

InStyle Makeover

363 Ways To Change Your Look!

**Jennifer
Hudson**
New Body!
New Life!

**SECRET
BEAUTY
CHEAPIES**
Plus: Best Skin
Tips *Ever*

**92 INSTANT
WARDROBE
UPDATES**

**JUMP-START
YOUR DIET**
3 Easy Plans

**Find Your
Perfect
Hairstyle!**

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\$4.99US \$5.99CAN

15>



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new you



JEANINE DOWNIE, M.D., age 45

What I love about my skin I have small pores, even tone, and no wrinkles because I Botox my forehead every three months and have worn sunscreen every day since I was 21! Good genes probably help too. My parents are in their 70s, and they don't have many wrinkles.

What I wrestle with I have some melasma—the result of four years spent lifeguarding as a teen. I'm also sensitive; I've had eczema since I was a baby.

A.M. I alternate between two Vivité cleansers—one that's really gentle and one that exfoliates. For sunscreen, I like M.D. Forté SPF 30. It rubs right into darker skin. I wear it even when I'm going to be inside. There have been some small studies that suggest melasma can be triggered by fluorescent lights, so I'm not taking any chances!

P.M. After washing, I put on an antioxidant serum—the TNS Essential is my favorite—and then Retin-A Micro Pump. On drier days, I add Skin Medica Dermal Repair. On my lashes, I use Latisse [a prescription lash-growth serum]. It took four months, but my lashes are thicker and darker, as promised! Twice a week I treat my feet to a Neutrogena microdermabrasion kit. I did ballet for years, so my feet are beyond repair, but this helps. —AMY SYNNOTT-D'ANNIBALE



M.D. Forté Aftercare Environmental Protection sunscreen SPF 30, \$22; amazon.com.

Retin-A Micro Pump, by prescription only; retinamicro.com for info.

Skin Medica TNS Essential serum, \$250; skinmedica.com.

Vivité Daily Facial Cleanser, \$27; viviteskincare.com.

180 mL

M.D. Forté Skin Rejuvenation Hydra-Masque, \$36; amazon.com.



Skin Medica Dermal Repair cream, \$112; skinmedica.com.

Latisse, by prescription only; latisse.com.

Neutrogena Healthy Skin Rejuvenator kit, \$40; drugstore.com.

SKIN REJUVENATION HYDRA-MASQUE

HYDRATES & REFINES
ALPHA & BETA HYDROXY ACIDS WITH VITAMINS A & E
4 OZ. (120g)

Here Today, Gone Tomorrow

Can a quickie lunchtime beauty fix really get the job done? Three women give it a shot, a peel, and a zap, and report back

CHEMICAL PEEL

How it works “A cocktail of lactic and salicylic acids and resorcinol is brushed onto skin, followed by a liquid form of Retin-A, which all adds up to an intense exfoliation,” says physician’s assistant Lauren Zeifman, who uses the Skinmedica Vitalize peel in her N.Y.C. office. “By Day 5 you have a fresh new layer of skin that is incredibly radiant and soft.”

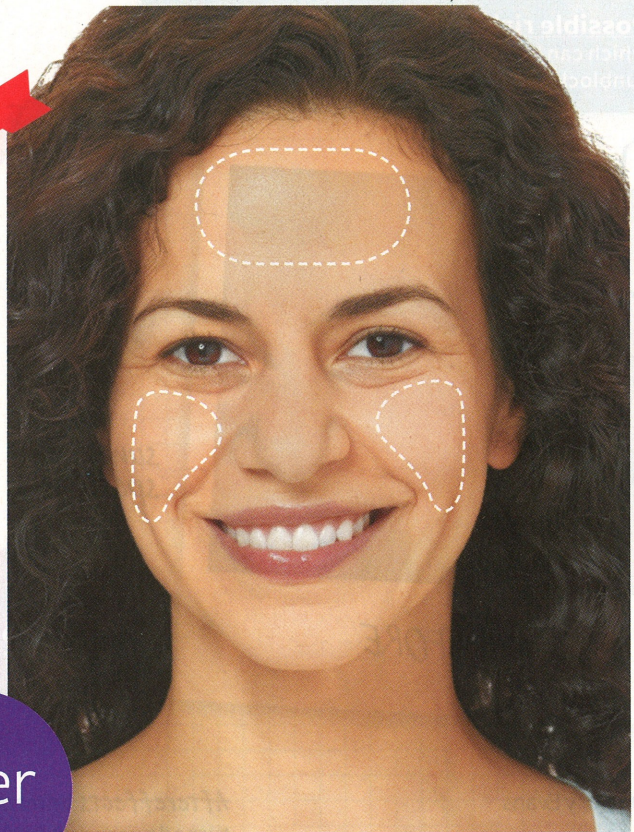
How much it costs \$150–\$250

Possible risks Temporary dryness and redness; hyperpigmentation can occur in those with darker skin if SPF isn’t used or if a patient pulls off peeling skin.



BEFORE

after



Name Mandy Gonzalez

Age 30

Why I did it My skin had been breaking out as a result of my job. I star as Elphaba in *Wicked* on Broadway and cover my face in green glop every night! I also have blotchy patches that resemble rosacea.

How long it took I was in and out in half an hour. The peel took five minutes.

What it felt like The first layer stung as if it were a bad sunburn. After three minutes (and some fanning) the pain subsided, and the physician’s assistant applied the next layer, which didn’t burn

and had a yellowish tint. I was told to leave it on all day and cleanse at night.

Aftereffects My skin looked tight, luminous, and a tiny bit yellow, like I had a slight tan (it faded after a while). I started to peel two days later and used Vaseline to soothe my face. I hid on Day 3—I was covered with giant flakes of skin (the aesthetician said to trim them off with nail scissors instead of pulling at them, but I left them alone).

Results By Day 5 the peeling had stopped. My skin glowed and felt really soft. I’d definitely do it again

(on a Friday, so I can be a hermit on Monday, when I’m not onstage), but no more than twice a year. It’s harsh!

**\$4.5
BILLION**

Amount spent on
non-surgical
procedures in 2009*