on the skin.

For dryness

LOOK FOR hyaluronic acid, glycerin, ceramides, urea, squalene

TRY La Roche-Posay Hyalu B5 Pure Hyaluronic Acid Serum, \$40, target.com

This is an excellent-quality hyaluronic acid serum, especially for the price, says dermatologist Margarita Lolis, MD. Hyaluronic acid draws moisture to the skin to give it a plump, dewy effect, and vitamin B5 helps boost the hydrating effects of the hyaluronic acid.

For sensitivity

LOOK FOR ceramides, allantoin, aloe vera, calendula extract

TRY Cocokind Ceramide Barrier Nourishing Daily Serum, \$22, ulta.com

If you're dealing with redness, inflammation, or dry, flaky texture, this face serum is a must-try. It's designed to repair and restore your skin's protective barrier (key for healthy, glowing skin), thanks to a blend of ceramides, squalane, and fatty acids.



Three Main Types of Exfoliating Acids



AHAs (alpha hydroxy acids)

These can tackle everything from fine lines to dark spots by exfoliating the top layer of your skin, says dermatologist Elyse Love, MD. While there are lots of AHAs, these five should be on your radar.

Glycolic Acid

It has teeny-tiny molecules, which allow it to easily penetrate skin. Translation: It can really get in there to loosen the glue that holds dead skin cells together, minimizing the look of pores, smoothing fine lines, and fading hyperpigmentation. (P.S. It can also boost collagen production.)

▶ Lactic Acid

A bit gentler than glycolic with some hydrating abilities, this is a great option for dry skin types. And it's a go-to for smoothing rough, uneven texture.

▶ Tartaric Acid

Its larger molecules mean it's good for sensitive skin. Another bonus: It has antioxidant properties that can help protect against the damaging effects of pollution and blue light.

The Best to Use at Home

Cleanser

Skinfix Acne+ 2% BHA + Azelaic Acid + Niacinamide + AHA Cleanser, \$35, sephora.com

This is ideal for treating and preventing acne, thanks to a blend of salicylic,

glycolic, and azelaic acids (that last one is a very mild exfoliant that's also antibacterial and anti-inflammatory).

Toner

L'Oréal Paris Revitalift Derm Intensives 5% Pure Glycolic Acid Peeling Toner, \$17, walgreens.com

Made with a combo of 5 percent glycolic acid and aloe vera, this toner exfoliates, clarifies, and moisturizes skin.

➤ Mandelic Acid

Another solid option for sensitive types, it penetrates skin slowly to minimize irritation. Its powers include fading discoloration (use it for acne marks and melasma) and having antibacterial and anti-inflammatory properties.

Malic Acid

A great supporting ingredient that plays nice with other acids, it exfoliates gently while drawing moisture to your skin.



BHAs (beta hydroxy acids)

The big one here is salicylic acid, says Dr. Love. It's a great exfoliator and also exceptionally good at dissolving stubborn oil and other buildup in pores, making it a gem for treating breakouts. It can even help curb oil production and reduce inflammation, which is why you see it in just about every acne product ever.



PHAs (polyhydroxy acids)

Aka the gentlest of them all. "PHAs are great for those who want the brightening and smoothing effects of an AHA but haven't been able to tolerate one," explains Dr. Love. They can help boost the effectiveness of other skincare ingredients too. The three most common ones are gluconolactone, galactose, and lactobionic acid.

Serum

OleHenriksen Dewtopia 20% Night Treatment, \$60, sephora.com

Apply a few drops to clean skin before bed and let the AHAs and PHAs work their brightening and line-smoothing magic while you sleep.

Moisturizer

Peach Slices Acne Oil-Free Moisturizer, \$13, ulta.com

The hydrating hyaluronic

acid and 0.5 percent salicylic acid in this lotion keep pores clear and skin breakout-free.

Mask

Renée Rouleau Triple Berry Smoothing Peel, \$89, reneerouleau.com

Salicylic acid and AHAs (mandelic, lactic, tartaric, and malic acids) in this rinse-off mask visibly smooth, soften, and brighten skin. It's basically a facial in a jar.

Pore Minimizers

Welcome to this new frontier of skincare.

if you spend hours on FaceTime or Zoom, but in fact, they're the MVP of healthy skin function. "Pores are the visible openings of the hair follicles to their connected oil glands," says dermatologist Shari Marchbein, MD. Without them, skin would look and feel dry and flaky. Their size is genetically determined, Dr. Marchbein notes, but they can look bigger if they become clogged with dirt, oil, and bacteria or if the collagen around them weakens (from, say, age or sun exposure). There's definitely nothing wrong with larger pores, but if you want them to appear less noticeable—and hey, you do you—turn the page to find out how.





Tip #1

Wash your face two (maybe even three) times a day

"Not cleansing your skin properly or consistently can lead to buildup and worsen the appearance of large pores," says dermatologist Lindsey Yeh, MD. In the morning, wash with a cleanser and lukewarm water that will help open up your pores.

TRY Banila Clean It Zero Cleansing Balm Original, \$19, ulta.com

Before bed, do a double cleanse, especially if you wear makeup: Start with a cleansing oil.

TRY Biossance Squalane + Antioxidant Cleansing Oil, \$32, biossance.com.

It may sound counterintuitive, but "oil-based cleansers effectively remove makeup and also help break down clogged pores and blackheads," says Dr. Yeh. Then follow up with the same cleanser that you used in the morning.

Finally, always wash your face after you work out. Your pores dilate with heat and sweating, makeup, and dirt, and bacteria can get trapped inside them, making them look more visible, explains Dr. Marchbein.

Tip#2

Go for an exfoliating toner

Different toners serve different purposes—and you'll want to find the one that's right for your skin (see page 64 for more on those). You want one with exfoliating acids. AHAs (alpha hydroxy acids) or BHAs (beta hydroxy acids) can be a major game changer: They help dissolve the glue that holds together pore-clogging dead cells on the surface of the skin and improve skin texture.

TRY REN Clean Skincare Ready Steady Glow Daily AHA Tonic, \$40, sephora.com or **Paula's Choice** Skin Perfecting 2% BHA Liquid Exfoliant, \$35, paulaschoice.com

Tip#3

Check your products for pore-clogging ingredients

Make sure it says "noncomedogenic," which means it's free of potentially pore-clogging ingredients. Run the ingredients through a pore-clogger checker, like those provided by facialists Biba de Sousa (bibalosangeles .com) and Sofie Pavitt (sofiepavitt.com).

Tip#4

Wear sunscreen, always

Dr. Marchbein says exposure to UV light can damage the collagen that surrounds the walls of pores, leading to larger-looking pores. To minimize them, apply a broad-spectrum, oil-free formula with an SPF 30 or above every single day. (For more info on this beauty essential, turn to page 26.)

TRY MDSolarSciences Mineral Crème SPF 50 Sunscreen, \$30, amazon.com

Tip #5

Make retinol a part of your routine

To stimulate collagen production and strengthen the walls of the pores, Dr. Marchbein suggests using a retinol in your skincare routine, either an Rx retinoid from your derm or an over-the-counter version. (Want to know more? Check out page 50.)

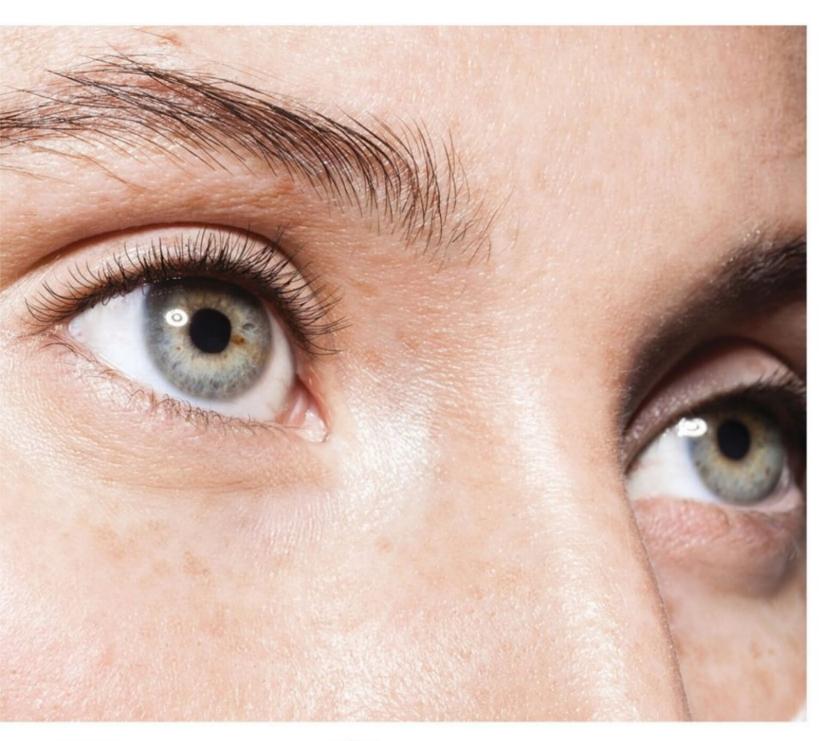
TRY COSRX The Retinol 0.1 Cream, \$27, ulta.com

Tip#6

Use a primer

Prepping with a primer before applying makeup will help reduce the appearance of pores so that foundation lays smoothly on top.

