



A flawless face can be yours.

How to Get Amazing Skin

No matter what you facial woe- zits, a dull complexion, fine lines- Cosmo has tracked down the latest cures.

By Alonna Friedman

■ Breathtaking beauty begins with one simple but often elusive thing: a great complexion. “Your face is the canvas that cosmetics are applied to,” says Shell Bilyew, a Los Angeles makeup artist, “so the starting point of any beautiful makeup effect is gorgeous skin.” Fortunately, getting a near-flawless face has never been easier... or more high-tech. “The field of dermatology has made many advances lately, with more on the horizon,” says Adrienne Denese, a New York City dermatologist. Which means that a smooth, clear, even-toned complexion is within everyone’s reach, whether or not that person was born with good-skin genetics. Adds Dr. Denese: “Equally important is that, today,

young women are realizing the benefit of preventative skin care.” Want to be among the first to hear about the very latest skin-care innovations? Then read on as top derms fill you in.

Super Sunscreen



The sun’s rays are strongest at midday.

Even if you’re not basking on the beach (you aren’t, right?), the sun’s rays are still battering your looks as you walk around or drive in your car. Thankfully, there’s a powerful new ingredient in the sun-protection pipeline: Mexoryl. Most sunscreens protect

completely against UVB rays but not the full spectrum of UVA, which is more harmful to collagen and elastin in the skin. Mexoryl offers protection from both. That means it’s similar to lotions containing titanium and zinc, but those can be heavy and impossible to rub in, says Jules Ahadi, a dermatologist in New York City. (Think of the not-so-cute white creams lifeguards slather on their noses.) Mexoryl, on the other hand, is light and easily soaks into the skin. Currently available in Europe and Canada, Mexoryl is not yet approved by the FDA, though sunscreens containing it, such as Anthélios XL Sunblock Creme for Sun Reactive Skin SPF 60+, \$36.50, are available online.

High-Tech Zit Zapper

Blue Light Photodynamic Therapy is a promising new acne treatment that’s cropping up in more and more derms’ offices across the country. Here’s how it works: “The presence of bacteria in our skin’s oil glands can lead to the formation of acne,” explains Dr. Abadi. But bacteria is sensitive to a

The number of women age 19 to 34 getting Botox treatments went up 125 percent in just one year.

special blue light, so when a doctor directs this beam onto affected areas, it kills zit-causing bacteria and reduces inflammation. A patient with mild-to-moderate acne would need about 8 to 10 treatments to clear things up (more if acne is severe). Occasional follow-up visits maybe required. Prices range from \$50 to \$100 per session.



Talk about a radiant complexion.

Glow-Producing Creams

Why do celebs have such luminous and dewy skin? Because their makeup artists slather their mugs and bodies with a new breed of face

lotions that are spiked with light-reflecting minerals, such as mica, which brighten up the skin. Try Clean & Clear Morning Glow Moisturizer, \$5.99, and Nivea Visage Simply Glowing, \$9. Others, like tinted moisturizer Clinique City Block Sheer Shimmer Oil-Free Daily Face Protector SPF 15, \$15.50, use shimmery pigments to give the skin a sun-kissed sheen.

Topical Botox

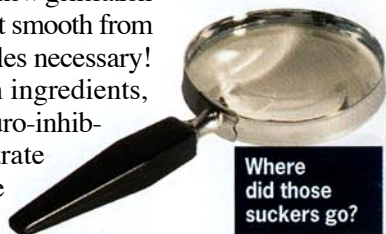
If you're tempted to try wrinkle-smoothing Botox injections (see box, right), but are skeeved out by syringes, you're in luck. There's a new generation of nontoxic creams that smooth from the outside in—no needles necessary! These creams contain ingredients, such as the natural neuro-inhibitor GABA that penetrate the skin to the muscle where, like Botox,

they inhibit wrinkles by interfering with communication between the muscles and the nerves. They have the ability to temporarily flatten fine lines, but they don't have the power to freeze the face like Botox sometimes does. "It's meant for younger women who are just starting to see lines," says Dr. Denese. The cream can be applied in the morning before you put on your makeup and used to touch up throughout the day. Dr. Denese created Line Erase, \$99 for a one-ounce bottle (call 800-899-4116). Other line-prevention formulas: L'Oréal Wrinkle De-Crease, \$20, and Lancôme Résolution D-Contraxol, \$68.

Pore Shrinkers

"Nothing permanently minimizes pores," says Cheryl Citron, a dermatologist in Livingston, New Jersey, but you can temporarily reduce their size. And now you can use inexpensive, over-the-counter products containing salicylic acid and benzoyl peroxide to do just that. "Normally found in spot-treating zit potions, salicylic acid helps exfoliate dead skin cells that would otherwise clog pores, while the anti-septic benzoyl peroxide destroys pore-clogging bacteria in the skin," explains Dr. Citron. These ingredients are now available in the form of cleansers and masks that are spread over

the entire face. Some to try: Neutrogena Blackhead Eliminating Treatment Mask, \$5.79, and Bioré Blemish Fighting Ice Cleanser, \$5.99. ■



Where did those suckers go?



Botox 101

We answer your questions about this wrinkle-eraser.

■ WHAT THE HECK IS IT?

Botox is a purified form of the botulinum toxin type A (a deadly strain of food poisoning) that temporarily paralyzes muscles when injected into the face. That paralysis is what smooths out fine lines and wrinkles around the eyes and forehead. Results last three to four months. The cost: about \$400 a session.

■ IS BOTOX MEANT FOR CHICKS IN THEIR 20s?

Many derms advise against it, because from ages 20 to 25, your skin has the highest concentration of elastin and collagen. In other words, why mess with your natural appearance when it's at its peak?

■ DOES IT PREVENT WRINKLES?

No. Botox doesn't stop wrinkles from forming.

■ ANY LONG-TERM EFFECTS?

Docs don't know because no studies on Botox's long-term effects have been conducted yet.

SOURCES: DR. ABADI, DR. CITRON, DR. DENESE, DR. LINDA FRANKS, DR. DAVID LEFFEL, AND DR. ROD ROHRICH, PRESIDENT OF AMERICAN SOCIETY OF PLASTIC SURGEONS