

BEAUTY

4
CHAPTER



THE HARPER'S BAZAAR

ANTI-AGING AWARDS

LOOK YOUR BEST AT EVERY AGE

It's not about trying to appear younger but rather feeling your most beautiful. Of course, great products can help with that: The following have been chosen because they're the very best that money can buy. ►

THE BEST CLEANSERS

When it comes to face wash, one formula does not fit all. So how to know which to choose? Your skin feels purified yet plumped. One of these should do the trick.



FOR NORMAL SKIN

Garnier SkinActive Micellar Cleansing Water All-in-1 Waterproof Makeup Remover & Cleanser (\$8.99) gently lifts oil, dirt, and hard-to-remove makeup without any greasy residue.



FOR COMBINATION SKIN

Chanel La Mousse Anti-Pollution Cleansing Cream-to-Foam (\$45) starts off cream-thick, then transforms into a lush foam, leaving skin perfectly in balance.



FOR OILY SKIN

If you've ever tried Neutrogena's classic Deep Clean range, you know it leaves skin matte and smooth, never overdried. The new Deep Clean Purifying Cream-to-Foam Detox Cleanser (\$9.49) does the same thing, only with a bubbling sensation.



FOR DRY SKIN

Long a cult favorite in Japan, DHC Deep Cleansing Oil (\$28) is now equally popular Stateside. With nutrient-rich olive oil, vitamin E, and rosemary leaf oil, it hydrates skin as it cleanses.



FOR SENSITIVE SKIN

Cetaphil Gentle Skin Cleanser (\$9.35) has been a best seller (and dermatologist favorite) for years. The mild, soap-free liquid sloughs off dirt but doesn't disturb the skin's natural moisture barrier.



FOR REMOVING MAKEUP

A must if you want to keep your good towels in top condition: Clinique Take the Day Off Cleansing Balm (\$29.50) quickly melts stubborn makeup with safflower seed oil.

BALMS, OILS, MICELLAR WATERS: EVERYTHING YOU NEED TO KNOW ABOUT CLEANSING 2.0

As our air quality plummets, cleansing becomes more critical, according to a 2016 study that linked air pollution to facial dark spots. In addition to removing impurities, it also helps treatment products work better, says dermatologist Dendy Engelman, M.D.: "You need to cleanse properly in order to receive any active ingredients you apply after." So which cleanser is most effective? Think about your skin type, she says. If you're oily or acne-prone, look for formulas with chemical exfoliants like salicylic acid. Drier skin types, lean in to creamier or even oil cleansers. Lifestyle is part of the equation too: If you wear foundation or live in an area with a lot of pollution, consider double cleansing. Popularized by Korean beauty, this two-step ritual is fantastic for quickly dissolving impurities. Start with an oil cleanser to swiftly break down makeup and grime, then follow with a cleanser that's right for your skin type. As for the nagging question "Do you have to wash your face in the morning?," take a cue from the French, who brought us micellar water: A few drops of this light solution on a cotton pad are all you need to refresh your skin in the morning, without any water from the tap.

THE BEST OTC RETINOLS

Clinically proven to stimulate collagen—reducing the look of fine lines and wrinkles—retinol has long been the gold standard among dermatologists



SERUM

If you're a retinol newbie, consider trying Elizabeth Arden Retinol Ceramide Capsules Line Erasing Night Serum (\$84). It babies skin with ceramides in perfectly portioned and easy-to-use doses.



MOISTURIZER

Typically daytime is off-limits for retinol usage—the ingredient can cause sun sensitivity and irritation. But RoC Retinol Correxion Deep Wrinkle Daily Moisturizer SPF 30 (\$22.99) adds in antioxidants and sunscreen to protect skin.