TRY Thrive Causemetics Filtered Effects Blurring Primer, \$36, thrivecausemetics.com



Eye Creams

Should you really? Absolutely. Here's why.

ye creams are specially designed for the extradelicate skin under the eyes. so they're packed with gold-standard ingredients powerful enough to smooth fine lines, reduce puffiness, and maintain a healthy skin barrier. One of the most important are humectants. which pull water from the environment into the upper layers of the skin, giving it a plump, dewy look, explains cosmetic doctor Ana Mansouri, MBBS.

Look for these three common humectants when choosing an eye product:

Hyaluronic Acid

Also known as sodium hyaluronate, this potent humectant has molecules that can attract up to 1,000 times their own weight in water.

Glycerin

Found in the top layer of skin, glycerin works to keep your skin cells in their correct form, protect your skin barrier, and treat really dry skin and/or irritation.

Alpha Hydroxy Acids (AHAs)

Glycolic acid, lactic acid, and citric acid are most commonly known for their exfoliating properties—i.e., removing dead skin cells—but they also are effective at drawing water into the top layer of our skin.

Most Effective Eye Creams

These hydrating, brightening formulas are loaded with gold-standard ingredients.



Best overall

Biossance Squalane + Marine Algae Eye Cream, \$56, sephora.com

This incredible fragrance-free formula—which is weightless and dissolves into your skin immediately upon application—is jam-packed with three superstar humectants: squalane, glycerin, and sodium hyaluronate to act like a big glass of water when applied to dehydrated skin.



Best drugstore cream

Cetaphil Hydrating Eye Gel-Cream, \$15, cvs.com

This gel-cream hybrid is a great, affordable option that's safe for those with sensitive skin or who are eye cream newbies. It's loaded with skin-smoothing humectants and skin-brightening licorice extract, so your eyes are refreshed and ready for the day.



Best cream for sensitive skin

Avène Soothing Eye Contour Cream, \$32, ulta.com

Sensitive types are best off opting for a fragrance-free cream that includes soothing ingredients and is specially formulated for those with hyper-reactive skin. This formula is approved by the National Eczema Association and made without ingredients that are commonly linked to irritation in sensitive-prone individuals.



Best cream for day

Supergoop! Bright-Eyed 100% Mineral Eye Cream SPF 40, \$40, sephora.com

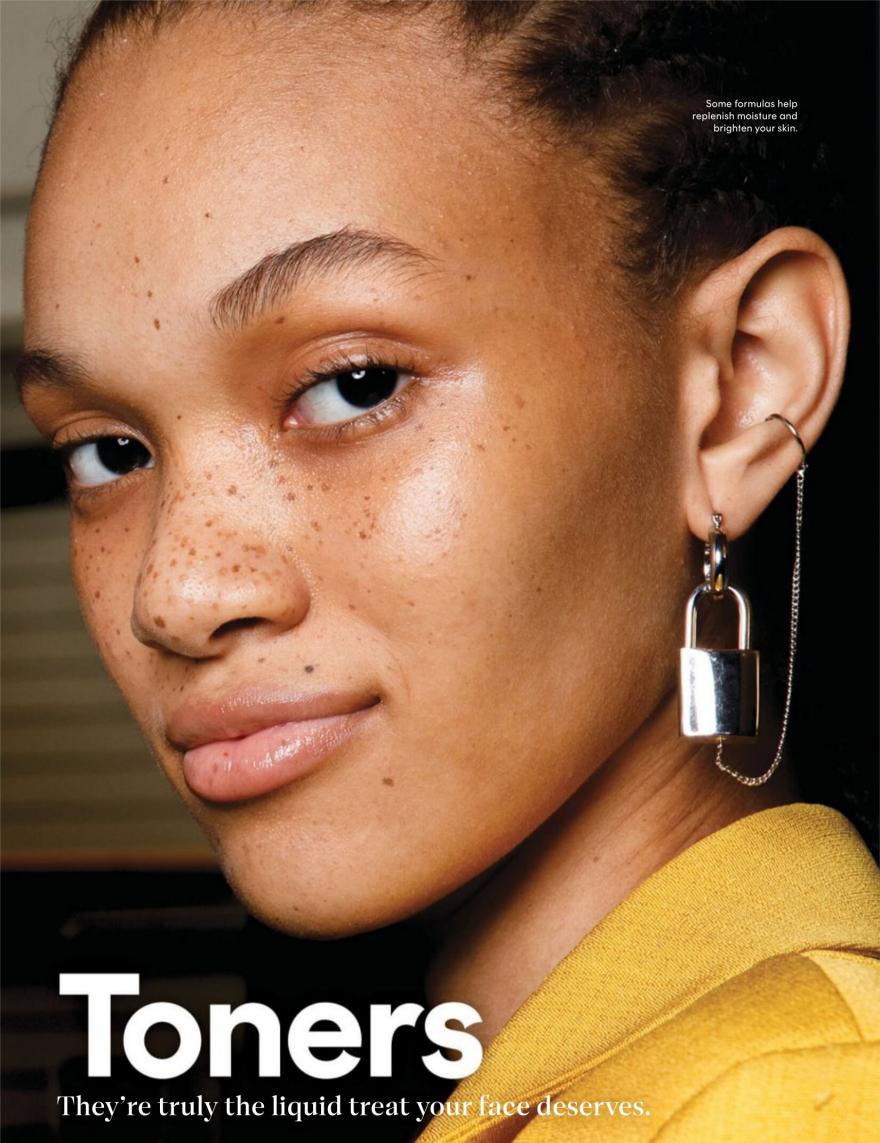
Not only does it contain sunscreen—an extra dose of SPF 40 around your eyes can only help in the anti-aging department—but it also has caffeine, which temporarily constricts and tightens puffy under-eyes within 20 minutes.



Best balm

Tula Rose Glow + Get It Cooling & Brightening Eye Balm, \$38, tula.com

The queens of thickness, balms are intensely hydrating so they reduce the look of fine lines and firm up skin. For best results, place it in the fridge before rubbing it over your under-eye area to create a super refreshing, cooling feeling.



n the ever-evolving skincare world, toner might be the most consistently underrated beauty product out there. The irritating, drying, alcohol-based versions of yesteryear that got a bad rep are gone, and today's are pretty magical. They can minimize the appearance of pores, zap zits and excess oil, soothe redness and irritation, and even give you a lil glow. Below, derms explain all the reasons you should add them to your regimen.

So what is a toner anyway?

It's a liquid that penetrates the skin quickly to hydrate and remove dead skin cells. "Toner formulations nowadays have been improved to target an array of skin concerns, such as skin inelasticity and excess oil that can lead to breakouts, depending on their ingredient profile," explains dermatologist Rachel Westbay, MD.

Are toners good for acne-prone skin?

Yes! "They're a great way to clear acne-prone skin of any lingering residue after cleansing," says Dr. Westbay. They can reduce pore-clogging dirt, debris, and makeup that a cleanser often leaves behind. Not only that, toners balance the skin's pH level and help absorb the products in your skincare routine more effectively, explains dermatologist Annie Chiu, MD.

What's the most effective way to apply toner?

Toner should be used right after a thorough face wash, explains Dr. Westbay. Apply it in the morning and night, then wait five minutes after applying before continuing the rest of your skincare routine. This will prevent you from neutralizing the acids with other products before they get a chance to work.

The Best Toner for Every Skin Type

For dry skin

Renée Rouleau Moisture Infusion Toner, \$40, reneerouleau.com

This has a watery, serum-like consistency and is packed with nourishing lipids and omegas, niacinamide, and vitamin C to hydrate and brighten the skin.

For all skin types

Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant, \$35, paulaschoice.com

BHAs (beta hydroxy acids) like salicylic acid are the best choice, though Dr. Westbay cautions that salicylic acid can cause skin irritation. "This toner mitigates this, however, because of the included green tea, an antioxidant that soothes and minimizes irritation," she says.

For oily and acne-prone skin

Ole Henriksen Balancing Force Oil Control Toner, \$35, sephora.com

According to Dr. Westbay, this contains three hydroxy acids for a "powerhouse punch" at oil and acne.
They work to "collectively exfoliate the skin, clear pores, and reduce sebum production," she says.

For combination skin

SK-II PITERA Facial Treatment Essence, \$99, sk-ii.com

Made from 90 percent Pietra (SK-II's proprietary fermented yeast that's rich in vitamins, amino acids, and minerals), this cult favorite leaves your skin noticeably smoother and brighter.

