

13 Things Dermatologists Are Dying to Tell You About Your Skin

Your relationship with your loofa is about to change...big time.



They say beauty is only skin deep. Only?! Skin is our body's largest organ, and when it's clear, hydrated, and radiant, it signals wellness on the inside too. The secrets top M.D.'s share with their favorite people will make you look younger *and* feel healthier.

1

START ANTI-AGING NOW



"When someone asks, 'When do I deal with this line between my eyes?' I'm tempted to say, 'It was time to deal with it when you first noticed it!' I can be blunt like that with family, so when my cousins asked, I told them my philosophy: Clean up your room before it gets too dirty. If you begin with small amounts of Botox or filler in your early 30s when lines start forming, the muscle movement that creates wrinkles is restricted sooner, so you likely won't develop deeper ones. That said, it's okay if you've put it off. Botox, Fraxel, and fillers work into your 40s and

beyond; you'll just need somewhat higher doses since the damage will be greater. Most people have it backward: They're worried about overdoing it by coming in too frequently. But if they came earlier and more often, I wouldn't need to do much, so it would cost less and look more natural." —Paul Jarrod Frank, M.D., director of 5th Avenue Dermatology Surgery and Laser Center and clinical assistant professor of dermatology at Icahn School of Medicine of Mount Sinai in New York City

3

DON'T DO WHAT YOU ALWAYS DO



"One close friend of mine told me that she sleeps with makeup on — in fact, she's been doing it for decades without any problems. But now that she's in her mid- 40s, she's started to see cystic acne. She tried numerous medications to treat it and nothing worked. When she stopped wearing makeup to bed, it vanished. The moral of the story isn't to wash your face at night; that's a given. It's that what worked for your skin years ago — or even six months ago — can change. Good skin care means being attuned to your skin's needs. So don't resist mixing up a routine that's always worked for you if it no longer does." —Paul Jarrod Frank, M.D.