3 THINGS YOU DIDN'T KNOW ABOUT RETINOL **1. Irritation is optional.** Rather than apply retinol to bare skin as is typically directed, dermatologist Joshua Zeichner, M.D., recommends layering the active ingredient on top of moisturizer to prevent redness and flaking. **2. Skin needs around-the-clock hydration.** It's important to moisturize every eight hours, says dermatologist Paul Jarrod Frank, M.D. Keep a mist at your desk. (We love MDNA Skin The Rose Mist, \$120.) **3. Retinol won't thin your skin.** Dermatologist Robert Anolik, M.D., puts this myth to bed: "Retinoids trigger new collagen production and boost hyaluronic acid synthesis throughout the skin, which actually strengthens the dermis," he says.

THE BEST MOISTURIZERS

If even the most mild retinol product still irritates your skin—or you just want to vary your regimen—consider one of these hydrating formulas



FOR NORMAL SKIN

With skin-plumping peptides, Olay Regenerist Whip Face Moisturizer SPF 25 (\$38.99) is just the sort of fast-absorbing, multitasking product we need for busy mornings.



FOR OILY SKIN

Tatcha The Water Cream (\$68) is packed with nutrient-rich water droplets that release oil-controlling Japanese leopard lily extract when massaged into skin.



FOR SENSITIVE SKIN

Derms love this lotion for what it doesn't contain. Aveeno Ultra-Calming Daily Moisturizer SPF 30 (\$14.99) is fragrance- and oil-free, and can reduce redness in one week.



FOR COMBINATION SKIN

Dior Hydra Life Sorbet Crème (\$69) has a light, buttery texture that delivers the perfect amount of hydration without leaving skin feeling greasy. It's great before makeup.



FOR DRY SKIN

Why does La Mer Crème de la Mer (\$325) inspire such devotion? Patted into skin, this sea-kelp-rich cream soothes inflammation and deeply hydrates skin, leaving it dewy. ➤

THE BEST SERUMS

These mysterious little bottles and tubes are the stuff of pure alchemy. Inside you'll find active ingredients with the power to spark real, visible change.



FOR SMOOTHING
Perricone MD Acyl-Glutathione Essential Fix Deep Crease Serum (\$179) softens the look of difficult-to-treat marionette, forehead, and frown lines. Consider it a complement to Botox, or a step before taking the plunge.



FOR BRIGHTENING
L'Oréal Paris Revitalift Derm Intensives 10% Pure Vitamin C Concentrate (\$29.99) eradicates dullness with a potent dose of with vitamin C. (The airtight tube and waterless formula ensures that this finicky ingredient stays stable.)



FOR REJUVENATING
When we polled our panel of dermatologists, SkinCeuticals C E Ferulic (\$166) consistently came up as one of the must-haves for firmer, more radiant skin. The combo of vitamins and ferulic acid instantly gives skin back its glow.

WHAT'S THE DIFFERENCE BETWEEN SERUM AND LOTION?

You may ask yourself, "Do I really need both?" If you're looking to target specific skin issues, the answer is "Absolutely." While serums and lotions (and creams) do share some similarities, they have very different strengths. Think of serums as specialists: Their sole purpose is to deliver actives, i.e., concentrated ingredients designed to ignite a physical change in the skin. (Two of the most popular: vitamin C, which brightens skin, and peptides, which trigger collagen production.) Though serums are thinner in consistency, they're highly concentrated and generally more potent than your standard-issue face cream; expect to use less per dose and pay more per bottle. If you have multiple concerns, feel free to layer a couple of serums, but know that ingredients like hydroxy acids, vitamin C, and retinol can potentially inactivate one another, says dermatologist Joshua Zeichner, M.D. Avoid any conflict by saving one serum for day, another for night. After applying a serum, lock it in with a lotion or cream. While some are infused with active ingredients, their main goal is to hydrate and protect, which is equally important in maintaining a plump, healthy complexion. And while we hate to complicate matters, we'd be remiss if we didn't discuss the new oil serums: Oil molecules are generally too big to be absorbed into the skin, so apply them on top of creams (as a finishing step).



THIS SPREAD, CLOCKWISE FROM TOP LEFT: LAURENCE LABOIRE/TRUNK ARCHIVE; FLORIAN SOMMET/TRUNK ARCHIVE; JAMIE NELSON/BLAUBLUT-EDITION.COM; STILL LIFE: COURTESY

THE BEST EYE TREATMENTS

The thin skin around the eye area is the first to show signs of age. It's also the most sensitive, which is why you need a product specially formulated for your eyes.