For sensitive skin

Glow Recipe Watermelon Glow PHA + BHA Pore-Tight Toner, \$35, glowrecipe.com

This contains PHAs (polyhydroxy acids) that provide gentle exfoliation and amplify the effects of the BHAs, explains Dr. Westbay. Watermelon extract, which is hydrating and packed with vitamins and amino acids, will give you an extra glow.

True or False

To separate the sales pitch from the reality, derms weigh in.

TRUE OR FALSE The more expensive the mask, the more effective.

TRUE-ISH In general, you get what you pay for, but you can't judge on price alone. Yes, the \$400 LED mask created by a dermatologist will probably be more effective than the \$13 model on Amazon. Still, dermatologist Cula Svidzinski, MD, explains that although there isn't enough data to compare the efficacy of at-home LED face masks, the higher-end models might be comparable to in-office light treatments. Your best bet is to always check the reviews—and the return policy.

TRUE OR FALSE They'll ban blemishes for good.

FALSE. While they can often help, they won't completely clear up skin. "We don't have enough large studies that demonstrate that these lights are superior to or as good as standard treatments," such as retinol, peels, Accutane, or spironolactone, says dermatologist Uchenna Okereke, MD. Many other factors will affect your results, like the strength of the device's light, its specific wavelength, and the amount of time you use it.

TRUE OR FALSE Masks that treat the whole face are best.

TRUE. While LED masks that are just for specific areas of the face, like the eyes or lips, are having a moment, dermatologist Heather Rogers, MD, tells her clients to choose a bigger LED mask so your whole face can benefit.

TRUE OR FALSE Devices labeled "FDA-cleared" are the most effective.

FALSE. Although Dr. Svidzinski recommends purchasing ones that have been cleared by the FDA, that's just a testament to their supposed safety—not their efficacy.

TRUE OR FALSE You should check with your dermatologist before self-treating with one of these devices.

TRUE, TRUE, TRUE!





Best overall

Dr. Dennis Gross Skincare DRx SpectraLite
FaceWare Pro, \$455,
drdennisgross.com

This FDA-cleared device features 162 red and blue LED lights to amp up collagen production, target wrinkles, and help get rid of pimplecausing bacteria. Just strap it around your head, turn it on, and let the lights do their thing—three minutes is all it takes. Repeat daily (or twice a day) for 10 weeks for the best results.

Best for acne

Omnilux Clear, \$395, omniluxled.com

If you're dealing with allover face breakouts, then you might want to add this FDA-cleared LED mask to your routine. It's specifically designed to help treat acne with red and blue LED lights. Dr. Rogers is a fan of this model, so you know it's a good one.

Best budget friendly

Skin Gym Wrinklit LED Mask, \$99, ulta.com

This affordable fullface model comes with red, blue, and orange lights, is easy to wear, and is wireless, so you won't be stuck in one spot during your daily 15- to 30-minute session. But you get what you pay for, so don't expect totally dramatic results.

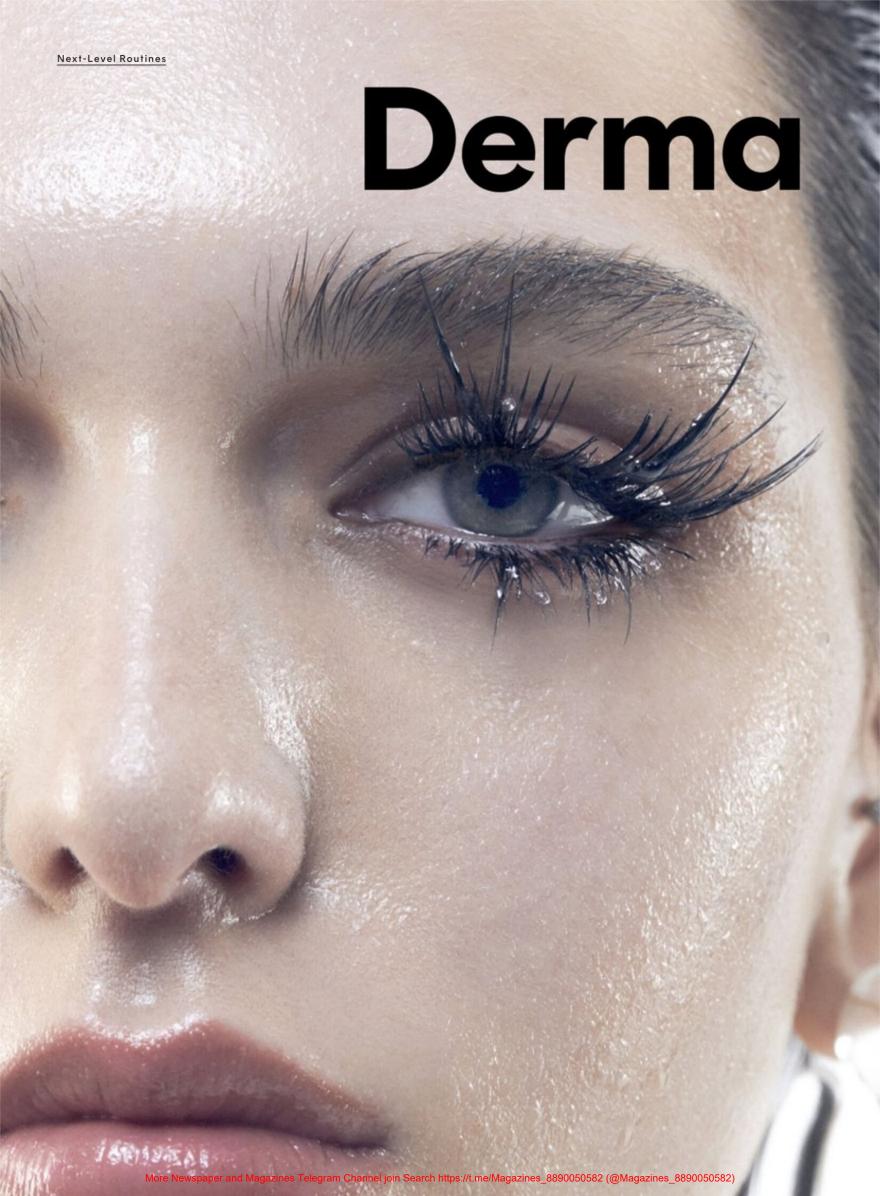
Illuminating Colors

Most at-home LED models come with a mix of different lights, each with a different benefit.

Blue light targets acne-causing bacteria, says dermatologist Mona Gohara, MD.

Red light boosts collagen production to potentially smooth fine lines. It's also anti-inflammatory, says Dr. Okereke. (If you're in the middle of a breakout, use a combination of red and blue light for optimal results.)

Orange, amber, purple, and green lights are thought to help calm skin, fade acne marks, even out hyperpigmentation, and give you an allover glow.



planing

This is what they mean by "glass skin."

t's smart to start with some basics, because you've gotta understand the process before you master it:

Dermaplaning is a form of physical exfoliation that removes your outermost layer of dead skin cells as well as any peach fuzz with a surgical blade, explains licensed aesthetician Joie Tavernise.

Just how sharp that blade is depends on where you're getting it done. Actual aestheticians generally use much sharper ones, leading to a deeper exfoliation, but you can expect to pay much more for a professional treatment (dermaplaning costs about \$100 per session, with results lasting around two to four weeks). So it's a good thing the newest at-home tools work almost as well.

Possibly the best part of dermaplaning is that it's quick, painless, and instantly gratifying. There is zero downtime. Your skin will feel super soft and appear brighter immediately after one round, says Tavernise. "And with all that buildup and facial hair gone, your makeup will go on so much smoother too," she adds. Basically, this is pretty much the ideal skin prep for any season. Get started with these tools, products, and directions.

Hi, DIY Routine

Ten minutes, three steps, twice a month—that's it.



Step 1

Prep with a gentle cleanser

For the deepest exfoliation, clean your skin thoroughly first to remove any excess oils or residue, advises Tavernise.

TRY Gillette Venus for Facial Hair & Skin Care Cleansing Primer, \$15, amazon.com



Step 2

Start shaving

Hold the blade at a 45-degree angle.
Using firm, even pressure, move it across your skin in short, downward strokes.
Don't go over any area more than once, and skip any spots with active acne.

TRY Dermaflash Luxe+ Advanced Sonic Dermaplaning + Peach Fuzz Removal, \$199, sephora.com or Versed Instant Gratification At-Home Dermaplaning Tool, \$20, versedskin.com



Step 3

Apply the right product

Dermaplaning enhances product absorption, so you need to be strategic about what you apply next. Go for one that combines antioxidants, hyaluronic acid, and peptide cream.

TRY Biba de Sousa The Plant Stem Cell Serum With Peptides, \$95, bibalosangeles .com or **Shani Darden Skin Care** Hydration Peptide Cream, \$58, sephora.com

Jade Rollers

Your face called and she really wants a massage.



Do jade rollers actually work?

