

DERMATOLOGISTS' best secrets

These top doctors and skin specialists have seen thousands of patients and all kinds of skin—and now they're here to help you. We asked them for their greatest advice plus the inside scoop on their own routines so you can keep your body's largest organ healthy and glowing.

Anti-ageing that works

USE A RETINOID

"After sunscreen, the second most important agent in your anti-aging regimen should be a nightly application of retinol (such as retinyl palmitate or retinaldehyde), a compound derived from vitamin A. Recent studies show that improved over-the-counter formulations are as effective as the prescription versions. When used nightly for at least 12 weeks, retinol minimises fine wrinkles, brightens skin tone, improves brown spots, and makes skin feel smoother."

DR CAROLINE CHANG

DON'T NEGLECT THE BASICS

"Use a gentle cleanser, oil free moisturiser and 50+ sunscreen daily. An adequate cleanse usually takes at least 45 seconds, which can feel like a long time when in a rush. Employ a circular massaging motion with your fingertips initially, then rinse away with water, avoiding extremes of temperature."

DR ADAM SHERIDAN

REMEMBER YOUR NECK AND CHEST

"Many women take care of their faces, but don't pay attention to the area below. You should treat your neck and chest with the same products you use on your face, including sunscreen, moisturiser and anti-ageing treatments."

DR JESSICA WU,
AUTHOR OF *FEED YOUR FACE*

GO FOR EYE GELS AND PATCHES

"If I don't get a good night's sleep, I pop a pair on while I'm making breakfast and then take them off before I put on my make-up. Fine lines are softer and puffiness diminished. My favourite is Skyn Iceland."

DR JESSICA WU

What derms do at home

TAKE OCCASIONAL SKINCARE BREAKS

"While having a consistent regimen is super important, you have to know when to slow down and take breaks. If I find that my skin is getting too irritated by products, I use nothing except cleanser and moisturiser for a few days."

DR CAROLINE CHANG

DON'T UNDERESTIMATE THE FACE WASHER

"You don't need a facial brush or special product. For light exfoliation, I use just a washcloth with moderate pressure. Plus, I also like that it's easy to wash – and that's important, because dirt and bacteria can lead to breakouts."

DR JEANINE DOWNIE

APPLY DEODORANT AT NIGHT

"Most people use deodorant just in the morning, but putting it on at night too helps the aluminium crystals plug up your sweat glands like corks."

DR LILY TALAKOUB

KEEP IT SIMPLE

"Zinc and petroleum jelly are beloved by most dermatologists to protect, nourish and repair the lips and other delicate body areas; as well as to mend scratches and abrasions overnight."

DR ADAM SHERIDAN

REMOVE EYE MAKE-UP WITH A LIGHT TOUCH

"If you take off your eye make-up too vigorously, it can stretch out your eyelid skin, causing wrinkles and hyperpigmentation."

DR JEANINE DOWNIE

THESE THINGS COULD DAMAGE YOUR SKIN

Your dirty pillowcase

"Oil and dirt build up, and then your skin is in contact with it. Wash it at least weekly."

DR MANJULA JEGASOTHY

Shower loofahs

"They trap more bacteria than anything else." If you want to keep using them, rinse thoroughly after use and dry somewhere outside the shower.

DR JEANINE DOWNIE

Bright interior lights

"The closer you get, the more damage can occur. Make sure a reading light is over the book, not your head."

DR LILY TALAKOUR

PIMPLES, BEGONE

Banish blemishes

"To disguise red spots, cover with a green concealer under your usual foundation. Dry out significant pimples with a dab of tea tree oil or try clay masks overnight for their anti-microbial and anti-inflammatory properties."

DR ADAM SHERIDAN

Try dandruff shampoo for body acne

"Bumps on your back, chest, shoulders and buttocks that don't go away with the usual topical acne treatments are often caused by yeast on your skin that inflames and irritates the hair follicles. Treat and prevent these bumps by using dandruff shampoo as a body wash. Leave it on your skin for a couple of minutes, then rinse off."

Use a headset when on the phone

"Anything that involves increased perspiration, moisture, and friction increases the risk of breakouts. That includes cradling your phone."

DR DAVID LORTSCHER

Best fixes for dry skin



DON'T WAIT TO MOISTURISE

"It feels nice to apply moisturiser right after a shower when your skin is warm and recently hydrated. A well selected moisturiser can optimise skin hydration and 'lock in' the benefit. However, if your skin is too wet, or hot from the shower, the product will tend to evaporate."

DR ADAM SHERIDAN

EAT HEALTHY SKIN FOODS

"Aid your skin health from the inside out by increasing the intake of things such as omega 3, 6 and essential fatty acids. They can work wonders for dry and ageing skin while also reducing inflammation in the skin."

JACQUELINE BRENNAN



USE A SOAP-FREE BODY WASH

"Soap washes away the natural oils that protect your skin, just like your dish detergent gets rid of the oil in a frying pan."

DR LILY TALAKOUB

PUT A GLOVE ON IT

"I recommend applying Vaseline or a rich hand cream and wearing gloves overnight. If you have dry feet, moisturise them the same way and then put on socks."

DR CAROLINE CHANG

Pharmacy favourites



NEUTROGENA ULTRA SHEER FACE & BODY LOTION SPF50

It's effective and non-pore-clogging and feels almost like you're not wearing sunscreen at all; \$16.99, Priceline.*



EUCERIN ADVANCED REPAIR BODY LOTION

For body dryness, this is an expert favourite. The glycolic acids and urea help to gently exfoliate dry skin and hydrate to maintain the skin's natural moisture levels; \$44.99. amazon.com.au.



AVEENO DERMEXA MOISTURISING CREAM

If you have dry, cracked skin, you need a richer body cream or balm that has some weight to it, like this one containing a patented Triple Oat Formula plus ceramides; \$21.99, Priceline.



OLAY REGENERIST REVITALISING SERUM

It has a scientifically proven peptide that helps with anti-ageing and collagen preservation that experts recommend - your skin will soak it up; \$34.99, olay.com.au

PHOTOGRAPHY GETTY IMAGES * ALWAYS READ THE LABEL FOR SUNSCREENS. USE ONLY AS DIRECTED.