

heart & soul  
it's glow time!

# summer skin

We asked three top dermatologists how they streamline their daily skin-care routines for the season. Here they share their lightened-up, pared-down plans.

BY CHERYL KRAMER KAYE



**ELLEN MARMUR, MD, 49**  
founder of Marmur Medical in New York

Skin type: dry/sensitive • Steps: 8

## MORNING

- Cleanser**  
*Tula Purifying Face Cleanser (shown), \$28, tula.com.*  
With probiotics to balance skin.
- Serum/Moisturizer**  
*Clinique Moisture Surge Hydrating Supercharged Concentrate (shown), \$39, clinique.com.*  
Two layers, for extra hydration.
- Sunscreen**  
*EltaMD UV Physical Broad-Spectrum SPF 41, \$30, eltamd.com.*  
Tinted, so it doubles as foundation.

## NIGHT

- Eye Makeup Remover**  
*Neutrogena Oil-Free Eye Makeup Remover (shown), \$6, drugstores.*  
Rinse with warm water, so there's no irritation from rubbing.
- Repeat: Serum/Moisturizer**
- Night Cream**  
*Skinbetter Alto Defense Serum (shown), \$145, skinbetter.com.*  
A non-sensitizing blend of antioxidants.
- Eye Cream**  
*Neocutis Lumière Bio-Restorative Eye Cream (shown), \$97, neocutis.com.*  
Use on upper and lower lids.
- Lip Moisturizer**  
*Fresh Sugar Lip Treatment Advanced Therapy, \$26, fresh.com.* To hydrate overnight.



**JEANINE DOWNIE, MD, FAAD, 49**  
founder of Image Dermatology P.C., in Montclair, NJ

Skin type: combination • Steps: 9

## MORNING

- Cleanser**  
*SkinMedica GlyPro Exfoliating Facial Cleanser, \$52, skinmedica.com.*  
With 15% glycolic acid to help with texture, tone, acne, and fine lines.
- Moisturizer**  
*Senté Dermal Repair Cream (shown), \$150, sentelabs.com.*  
Lightweight; helps even out skin tone.
- Sunscreen**  
*SkinMedica Total Defense + Repair, \$68, skinmedica.com.*  
On face, neck, and backs of hands.

## MIDDAY

- Sunscreen**  
*Colorescience Sunforgettable Brush-On Sunscreen SPF 30 in Deep (shown), \$57, colorescience.com.*  
Applied a minimum of three times a day.

## NIGHT

- Makeup Remover**  
*Neutrogena Oil-Free Eye Makeup Remover (shown), \$6, drugstores.*  
Gets rid of even stubborn mascara.
- Repeat: Cleanser**
- Growth-Factor Serum**  
*SkinMedica TNS Essential Serum, \$281, skinmedica.com.*  
Improves texture and builds collagen.
- Moisturizer**  
*SkinMedica HA5 Rejuvenating Hydrator, \$178, skinmedica.com.*  
For loads of restorative moisture.
- Skin-tone Serum**  
*SkinMedica Lytera 2.0 Pigment Correcting Serum (shown), \$154, skinmedica.com.*  
To improve melasma (skin discoloration).



**DENDY ENGELMAN, MD, 41**  
Medical Dermatology & Cosmetic Surgery Centers in New York

Skin type: normal • Steps: 11

## MORNING

- Cleanser**  
*Lovecraft Beauty Micellar Water, \$20, lovecraft-beauty.com.* Cleans without stripping natural oils.
- Serum**  
*Drunk Elephant C-Firma Day Serum (shown), \$80, sephora.com.*  
For extra antioxidant protection against summer sun.
- Eye Cream**  
*SkinMedica TNS Eye Repair (shown), \$102, skinmedica.com.*  
To nourish the delicate skin around the eyes.
- Moisturizer + SPF**  
*Elizabeth Arden Prevage City Smart SPF 50 (shown), \$68, elizabetharden.com.*  
Protects skin from sun and pollutants.

## MIDDAY

- Sunscreen**  
*Colorescience Sunforgettable Brush-On Sunscreen SPF 30 in Tan, \$57, colorescience.com.*  
Easy SPF reapplication and absorbs excess oil.

## NIGHT

- Makeup Remover**  
*Cetaphil Gentle Makeup Removing Wipes, \$8, drugstores.*  
Gently removes the day's grime.
- Repeat: Cleanser**
- Serum**  
*RoC Retinol Correxion Deep Wrinkle Serum (shown), \$23, drugstores.*  
With active vitamin A to build collagen, improve discoloration, and reduce acne.
- Repeat: Eye Cream (shown)**
- Overnight Cream**  
*Conture Kinetic Revive Restorative Overnight Peel, \$80, conture.com.* to boost radiance and diminish wrinkles.

## WEEKLY

- Peel**  
*Elizabeth Arden Skin Illuminating Retexturizing Pads, \$56, elizabetharden.com.*  
with 5% glycolic acid to eliminate dry, flaky, dull skin.