That depends on your goal. While they're not a magical cure-all for your breakouts and wrinkles, they can reduce puffiness temporarily by increasing lymphatic drainage, according to Dr. Levin.

Chiu believes they improve product penetration, though Dr. Levin says there's really no science to back that up.
Bottom line: If you like the way they feel and how they smooth on your products, you might want to give them a try.

How often should you use one?

Chiu suggests using your jade roller on a daily basis as part of your regular skincare routine.

Should you keep your face roller in the fridge?

Chiu explains that in Chinese medicine, cooler temps are not used. "Although a cold roller can feel nice, cold contracts circulation and the actual purpose of rolling is to increase circulation," Chiu says.
"I encourage everyone to focus on good rolling technique, rather than on the gratifying

feel of a cold tool."

How to Roller

It's kinda like foam-rolling your face, although it definitely isn't as painful as working through tight muscles on your body. In fact, if it hurts, you're definitely doing it wrong.

After prepping your skin with moisturizer, follow Chiu's steps for the most effective face rolling.



1. Neck

Place the roller at the top of your neck and roll downward along the back and sides. Then, move to the front and roll from the jawline down to the collarbone. This helps oper the channels of circulation

2. Cheeks

Place the roller in the middle of your face and stroke it outward toward the sides.

3. Forehead

Roll from your hairline down to your eyebrow.
Then, place the roller between your brows and pull it horizontally toward your temple; epeat on the other side

4. Eyes

Gently roll horizontally from the outer corner of your eye toward the inner corner; repea on the other eye.





Jade Roller

Esker Allover Roller, \$65, eskerbeauty.com



Pink Quartz Roller

Pacifica Crystal Wand Secret Weapon Rose Quartz Facial Roller, \$19, target.com

Professional Treatments

Your crash course in Botox, fillers, lasers, peels, and all other skin-enhancing procedures available from your derm.

hese treatments are super popular, but there's still a ton of confusion about how they work, how much they cost, and what you can expect from them. And since they're not exactly cheap, here's some expert advice to consider before shelling out your hard-earned cash on a treatment.







"Injectables aren't stigmatized anymore—I feel like they're almost celebrated."

—Dendy Engelman, MD

Injectables

What you need to know before allowing needles *anywhere* near your face.

There's no bigger, buzzier, more talked-about thing in beauty than injectables. And the numbers don't lie: According to a *Cosmo* poll, around one-third of you have already gotten fillers or Botox, and more than half of you are interested in trying them in the future.

Some experts attribute this popularity to the pandemic and the infamous "Zoom effect," which,

What they are

Botulinum
toxin type A
temporarily
smooths fine
lines and
wrinkles
caused by
repeated facial
expressions.
Once injected, it
blocks the nerve
signals to your
facial muscles,
preventing them
from contracting.

These gel-like substances get injected into the skin to smooth wrinkles and plump up cheeks, lips, and jawlines. They're made with hyaluronic acid (HA), calcium hydroxyapatite (CaHA), poly-L-lactic acid (PLLA), and more.

Brand names to know

Botox, Dysport, Xeomin, Jeuveau

HA Juvederm,

Belotero, CaHA

Radiesse, PLLA

Restylane,

Sculptra

What they're best for

BOTOX smoothing frown lines (between the brows and on the forehead) and crow's feet (at the corner of the eyes)

DYSPORT, XEOMIN, JEUVEAU smoothing vertical and horizontal lines between and above the brows

HA adding volume and definition to lips and cheeks, filling in acne scars, plumping fine lines

CaHA smoothing frown lines and smile lines, enhancing cheeks

PLLA filling smile lines

Dermal Fillers

Neurotoxins

okay, fine—it makes sense to start thinking about every little inch of your face after staring at yourself so much on the daily. But also, unlike previous generations, millennials and Gen Zers have grown up around injectables. You see them via celebs and influencers, in marketing campaigns all over social media, and inside aesthetically pleasing shops (hello, Alcheny 43, Ject, and Peachy). At this point, they've been so

exposed to injectables for so long that they just seem...normal.

Still, normal doesn't equal necessary. And you can't talk about how "everywhere" injectables are without asking the obvious: Do any of us really need them (or any face work, for that matter) at all? Everyone should answer that question for themselves and weigh the risks and benefits personally. Because, hi, injectables are still a cosmetic procedure.

How long they take to work

You'll see some results after 3 to 5 days and the full effect after 2 weeks.

How long they last

3 to 4 months

The average cost

It varies, depending on who's injecting you and how much you need (it's measured by "units" and most people typically need 20 to 30 to smooth their forehead); it can cost \$250 to \$500 per treatment area.

The pain level

Think of it as a series of sharp, quick pinches—it's super brief, but most derms offer numbing cream if your pain tolerance is low.

The potential side effects

There's zero downtime, although you might have a little swelling or bruising. FYI, there is a risk of complications like headaches and droopy eyelids.

You'll get fairly immediate results, although it can take 2 weeks to see the full effects of HA and CaHA. Expect 4 to 6 weeks for the full effect of PLLA to show up.

6 to 12 months for HA, but the others can last from 1 to 2 years Around \$500 to \$1,500 per syringe (for reference: Lip injections can start with 1 syringe, whereas cheeks need at least 2.) You might be treated with a topical anesthetic, and most fillers themselves include lidocaine, which helps make things more comfy during/after your treatment. You'll feel a sharp prick, light pressure, and a little throbbing.

Minor swelling, bruising, and temporary redness can definitely happen. Look out for rarer side effects like raised bumps under the skin, hypersensitivity, and extreme pain.

How to Find the Right Injectibles Provider for You

Step 1

Skip the Groupon spas and choose a boardcertified dermatologist or plastic surgeon.

You're putting a needle into your face—so even if that deal is super tempting, you want to see a legit pro instead, one who understands placement, facial anatomy, and dosage. Make sure your injector does these procedures on a regular, daily basis, says dermatologist Melissa Kanchanapoomi Levin, MD. Because keep in mind: The doctor who treats your acne may be board certified but have minimal experience with injections, which won't do you any favors. Go to find-aderm.aad.org to confirm your doc is board certified.

Step 2

Don't hold back in your consultation.

The whole point is to share your goals with your

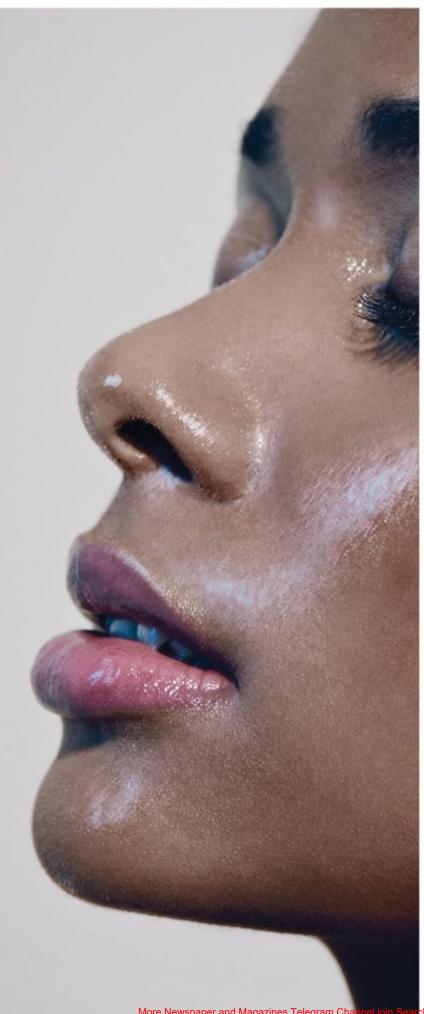
provider and make sure you're both on the same page before you get injected (your face is basically a walking advertisement for your derm, so the consult should really go both ways). Come with a list of questions and concerns, bring in photos (ideally a pic of yourself that you particularly love, since celeb references are only beneficial if you have a similar facial structure), and get super specific about your ideal end result.

Step 3

Think it over and weigh your options.

You aren't obligated to go through with your treatment if you aren't ready. In NYC and most major cities, consults can cost up to \$250 (they aren't covered by insurance, FYI), and if you do move forward, that fee will serve as a credit toward your Botox or filler. But if anything feels off about your provider, dermatologic surgeon Dendy Engelman, MD, says, it's better to "thank them and go find someone you feel good about."





Laser Treatments

This is how you get a more chiseled jawline or higher cheekbones.

Laser treatments help lift, tighten, and contour your skin—all without getting injected or going under the knife. They jump-start collagen production by creating a "controlled wound" in the skin via heat energy, explains plastic surgeon David Shafer, MD. Collagen is a protein naturally found in our skin that's responsible for its smoothness and firmness; once you hit 30, your body stops making it as quickly and efficiently as it used to. As your skin heals after a laser treatment, collagen production ramps up, which in turn, creates that tight and lifted appearance. The other great thing about laser skin tightening is that anyone—no matter your skin type or tone—can try it.

