



JOEL
SCHLESSINGER,
MD

MASS APPEAL

SPECIALTY: Nebraska-based Joel Schlessinger equips his practice with more than 7,000 skin-care products, making him a mix master in combining over-the-counter and prescription topicals with in-office treatments to solve a range of skin issues.

SECRET WEAPON: Prescription retinoid and tretinoin creams “have significantly evolved since the ’90s and are much more gentle and effective,” says Schlessinger. The emollient-based Refissa is easier on dry skin and a “no-brainer for all women combating aging.”

QUICK FIX: Diminish a “stubborn forehead wrinkle” with neurotoxin injections that yield smoother skin in a week, versus months on a topical wrinkle-reducing cream.



MARCUS
McFERREREN,
MD, PHD

THE NATURAL

SPECIALTY: As a practicing dermatologist and ethnobotanist, McFerren combines the best of science and nature, mapping out result-driven regimens that unite plant-based and traditional medical solutions.

SECRET WEAPON: McFerren’s clinical 20-week comparative study proved Origins Plantcription Anti-Aging Serum, infused with key ingredient African Anogeissus, to be almost as effective as a prescription retinoic acid, without the side effects. “It relieves fine lines and wrinkles without the dryness.”

QUICK FIX: If there’s no time for an in-office cortisone shot, try Clinique Acne Solutions Spot Healing Gel. “It reduces inflammation, dries out pimples, and unclogs the pores.”



JEANINE
DOWNIE, MD

SPOT COUTURE

SPECIALTY: New Jersey-based dermatologist and coauthor of *Beautiful Skin of Color: A Comprehensive Guide to Asian, Olive, and Dark Skin*, Downie is a dynamo at erasing stubborn marks, from acne scars to sunspots, on skin of any color.

SECRET WEAPON: Downie relies on chemical peels to even pigment and smooth texture. “I like in-office salicylic acid-based peels like Theraplex and Vitalize,” she says. “They are stronger and provide faster results than glycolic or lactic acid-based peels.”

QUICK FIX: A trip to the freezer can prevent post-inflammatory pigmentation. “Applying ice to a bug bite or zit will soothe the lesion, reduce redness, and numb itch receptors, so you’re less likely to pick at it and leave a mark,” Downie says.

THE KIT



ELTAMD UV Clear SPF 46 “has an exceptional formula for broad protection”; the combination of growth factors, peptides, and caffeine in NEOCUTIS LUMIÈRE Bio-restorative Eye Cream “immediately improves moisturization and dark under-eye circles”; for rapid hydration, Schlessinger recommends his LOVELYSKIN Ultra-Rich Moisturizer, which also has fruit acids “that work to clear acne and prevent wrinkles”; COLORESCIENCE Sunforgettable Retractable Brush SPF 30 powder “should be applied over your sunscreen for easy touch-ups throughout the day.”

THE KIT



Daily use of ORIGINS Plantcription Anti-Aging Serum combats fine lines; for all his patients, McFerren recommends “basic and no-frills” sudscrers such as AVEDA All-Sensitive Cleanser; CERAVE AM Facial Moisturizer with SPF 30 sunscreen “is key in protecting against the ultraviolet rays that accelerate aging”; GOOD SKIN Tri-Aktiline Instant Deep Wrinkle Filler has a spackle-like effect that “helps provide noticeable, immediate improvement” in facial wrinkles.

THE KIT



Downie suggests using REVALÉSKIN Intense Recovery Treatment, which has a high dose of antioxidant CoffeeBerry, in the morning, followed by SKINMEDICA TNS Essential Serum with growth factors at night for a powerful all-over brightening duo: “Expect to see results in as little as two months,” she says; AMBI Fade Cream has 2 percent hydroquinone for effective and quick brown-spot treatment; wearing a “sunscreen such as M.D. FORTÉ SPF 30 for UVA and UVB coverage every day is crucial to preventing pigmentation.”