

Prevention's **DEFY-YOUR-AGE**

BEAUTY AWARDS

Which skin care products really help turn back time? We asked a team of top derms to test the most promising new anti-agers. Here, the 9 that deliver results you can see

By Karyn Repinski and Rebekah George • Photographs by Dan Saelinger

DOUBLE TESTED BY
7 DERMS AND
225 READERS!



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Smart ways to live well

SEPTEMBER 2008

Prevention

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- SPEED YOUR METABOLISM
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FLAT
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HIGH
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DEFY
YOUR
AGE
Younger,
Glowing Skin
and How to
Get it Fast

HARPEN
YOUR
MEMORY

A staggering number of products were launched in the past year, each claiming amazing skin-saving benefits. To find out which really work, we did something no other magazine has ever dared to do: enlist leading dermatologists to scientifically test the 45 most promising eye creams, night creams, skin peels, sunscreens, and more. Each product was tested by a group of 5 women over age 40 for up to 6 weeks—long enough to deliver on its claims. Experts employed state-of-the-art equipment such as the Visia Complexion Analysis machine to accurately determine the winner in each category; this high-tech device compares testers' skin before and after to show improvement in everything from spots and pores to wrinkles and redness. We're pleased to say that judges *and* testers saw real age-defying results with these 9 winners.



BEST EYE CREAM

Priori Smoothing Eye Serum
(\$60; prioriskincare.com)

Testers gave this serum a chorus of "ayes." "It's wonderful—I've actually gotten compliments on how much younger I look," says one, who reports fewer fine lines and less puffiness and darkness. This doesn't surprise us: Compared with creams, which usually contain less than 10% of active ingredients, serums have up to 70%—and this one packs no less than a dozen de-agers, including lactic acid (an alpha hydroxy acid that polishes skin by sloughing dead cells), glycerin and sodium hyaluronate (humectants that attract moisture to firm skin), caffeine (to reduce puffiness), and acetyl hexapeptide-8 (a muscle-relaxing peptide that smooths fine lines). The serum's pleasant smell, velvety texture, and quick absorption also garnered raves. Light-refracting mica and silica particles instantly soften imperfections. Genius.



◆ **USE IT RIGHT** Apply every other night as directed until skin is acclimated; then use nightly. "Eye creams with AHAs can be drying," says judge Wm. Philip Werschler, MD. They can also make skin more sun sensitive, so use a high-SPF (15 or more) broad-spectrum sunscreen in the morning.

OUR MD JUDGES

David Bank, MD, associate professor at Columbia University/Presbyterian Hospital; in private practice in Mt. Kisco, NY
David Goldberg, MD, clinical professor at Mount Sinai School of Medicine; in private practice in New York, New Jersey, and Florida
Ranella Hirsch, MD, president of

the American Society of Cosmetic Dermatology & Aesthetic Surgery; in private practice in Cambridge, MA
Arielle Kauvar, MD, clinical associate professor at New York University School of Medicine; in private practice in New York
Mary Lupo, MD, clinical professor at Tulane University School of

Medicine; in private practice in New Orleans
Helene R. Rosenzweig, MD, assistant clinical professor at UCLA School of Medicine; in private practice in Encino, CA
Wm. Philip Werschler, MD, assistant clinical professor at Washington School of Medicine; in private practice in Spokane, WA

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