You've got a lot of skin-tightening devices to choose from; they all work a little differently and deliver slightly different results by targeting distinct layers of the skin to pull them tight. Here's a quick breakdown of two main methods for laser skin tightening.

Resurfacing lasers

These types of lasers (like Clear + Brilliant and Fraxel) work their smoothing magic on the top layers of the skin to soften fine lines and wrinkles and reduce the appearance of large pores. They're great at improving your overall skin texture, but don't expect any lifting or firming. Anticipate visible results about a week after your treatment and then for up to three months beyond that. As for pain and downtime, the more intense the laser, the more painful the treatment and longer the recovery period. Ask your provider to let you sit with numbing cream on your face for at least 30 minutes pre-laser, and just be prepared to look like you have a bad sunburn for anywhere from a few hours to a few days after your treatment.

COST \$300 to \$1,500 per treatment, 1 to 4 treatments recommended

Ultrasound

These treatments (like Ultherapy) use micro-focused ultrasound waves to heat the deepest layers of the dermis and superficial muscle. This heat triggers collagen production to create a tightening effect. And because ultrasound waves penetrate deeper than a resurfacing laser treatment, the results are more dramatic. There's no downtime, but it definitely hurts (though most patients are numbed and given nitrous oxide [aka laughing gas] or an oral pain killer before the treatment, says plastic surgeon David Shafer, MD.). The results take a bit more time to kick in—about three months to be exact.

A newer ultrasound treatment called Sofwave doesn't penetrate as deeply as Ultherapy, but it's still clinically proven to tighten skin and smooth the look of fine lines and wrinkles. It's less painless and there's zero downtime.

COST \$2,500 and up per treatment, 1 to 2 treatments recommended



Here's the lowdown on the biggest new trend in laser treatments.

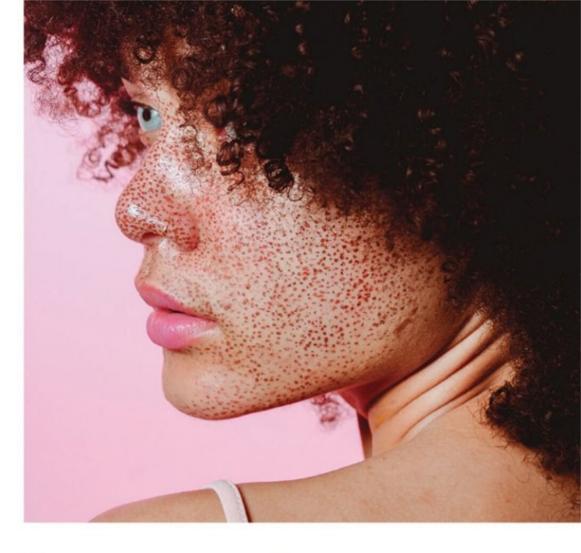


The Basics

Radiofrequency (RF) facials (which use heat energy to create a controlled injury to skin) and microneedling treatments (in which a dermatologist or aesthetician makes tiny punctures in the skin using microfine needles) are both great at stimulating collagen, the stuff that helps keeps skin smooth and firm. But now they've been combined into one procedure that has an unmatched ability to tighten skin and minimize the appearance of acne scars and fine lines.

But it comes at a cost: around \$1,000 for one treatment, and most won't see results until after three (spaced a month apart). Plus, you have to endure RF-emitting needles piercing your skin. Even after extensive numbing, that's exactly as painful as it sounds.

There are a bunch of RF microneedling options out there, but the one that's gotten the most hype is the Morpheus8. "It is one of the most powerful devices on the market," says dermatologist Michelle Henry, MD, "and it yields some of the most impressive results."





The Prep

You should stop using skincare with active ingredients one week before the procedure because things like retinoids and AHAs/BHAs can make you more prone to inflammation. The doctor will start by applying numbing cream to your face for 30 minutes.



The Procedure

The derm will wipe your face with alcohol before they start stamping. Dr. Henry does three passes, and with each round, your skin will get redder, and the sensation will feel spicier.

Some say their Morpheus8 experience was excruciating; others say it was "no big deal." In any case, the whole procedure lasts only about 20 minutes.



The Recovery

Afterward, you'll look and feel like you have a bad sunburn, and some of the bonier parts of your face may be covered in little specks of blood. The day after, it may feel pink and tender. For the next few days, no makeup and gentle skincare only are the rules of thumb. But three or so days later, you'll probably look totally normal.



The Results

About a month later, acne scars will look way less dark and bumpy, pores will appear tighter, and jawline and cheekbones will look more sculpted. All benefits that, according to Dr. Henry, can last for up to a year.

Peels

Experts dish on the most popular options out there.

Glycolic Acid Peels

What they are

Glycolic acid is an AHA that works to loosen the bonds between the cells in the outer layers of the skin. Glycolic acid peels exfoliate skin, help lighten dark spots and discoloration, and smooth fine lines and wrinkles. They're also a godsend for treating clogged pores and acne-prone skin, thanks to their ability to dissolve excess sebum and dead skin cells deep down in skin, explains dermatologist Tess Mauricio, MD. Keep in mind, though, that if you have dry or highly sensitive skin, you might experience some irritation.

Pain level

You'll feel some tingling during the application, but there's minimal (if any) burning, redness, or discomfort.

Cost

\$100 to \$400

Aftereffects

Immediately, your skin will typically feel tight and look a little red. By day two to three, it can feel dry and might slough off (that's when the "peeling" comes into play). After five to seven days, you will look and feel better.

How often can you get one

It depends on the concentration of your peel, but generally you can get a treatment once every two weeks for optimal results.

TCA Peels

What they are

TCA—aka trichloroacetic acid—are exceptionally good at minimizing the appearance of pores, reducing hyperpigmentation, stimulating new collagen production to smooth fine lines and wrinkles, and giving skin a radiant glow, says dermatologist Cynthia Price, MD. "TCA can be used in percentages below 10 percent to as high as 50 percent," says Dr. Price. "These percentages correlate to superficial, medium, and deep peels," she says.

Pain level

Mild. As the peel itself is being applied, you'll start to feel a hot, tingly sensation, but most derms will give you a fan to hold up to your face during the treatment to minimize discomfort.

Cos

\$400 to \$800 per peel

Aftereffects

For milder versions, you may only experience mild redness and flaking; for stronger TCA ones, "There can be a week- to two-weeks-long period where your skin may turn dark, peel, and require extra care while the new, fresh skin cells rise to the surface," says Dr. Price.

How often can you get one

Space your TCA peels a few months apart for best results.

Phenol Peels

What they are

Phenol peels are the most powerful peels, penetrating below the top layer and breaching the second layer. This allows them to treat deep wrinkles, scars, melasma, and even crepey skin, says dermatologist Kseniya Kobets, MD. Because they penetrate so deeply, "they should not be administered by an aesthetician or other skincare professional who is not a board-certified doctor," licensed aesthetician lan Michael Crumm warns. These are best suited for people with fair-to-medium skin because phenol peels present an increased risk of pigmentation issues.

Pain level

High, so much so that you may also need IV anesthesia or sedatives, says licensed aesthetician Samantha Susca.

Cos

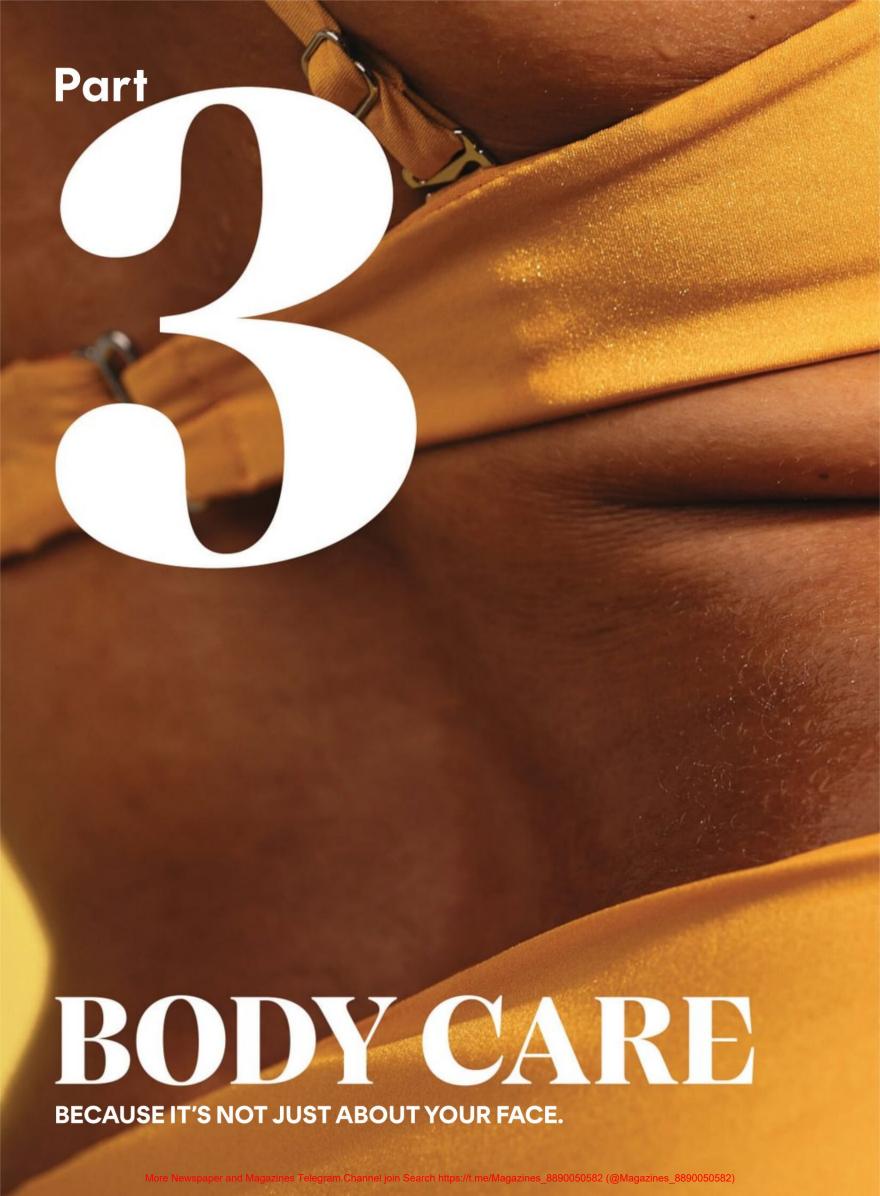
"These could range from several hundred to a few thousand dollars," says Crumm.