FOR DAY

A morning must-have: Olay Eyes Ultimate Eye Cream (\$33.49) treats dark circles with color-correcting pigments (tired eyes look more awake on contact) and fights lines with peptides. Day, made.



FOR NIGHT

The latest addition to one of the world's most trusted anti-aging lines, Estée Lauder Advanced Night Repair Eye Supercharged Complex (\$62) hydrates with hyaluronic acid and also fights blue-light damage.

THE MAKEUP ARTIST'S FIVE-MINUTE EYE MAKEOVER

Charlotte Tilbury, makeup artist to Amal Clooney and Emma Roberts, shares her surefire tips for getting younger-looking eyes fast: **1.** Start with an eye cream to hydrate, smooth, and act as a primer for your concealer. Tap it on with your ring finger to boost circulation and perk up under eyes. **2.** Use a concealer in a slightly lighter shade than your skin tone to bring light to the face and tone down dark circles. **3.** Swap out harsh black eyeliner, which can make eyes appear smaller, for a youth-boosting soft chocolate-brown shade. **4.** Add a subtle pop of gold or champagne highlighter to the inner corners to give the appearance of wider, brighter eyes. **5.** Finally, curl lashes and apply two coats of a lengthening mascara.



THE BEST LIP TREATMENTS

A gorgeous pout needs more than just a swipe of color here and there. Since lips lack oil glands, they need to be topped with moisture. Plus they lose volume over time. Your strategy: Layer on plush color that packs major hydration.



CONDITIONER

Laneige Lip Sleeping Mask (\$20) is a pressed serum rich in berry-derived antioxidants. The name indicates nighttime use, but the mask has earned a permanent spot on *Bazaar* beauty editors' desks.



TINT The secret to Yves Saint Laurent Volupté Tint-in-Balm's (\$34) radiant finish—and pampering benefits—are in the special bullet: The outer layer of vibrant pigment hugs a balmy core (shaped as a pair of lips, naturally). The result is a juicy payoff that begs to be reapplied throughout the day.



LIPSTICK Hailed as a secret weapon by celebrities and makeup artists, Chantecaille Lip Chic (\$38) is plumped with conditioning oils, collagen, and hyaluronic acid—color goes on glossy, and lips appear smooth all day. It's just about the most comfortable lipstick on earth. ➤



ANTI-AGING AWARDS

THE BEST FACE MASKS

If a facial isn't in the cards, one of these quickie treatments is your next best option



HYDRATING MASK

We love masking but understand some can be an event. Not this one: Sisley Paris Black Rose Cream Mask (\$162) plumps and smooths skin in 10 minutes. Tissue it off, or even leave on overnight for a refreshed face in the morning.



SHEET MASK

Lancôme Advanced Génifique Hydrogel Melting Sheet Mask (\$105 for six) contains the same amount of actives as a one-ounce bottle of Génifique serum, so this bio-cellulose sheet mask delivers glowing, dewy skin in minutes.



BRIGHTENING MASK

One of the most powerful exfoliators we've ever tried, Peter Thomas Roth Pumpkin Enzyme Mask (\$58) addresses dullness, smooths fine lines, and decongests skin in one go. The stingle is worth it.



FIRMING MASK

There's a reason Hanacure Multi-Action Treatment Mask (\$110 for four) became an Instagram sensation. As the peptide- and botanical-rich solution dries into a tight film, it simultaneously contours and diminishes lines.

