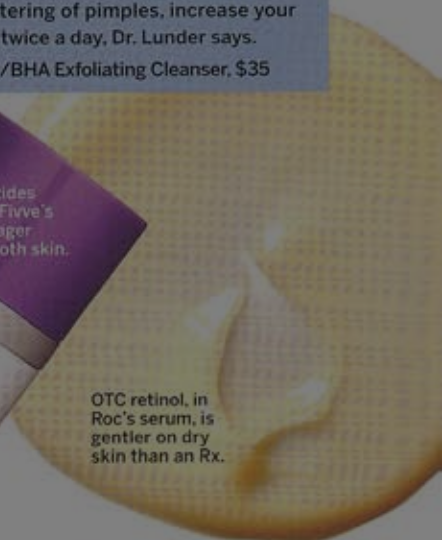


# evening

## STEP 1

One of the worst skin offenders is hitting the sack without wiping off makeup, sunscreen and the day's grime. Routinely use a **cleanser** and you'll be rewarded with vibrant, healthy skin.

Dry	<p><b>BEST BET</b> A cream cleanser or cold cream</p> <p><b>REASON IT WORKS</b> Both preserve skin's natural oils. Look for the same ingredients (glycerin, dimethicone) as you would want in your sunscreen. (See page 163.)</p> <p><b>EXPERT TIP</b> Apply to dry—not wet—skin. Water can dilute the formula's moisturizing benefits and you want to soak up as much as possible. Dr. Graf says. You can tissue off if you have hard water, which can be drying.</p> <p><b>SKIN PICK</b> YSL Cleansing Milky Veil, \$37</p>	Sensitive	<p><b>BEST BET</b> A fragrance-, dye- and soap-free cream wash</p> <p><b>REASON IT WORKS</b> Bare-bones guarantees mildness. (Don't be put off by the absence of soap; alternatives such as coconut extract whisk away residue, too.)</p> <p><b>EXPERT TIP</b> Be a label reader, as even washes "made for sensitive skin" may contain irritants. And rinse with warm water; hot and cold can cause redness, says Harold Lancer, M.D., of the University of California at Los Angeles.</p> <p><b>SKIN PICK</b> Jason Fragrance Free Facial Cleanser, \$9</p>
	Oily		<p><b>BEST BET</b> An exfoliating gel cleanser with salicylic acid</p> <p><b>REASON IT WORKS</b> A little grit (try gentle microbeads) is key to removing sunscreen residue. Salicylic acid is lipid soluble, so it dissolves oil and pore-clogging dead skin.</p> <p><b>EXPERT TIP</b> Wash skin at the sink, not in the shower. Steam can swell skin's top layers, trapping bacteria and oil, says Elissa Lunder, M.D., of Wellesley, Massachusetts. The mirror also helps you get an even, all-over application.</p> <p><b>SKIN PICK</b> Garnier Nutritioniste exfoliating cleanser, \$6</p>



**STEP 2** | Clean skin is primed to absorb potent **antiaging products** that fight fine lines and repair cellular damage incurred during the day. The best part: The product does all the hard work while you drift off to dreamland.

	Best bet	Reason it works	Expert tip	Skin pick
Dry	A nonprescription retinol serum	Retinols (one of the gentlest forms of vitamin A) slough off dead skin cells and trigger fine line-reducing collagen. Serums quench better than lotions.	Retinol has about one tenth the vitamin A of an Rx retinoid. "Dry skin tolerates it more, encouraging consistent use," says Katie Rodan, M.D., of Oakland, California.	Roc Retinol Correxion Deep Wrinkle Serum, \$20
Oily	A prescription retinoid (aka tretinoin) gel	Rx retinoids, the most potent form of vitamin A, speed up cell turnover, preventing clogged pores. Gel formulations help dry up excess oil.	If you have a breakout, use a spot treatment without benzoyl peroxide; when used with tretinoin, the effects of both are neutralized, Dr. Lunder says.	Retin-A Micro. This gel requires a prescription and can be covered by insurance.
Sensitive	A fragrance-free moisturizer with peptides	Unlike retinols, which increase collagen through exfoliation, peptides send a signal to dermis cells, stimulating collagen in a more gentle manner.	Apply treatments to damp skin right after washing to lock in H <sub>2</sub> O and help ingredients penetrate, says Mitchel P. Goldman, M.D., of La Jolla, California.	T'Five Anti-Aging Skin Revitalizing Complex, \$78
Normal/combo	A prescription retinoid (aka tretinoin) cream or gel	Retinoid creams are best for normal skin that falls on the dry side; gels are ideal for oilier skin. Both slough off pore-clogging cells and fight fine lines.	Use a pea-sized drop for the whole face and skip dry eye and lip areas, Dr. Graf says. (The just-right test: Skin should be dry within a minute of application.)	Renova 0.02%. This cream, available with an Rx, is usually not covered by insurance.