Aftereffects

Expect swelling, peeling, oozing, and discomfort. Lighter peels can take one to two weeks for your skin to peel off, with minimal redness, while deeper peels can also take just as long to peel, but your face can still look pink for one to three months, says Dr. Kobets.

How often can you get one

The results are so remarkable that they can last up to ten years, notes Susca.







Neck Work

Justice for the skin below your chin!

f you've suddenly found yourself researching how to get rid of neck wrinkles after a long day of WFH (hello, hunching over a laptop for hours on end!), you're definitely not alone. Those fine lines have been not-so-cutely dubbed "tech neck," and they cause your skin to lose elasticity and develop deep horizontal lines, says dermatologist Shereene Idriss, MD. (She notes that sagging neck skin is also a natural part of aging.) Neck-tightening creams can help "when they're made with the right ingredients," she adds. "But it isn't a quick fix if you already have sagging skin or fine lines." Besides a digital detox (as if), you've got some options.



Opt for a retinol-based neck cream

"The most tried and true ingredient to firm the skin on your neck is retinol," says Dr. Idriss.
"Retinols speed up cell turnover in your skin, which helps smooth texture and fine lines and boosts collagen production to make skin look tighter and more plump," she explains. However, it can be difficult to tolerate retinoids on your neck, as they can be irritating and can cause redness, she adds, so look for ingredients that help offset that.

TRY RoC Derm Correxion Contour Cream, \$22, amazon.com

This formula is filled with moisturizers (shea butter and hyaluronic acid) along with soothing allantoin that help offset some of the side effects. Apply it three nights a week to send collagen production into overdrive.

Look for collagen-building ingredients

Hunt for a cream that features other collagenbuilding actives, like peptides and AHAs.

TRY **SkinMedica** Neck Correct Cream, \$135, dermstore.com

It's packed with peptides to help fill in the ridges of your neck's fine lines and wrinkles.

Consider the richness

Some neck creams offer lots of hydration and a smooth, plump look (especially if you've got dry skin), thanks to hyaluronic acid, shea butter, and AHAs.

TRY **StriVectin** TL Advanced Tightening Neck Cream, \$198, strivectin.com

But if you're prone to acne or irritation—or it's 100 degrees outside—you may want something on the lighter side.

TRY Necessaire The Neck Serum, \$59, amazon.com

Total Body Glow

The 25 don't-skip steps and must-try products you need right now.

f you only pay attention to everything below your face in the summer, it's probably begging you for some extra attention right now.

Turn the page to find out how to keep all of you looking and feeling fantastic all year long.







First, make a habit of the basics

The core tenets of a good body-care routine: cleansing, moisturizing, and slathering on SPF. Here's how it's done.



The only hard-and-fast rule here is to avoid soaps and washes with sulfates (typically noted as sodium lauryl/laureth sulfate on ingredient lists). They can strip away your skin's natural oils and compromise its protective skin barrier, says dermatologist Heather Rogers, MD.

TRY Josh Rosebrook Biome Body Cleanse, \$30, edeniowa.com or **Dove** Beauty Bar Sensitive Skin Fragrance Free, \$12 for 8, target.com

Moisturize

Everyone—yes, literally you, the human reading these words this very second!—should use a body moisturizer, says dermatologist Corey L. Hartman, MD. "To effectively hydrate your skin and lock in moisture, look for a formula that contains hyaluronic acid, glycerin, and/or ceramides." You can find them in everything from lightweight gel creams to thick butters. Apply it as soon as you get out of the shower (when your skin is still damp) and then as needed throughout the day.

TRY Karité Shea Butter Hydrating Body Cream, \$46, mykarite.com, or **Neutrogena** Hydro Boost Body Gel Cream With Hyaluronic Acid, \$14, walgreens.com

Protect

Without question, you should be applying SPF 30 or higher on any part of your body that sees the sun, says Dr. Hartman: "UV exposure is the leading cause of premature aging, not to mention skin cancer—whether it's July or January." Nécessaire's lotion makes applying (and reapplying) easy, thanks to its fast-absorbing lightweight texture.

TRY Nécessaire The Sunscreen SPF 30, \$25, necessarie.com



Introduce your actives

Everything you just read will keep your skin healthy and happy. But the serums and treatments below—all with potent, high-performing active ingredients like niacinamide and retinol—do the heavy lifting when it comes to things like brightening skin tone or fighting acne, Dr. Hartman says.

An antioxidant serum for repairing damage

Paula's Choice 5% Niacinamide Body Serum, \$29, paulaschoice.com

"If you're outside even briefly, antioxidants are a must," Dr. Rogers says. This one contains niacinamide, which can neutralize inflammatory free radicals (supple skin's number one enemy) to help prevent things like redness and sunspots.

A retinol treatment for baby-soft skin

Versed Press Restart Gentle Retinol Body Lotion, \$20, versedskin.com

It's true for your body as well as your face: There's no better anti-aging ingredient than retinol. It's proven to stimulate cell turnover (aka your skin's natural renewal process) and collagen and elastin production, which firm and plump skin.

An illuminating serum for ultra glowiness

Cay Skin Deepwater Dew Body Serum, \$38, cayskin.com

Your one-stop shop for glazed-doughnut limbs, this moisturizes with aloe, evening primrose, and sea moss. Plus, it's infused with tiny golden particles that reflect light to give your skin a natural-looking sheen.

A superfine mist for banishing breakouts

Soft Services Clearing Mist, \$26, softservices.com

This is ideal for getting rid of whiteheads and blackheads on your shoulders, chest, back, and butt—caused by sweat, bacteria, or too-tight workout clothes. The secret sauce: oil-regulating zinc and salicylic acid.



Exfoliate like an expert

Using a chemical exfoliator (like one of the picks below) a few times a week is the move here, according to Dr. Hartman and Dr. Rogers. Ingredients like glycolic and salicylic acids dissolve dulling dead skin cells, smooth rough or bumpy texture, and unclog pores.

Differin Acne-Clearing Body Wash, \$16, cvs.com

Packed with glycolic acid and 2 percent salicylic acid (the highest amount you can get OTC), this body wash removes sweat and buildup on skin while de-gunking pores.

Topicals Slather Exfoliating Body Serum, \$30, mytopicals.com

Time-released retinol, AHAs, and urea come together in this serum to resurface your skin and improve its tone and texture. Use it if your biggest issues are hyperpigmentation and scarring.

Drunk Elephant T.L.C. Glycolic Body Lotion, \$28, sephora.com

A great option for dry, flaky skin, this lotion doubles as an exfoliator and a hydrator. It uses glycolic acid to smooth rough spots plus moisturizing marula butter to provide nourishment.

Kopari KP Body Bumps Be Gone Clarifying Body Pads, \$36, koparibeauty.com

Keratosis pilaris (KP)—the medical name for the red or brown bumps on your arms, thighs, and tush—can be *stubborn*. Luckily, these acid-soaked exfoliating pads exist to help erase it.



The FYI on Scrubs

They aren't derms' preferred method of exfoliation (Dr. Rogers says they can cause inflammation and micro-tears in the skin). But we get it: Scrubs are just...incredibly satisfying to use. So if you're set on using one, opt for a formula that's made with nonabrasive jojoba beads instead of jagged shells or seeds, and use it once a week max.