THE BEST NECK TREATMENTS

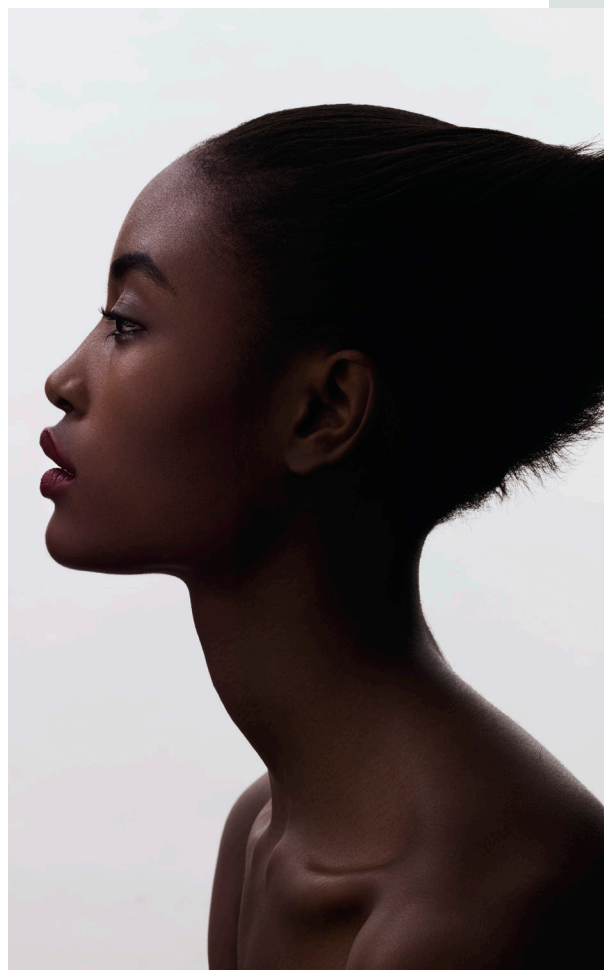
Everyone is talking about "tech neck" in beauty, and for good reason: Constantly craning over our devices can accelerate lines and sagging. Thankfully, procedures and products are catching up to the moment.



NECK CREAM

Considered by many to be the product that launched an entire category, StriVectin's original neck cream is a skin-tightening game changer made with ceramides, peptides, and a lifting complex. The newest iteration, StriVectin TL Advanced Tightening Neck Cream Plus (\$95), also evens skin tone.

IN-OFFICE PROCEDURES You'd be forgiven for thinking that the neck is the last to go. But in fact, given how delicate the area is—and how we're perpetually looking at our phones these days—the skin is lining and slackening earlier than ever. Beyond applying topical treatments, dermatologist Dennis Gross, M.D., recommends Ultherapy, which lifts skin by detecting where collagen is depleted via ultrasound imaging, then targeting those areas with sound energy to help it regenerate naturally. Another option: Dermatologist Paul Jarrod Frank, M.D., likes Vivace, a microneedling tool that uses radio frequency to naturally stimulate collagen production. Derms apply a topical numbing cream, so it feels less like prickling and more like a subtle tingle; Frank also says you might be red and puffy for a few days after, but it's very minimal. To get back definition, SculpSure, an in-office body-contouring laser, now has a handpiece for the jawline. All in all, it takes one-to-three 25-minute in-office sessions, with some soreness after each. To target necklace lines, some derms recommend a hyaluronic acid filler, like Restylane or Juvéderm.





THE BEST BODY CARE

Don't let your body age faster than your face: Treat the rest of your skin with products that do more than moisturize, whether it's targeting tone or texture



FIRMING BODY TREATMENT
Clarins Body Fit Anti-Cellulite Contouring Expert (\$70) is a rare firming product we put our trust in—the brand ranks number one worldwide in slimming products. It's made with caffeine (the top ingredient for topical cellulite creams) and quince-leaf extract for lifting.



BODY OIL
Since 1972, Bio-Oil (\$27.99) hasn't changed anything about their product but the packaging. Why would they? The oil is said to boost elasticity and reduce the look of stretch marks with a blend of botanical extracts and vitamins A and E—just ask the product's cult followers.



BODY MOISTURIZER
With Japanese pearl, golden silk essence, and damask rose water, Clé de Peau Beauté Crème Pour Le Corps Body Cream (\$150) brings rich, indulgent ingredients—typically reserved for only the finest face products—to the rest of the body. Consider yourself pampered.

