



Protect and Serve

La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid (\$29.95) "One of the most stable sunscreens on the market, this is what I use when I am going to be outdoors on a really hot day or for a long time. The lightweight formula helps block the ultraviolet rays responsible for skin cancer and most of the visible signs of skin aging, including brown spots and dull skin."



Night Light

Philosophy Help Me Retinol Night Treatment (\$45) "Retinoids are the most important night product to use, and while prescription products are the most effective, I turn to this over-the-counter retinol when my skin gets too flaky from the Rx—it brightens skin and makes pores appear smaller. The active ingredients in retinoids and retinols also help prevent acne relapses while evening skin tone and smoothing fine lines."



C Clearly

Avalon Organics Vitamin C Renewal Vitality Facial Serum (\$24.95) "I often suggest complementing sunscreen with a serum infused with antioxidants to prevent damage from UV light that gets past the sunscreen. This super-concentrated serum works because it is rich in antioxidants, including vitamin C, lemon bioflavonoids, and white tea. Smooth on a thin layer under sunscreen each morning."



Brush Up

Clarisonic Mia Sonic Skin Cleansing System (\$119) "Exfoliation improves the penetration of active ingredients in anti-aging products and brightens dull and discolored skin while minimizing the appearance of pores. Chemical exfoliation products with salicylic, glycolic, or lactic acid are great for normal or oily skin, but this gentle electronic brush, which mechanically removes flaky skin, is great for all skin types, especially sensitive complexions."



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PRODUCT PICK
Aveeno Ultra-Calming Foaming Cleanser (\$7)

EXPERT
Jessica Wu, MD,
assistant clinical professor of dermatology,
University of Southern California

"I keep this next to every sink at home and use it to wash both my face and my hands. The foam dissolves oils, makeup, and sunscreen easily, and because it's soap-free it doesn't dry out my skin. The ingredients include feverfew, a chamomile-like herb whose inflammatory and antioxidant properties reduce redness."

 **Take a photo with your phone!**

Shopping List

- SkinCeuticals Phyto+
- Neutrogena Healthy Skin Brightening Eye Perfector SPF 25
- Relastin Eye Silk
- Neutrogena Rapid Wrinkle Repair Night Moisturizer
- La Roche-Posay Anthelios 60 Ultra Light Sunscreen Fluid
- Avalon Organics Vitamin C Renewal Vitality Facial Serum
- Philosophy Help Me Retinol Night Treatment
- Clarisonic Mia Sonic Skin Cleansing System



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