Why You Should be Dry Brushing

With every hyped-up, viral beauty product that gains a cult following via celebrity endorsements or a trending video, it's easy to end up spending a lot of cash on a whole bunch of "TikTok made me buy it" products that either (a) fail to have "incredible, instant, lifechanging results" or (b) irritate your skin/hair/health. But dry brushes are not just a passing fad.

In fact, dry brushing, which originated in India, has been around for well over 5,000 years. This means that dry brushes have more validity than other buzzy trending products do, thanks to the fact that the practice has endured the test of time. But as with everything, it's not as simple as yes, it works, or no, it doesn't—especially considering that science has seriously advanced in the last few thousand years.

How it works

"Dry brushing is the act of taking a bristled brush and literally brushing your skin in an upward motion toward the direction of the heart," says dermatologist, internist, and dermatopathologist Mamina Turegano, MD. Dry brushing is a form of mechanical exfoliation, dermatologist Lily Talakoub, MD, further explains. Mechanical exfoliators work to remove dead skin cells from your skin physically with either a granular substance or a tool.

Dry brushing is done on arms, legs, and the trunk of the body on dry skin. This means using absolutely no lotions, oils, or water, hence the name, explains
Dr. Turegano. The friction between the brush and the dry skin created through the motion of scrubbing is what ultimately dislodges dead skin cells. If you add a liquid to the mix, the friction will be reduced, and therefore it's no longer dry brushing, Dr. Talakoub says.

The results...with a caveat

The main benefit of this beauty ritual is exfoliation; however, some routine practitioners claim that it also improves circulation and reduces cellulite. Both Dr. Talakoub and Dr. Turegano agree, however, that there are no true scientific studies to back this up. Dry brushing could slightly improve your lymphatic flow and therefore break up collagen bundles, the stuff that's linked to cellulite, Dr. Talakoub explains. But that's about it.

"My take on it is that if it feels good, and you feel like it's a part of a regular skincare ritual for you, I think that is part of self-care, which is beneficial," says Dr. Turegano. Basically, if it feels great, you use it how you're supposed to (i.e., you don't have sensitive skin, stick to a few times per week, and use gentle pressure), there is no harm in the practice.

Three Brushes to Try

Popchose Dry Brushing Body Brush, \$7, amazon.com

If you're a newbie to
the whole dry-brushing
world, get yourself a
brush that won't break
the bank and is vetted by
thousands of people. And
by thousands, that means
more than 17,000 glowing
reviews on Amazon. One
reviewer says they have
"noticed less ingrown
hairs and softer skin!"
For 10 bucks, why not?

Elemis Body Detox Skin Brush, \$45, amazon.com

This has a long handle to make it easier to exfoliate your back and other hard-to-reach places.

(You can also remove the brush from the handle.)

It has natural cactus bristles that work for all skin types.

Keys Soulcare Energizing Dry Body Brush, \$22, keyssoulcare.com

This brush from Alicia Keys's beauty brand has the most incredible texture.

It'll feel like you paid a whole lot more for it than you actually did.



Step 1

Remove your nail polish

Get rid of the remnants from your last pedi by soaking a cotton pad in an acetone-free nail polish remover (it's gentler and won't dry out nails as much as acetone ones).

TRY Ella + Mila Soy Nail Polish Remover, \$12, ellamila.com

Step 2

Soak your feet

Create those spa vibes by lighting some candles and pouring yourself some wine. Then, and only then, fill a bath tub (or a really big bowl) with warm water and add a liberal scoop of skin-soothing bath salts (or use a cup of Epsom salt). Let your feet soak for 10 to 15 minutes.

TRY Chloe + Chad Relaxing Bath Soak, \$32, blkgrn.com

Step 3

Get rid of any dead skin

After patting your feet dry, grab a foot file or a pumice stone and go hard on your calluses, removing any and all dead skin. Be sure to really focus on your heels and any other rough areas. Your feet should feel smooth, but don't scrub them raw—you could end up causing irritation.

TRY Earth Therapeutics Precisso Plus Pedicure File, \$15, ulta.com

Step 4

Trim your toenails

Next it's time to whip your toenails into shape. Reach for classic nail clippers, cutting straight across to avoid ingrown nails. Shape and smooth out the corners and edges with a nail file.

TRY Bestope Nail Clippers Set, \$13, amazon.com and **Tweezerman** Neon Hot Nail Files, 3 for \$7, amazon.com

Step 5

Show your cuticles some love

With an orange stick push back your cuticles (never cut or trim them—they protect your nails from bacteria). Massage a few drops of cuticle oil into them. The oil will enhance their shine and overall strength of your nails.

TRY Ahier Orange Sticks, \$5 for 50, amazon.com and **Pear Nova** Growth Green Tea Cuticle Oil, \$14, pearnova.com

Step 6

Massage your feet with lotion

Slather on a foot cream (or your usual body lotion), and begin massaging your toes, feet, and calves until, well, you wanna stop. Not only will this massage feel amazing, but it'll also help moisturize your feet after all that scrubbing and soaking.

TRY Hey Honey Walk the Walk Propolis Foot & Heel Repair Cream, \$31, amazon.com

Step 7

Apply polish

Wipe off each nail with a cotton pad soaked with rubbing alcohol to remove any oil, then apply a layer of base coat. If you're thinking that you can skip this step, please reconsider; this base acts as a barrier between your nails' natural oils and your polish. Follow that up with two thin coats of your color of choice, letting the polish dry for a few minutes between each coat. Finish with a top coat.

TRY Deborah Lippmann Addicted to Speed Ultra Quick Dry Top Coat, \$22, nordstrom.com

And there you have it: a salon-quality pedicure in the comfort of your own home. Enjoy all that extra cash you saved!



10 Things Women With Great Skin Always Do

Some parting advice for the suddenly a-whole-lot-glowier you.

t this point in our story, you're practically a derm yourself (hey, congrats!). But one thing even bonafied skin experts can't always control is the wild curveballs that come with, well, life, and that can make sticking to a skincare routine challenging. Repeat after us: This is okay! On truly chaotic days where you Just Cannot Deal, try to lean into as many of the following steps as possible. And when the whirlwind subsides (because it will!), and you reclaim your self-care time, take comfort in the fact that you've upheld a solid foundation to build upon and don't have to start from square one. You've totally got this.



Never, ever go to bed with makeup on

No matter how exhausted you are or how late it is: Take. It. Off. "Removing your makeup can make the difference between beautiful, glowing skin and a complexion that looks dull and has clogged pores," says dermatologist Debra B. Luftman, MD. Plus, while you're sleeping, "makeup can get pushed deeper into your pores, leading to acne," explains dermatologist Francesca Fusco, MD.

Another factor you might not take into account: Some dead skin cells are meant to shed every day, but having makeup on 24/7 can cause them to stick to the skin's surface. "This can also lead to breakouts and exacerbate fine lines," explains Dr. Fusco.



Use a ton of TLC to remove your eye makeup

"The skin around your eyes is the thinnest, most delicate skin on your face," says Dr. Fusco. So if you tug too roughly when removing your eye makeup, your skin can stretch out over time and fine lines can become more noticeable. Instead, use light, downward motions to wipe away your shadow, liner, and mascara, and opt for a non-greasy eye makeup-removing formula that won't irritate skin and contains ingredients known to soothe skin such as vitamins B5 and E.



Drink plenty of water morning to night

And not just when you're hitting the gym or you're super thirsty (if you get to that point, you're most likely already dehydrated). Hydration—inside and out—is key to keeping your skin healthy. Wondering how much to drink? Eight 8-ounce glasses is still the recommended daily minimum, according to the Mayo Clinic's website, so drink up.



Clean your phone daily

And don't press it directly against your skin when talking either. "Your phone is a breeding ground for germs," explains Dr. Fusco.