CELLULITE TREATMENTS—WHAT ACTUALLY WORKS

Before we get to the solution, let's zero in on the problem: Cellulite isn't just about fat, it's also about the vertical connective bands woven through fat that pull down on skin, creating the appearance of bumps and ripples. "Cellulite is genetic—if you have it, it's not your fault," says dermatologist Ellen Marmur, M.D. (Losing weight and gaining muscle can help the look of cellulite, but it can't change how fat is deposited.) One of the biggest advances is the FDA-cleared Cellfina, a minimally invasive procedure that uses a needle-size blade to cut the bands, eliminating the puckering effect. As for noninvasive treatments, dermatologist Paul Jarrod Frank, M.D., suggests the newest device on the market, BTL Unison. It uses radio frequency for skin tightening and shockwave therapy in one handheld tool. Patients reach optimal results after four visits (20 minutes each, spaced a week apart), and it requires no downtime. Another breakthrough on the horizon—it's still in clinical trials for cellulite but has promising results—is an injectable, enzyme-based drug that works by breaking up the bands, Marmur says. (It's already FDA-approved to treat other medical conditions also caused by fibrous tissue.) ►

THE BEST HAIR CARE

Thick, shiny, healthy hair is a sign of youth. Here, restorative products that help bring back fullness and vibrancy—and keep them going for years to come.



SHAMPOO
Kérastase Résistance Bain Thérapiste Shampoo (\$33) has a fresh jelly texture that reduces friction during your wash, so there's less breakage. Amino acids lend a bit of bulk, while wheat protein smooths strands.



CONDITIONER
The hero technology in Virtue Recovery Conditioner (\$40) is the Alpha Keratin 60ku: a revolutionary keratin protein that binds to damaged spots by mimicking the natural keratin in your hair.



MASK
Some hair masks just feel like rich conditioners. Moroccanoil Restorative Hair Mask (\$43) is like a hair rebirth—its signature argan oil is combined with shea butter, proteins, and vitamins to quickly renew elasticity and shine.



AT-HOME COLOR
Mature hair has its own set of needs: It thins, grays, and it's loath to hang on to dye. L'Oréal Paris Age Perfect by Excellence (\$8.99) addresses all of these issues in a volumizing, permanent formula.

WHAT TO DO WHEN YOUR HAIR IS THINNING

AT HOME: Topical minoxidil is still one of the smartest options. The FDA-approved drug revives and increases the size of hair follicles, helping hair grow in fuller. For a more holistic approach, some experts believe that an anti-inflammatory diet—one that's low in processed foods and high in antioxidants like those in fatty fish—may naturally optimize growth. Hair-stylists often recommend supplements like Viviscal and Nutrafol, which have strong clinicals. **AT THE DERM:** PRP (platelet-rich plasma) has become the standout treatment, says dermatologist Doris Day, M.D. The procedure uses your own blood to stimulate growth. In about 30 minutes, your doctor draws your blood, separates out the PRP, and injects it into your scalp. The released growth factors rejuvenate follicles and help keep them in the growing stage longer. Patients start with four sessions, one month apart, and then maintain results with booster injections every four months. ■

PANEL OF EXPERTS Dermatologists Macrene Alexiades, M.D., Robert Anolik, M.D., Whitney Bowe, M.D., Doris Day, M.D., Jeanine Downie, M.D., Dendy Engelman, M.D., Paul Jarrod Frank, M.D., Mona Gohara, M.D., Dennis Gross, M.D., Karyn Grossman, M.D., Michelle Henry, M.D., Ranella Hirsch, M.D., Shereene Idriss, M.D., Harold Lancer, M.D., Ellen Marmur, M.D., Howard Sobel, M.D., Heidi Waldorf, M.D., Amy Wechsler, M.D., Patricia Wexler, M.D., and Joshua Zeichner, M.D. Beauty consultants Jackie Aina, Katie Jane Hughes, Charlotte Tilbury, and Nam Vo; and Harper's Bazaar Beauty Director Jessica Matlin and Digital Senior Beauty Editor Jenna Rosenstein.