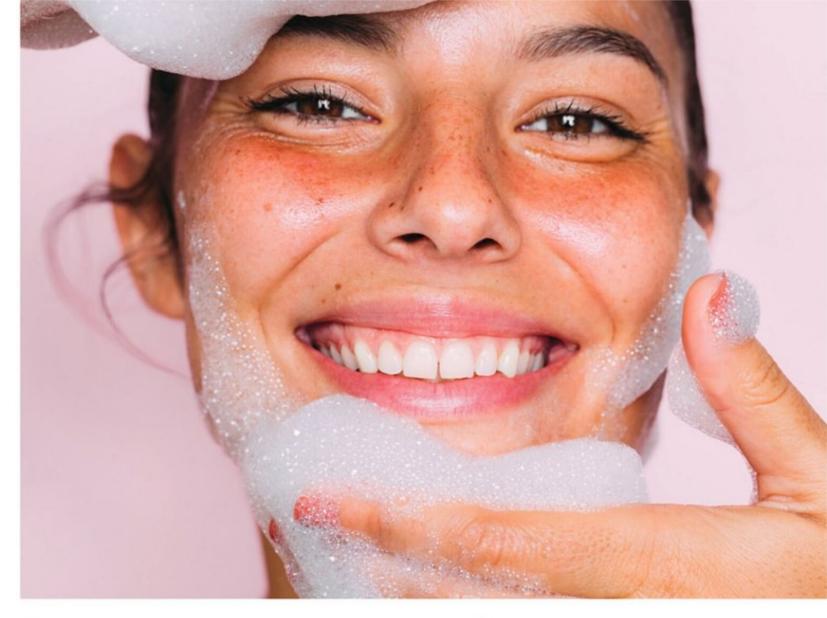
Never ever lie in a tanning bed

Hitting a booth, even a few times, can have irreversible effects, including DNA damage to skin cells. Your risk of forming melanoma, the most deadly form of skin cancer, increases by 59 percent from using tanning beds and gets higher with each use, according to the American Academy of Dermatology. "Tanning beds accelerate the aging of skin through the breakdown of collagen and are proven to increase the risk of skin cancer," explains Dr. Fusco. "Women who are trying to achieve great skin should never tan." If you desperately crave that back-from-the-beach glow 24/7, try a self-tanner.



Don't pick at your skin

Leave that pimple/blackhead/bump alone. As tempting as it can be, unless you've got a clear whitehead (that you can use two tissues to gently press out), it's more likely that you'll either drive bacteria further into skin, make it more inflamed, or add more dirt and bacteria to the area from your fingers and nails. If you have a blemish that is red and raised, hold an ice cube on it for 20-second intervals for a few minutes to bring down the inflammation, and then apply a dot of a salicylic acid spot treatment and cover with concealer on top.





Wear sunglasses year-round

"Sunglasses have multiple important protective effects," says dermatologist Julie Karen, MD. "Not only can they protect your actual eyes from UV-inflicted damage both acute and long-term, but they also protect the fragile surrounding skin against fine lines and brown spots." Plus, the less you're forced to squint, the less repetitive muscle movement in that area. The result: no crow's feet.



Always sleep on a clean pillowcase

"Your skin can pick up dirt and bacteria, traces of makeup, dead skin cells, saliva, and hair product residue from a pillowcase that hasn't been washed," explains Dr. Karen. So flip your pillow over once a week and wash it every two to avoid a buildup of these pore-clogging substances.



Get ample sleep

Put your devices to bed (preferably in another room) an hour before you tuck in. "The goal is to try to unplug, shut down any connection, and just allow yourself to sleep and fully, fully rest. Ideally, get eight hours of sleep uninterrupted," Dr. Karen adds. "You want to enter the deep sleep that allows your mind, body, and skin to repair."



Get a skin exam once a year

Skin cancer is curable if caught early, so the Skin Cancer Foundations recommends that everyone see a derm once a year for a full-body exam. If you're at higher risk—like if you have used tanning beds, have red hair or fair skin (though all skin types are at risk), have experienced sunburns, spend a lot of time in the sun, or have a lot of moles—go more often.

YOUR GREAT SKIN BIBLE

HEARST

specials

JACQUELINE DEVAL Vice President, Publisher
ZACH MATTHEUS Group Creative Director

JOSÉ FERNÁNDEZ Project Art Director

ANNE MARIE O'CONNOR Project Editor

JENNA ANDREWS Project Photo Editor

THERESA DOUGHERTY Executive Editor

JULIE HAVERKATE Editor

LAURENE CHAVEZ Art Director

VALERY SOROKIN Associate Art Director

CINZIA REALE-CASTELLO Senior Photo Editor

MARIA RAMROOP Deputy Managing Editor

GABRIELLE DANCHICK Copy Editor

COSMOPOLITAN

JESSICA GILES Editor-in-Chief
MALLORY ROYNON Creative Director
SASCHA DE GERSDORFF Executive Editor
MARIA BAUGH Executive Managing Editor
CHRISTOPHER DEAN Managing Editor
LAUREN BALSAMO Deputy Beauty Director
KRISTIN GIAMETTA Visual Director

WRITERS

IMAN BALAGAM, LAUREN BALSAMO,
RUBY BUDDEMEYER, NICOLE CATANESE,
SIENA GAGLIANO, BETH GILLETTE,
VICTORIA JOWETT, NATASHA MARSH,
CHLOE METZGER, BROOKE SHUNATONA,
CORRINE SULLIVAN, JULEE WILSON

PUBLISHED BY HEARST

STEVEN R. SWARTZ President & Chief Executive Officer

WILLIAM R. HEARST III Chairman

FRANK A. BENNACK, JR. Executive Vice Chairman

HEARST MAGAZINE MEDIA, INC.

DEBI CHIRICHELLA President

RONAK PATEL General Manager, Hearst Lifestyle Group

LISA RYAN HOWARD Global Chief Revenue Officer

LUCY KAYLIN Editorial Director

REGINA BUCKLEY Chief Financial & Strategy Officer; Treasurer

JONATHAN WRIGHT President, Hearst Magazines International

CATHERINE A. BOSTRON Secretary

GILBERT C. MAURER, MARK F. MILLER
Publishing Consultants

PHOTO CREDITS

Cover Vanessa Granda. Ohlamour Studio/Stocksy 1, 6–7, 34, 43, 47, 48–49, 66, 67 Jeffrey Westbrook/Studio D 2, 10, 18, 70, 87, 88 Myrthe Giesbers 4, 24, 31, 54 Studio 33 4 (spills), 5, 18, 29, 35, 40, 83, 94 Courtesy of brands 5, 23, 25, 28, 57, 63, 69, 71 Mikey Asanin 5, 82 Brett Warren 8, 11, 12, 32, 36 Beth Crutchfield 10 Jon Paterson/Studio D 13, 17, 61 Christine Hahn 15 Vanessa Granda 68 Joe Lingeman 16, 19, 20 Getty Images 17, 22, 40, 41, 50–51, 53, 55, 62, 60–61, 63, 71, 73, 73, 74, 76, 85, 96 Jade Purple Brown 27, 28 Fiona y Eduardo 38–39, 41 Jim Lafferty/The Licensing Project 44 Serge Filimonov/ Stocksy 56 Lara Callahan/Refinery29 for Getty Images 59 Caroline Tompkins / Refinery29 for Getty Images 60 David Turner/Studio D 61 Rosdiana Ciaravolo/Getty Images 64 Rochelle Brock / Refinery29 for Getty Images 78 Bonninstudio/Stocksy 80–81 Damien Fry 86, 88 Asya Molochkova/Stocksy 90–91 Studio Firma/Stocksy 92, 95

© 2024 by Hearst Magazine Media, Inc. 300 W. 57th Street, New York, NY 10019. Cosmopolitan is a registered trademark of Hearst Communications, Inc. All rights reserved. Printed in the U.S.A.

Portions of this publication may have appeared previously in other Hearst publications or online. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher, except by a reviewer, who may quote brief passages in a review.



New Must-Haves Just Dropped

Put these in your shopping cart and thank us later.



HARRY STYLES

Get (or gift!) this stunning book that celebrates the joyful magic of Harry Styles. cosmopolitan.com/ harrystylesbook



COSMOPOLITAN BEAUTY COLLECTION

Add a pop of color to your vanity with the Cosmopolitan Beauty Collection. cosmopolitan.com/beautyshop



POPPY AND POUT

As seen on Oprah's Favorite Things 2022! Poppy & Pout lip tints provide a slight shimmery color and loads of hydration to your pout. cosmopolitan.com/liptint



TAYLOR SWIFT

Your wildest dreams have come true. Filled with 100+ stunning photos and clued-in commentary, this pocketsized collectible book gives you a close-up look at Taylor Swift's life. Perfect for Swifties of all ages, it will remind you why she'll never go out of style! cosmopolitan.com/taylorswift

EAU DE JUICE SERVED BY COSMOPOLITAN

Soak up the sweetness of Eau de Juice, the viral, insta-worthy Cosmopolitan

Body Mist, we made just for you.

You're welcome &. cosmopolitan. com/juice



BENEVOLENCE LA VELVET JEWELRY BOX

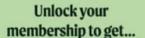
This cute velvet jewelry box keeps your jewelry organized in style. Makes a perfect gift too! cosmopolitan.com/ jewelrybox



Let's Make Things Exclusive

Cosmopolitan Unlocked

Our membership program is designed to give you even more of the good stuff you love. We're talking juicy reads, the early scoop on top-secret projects, private events, and much more. Oh, did we mention it costs less than your chicken nugget budget? We won't even play hard to get. Just come hang out with us already!





access to all Cosmopolitan.com content, plus exclusive bonus stories



a members-only newsletter in your inbox every week



another year's worth of your favorite magazine



just-for-you discounts on lots of pretty things



early intel on events, merch, and other perks

JOIN FOR LESS THAN \$1/WEEK

Quick! Head to cosmopolitan.com/go/joinnow or scan to join.

