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Fresh Start

MAKE A PLAN TO HAVE CLEAR, FIRM, FLAWLESS SKIN THIS YEAR
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Although darker skin tends to show signs of aging 10 to 20 years later than our fairer-skinned counterparts (largely due to the melanin in our skin), that's no excuse to put off starting an antiaging regimen. Daily use of a retinoid and sunscreen cocktail can help maintain smooth texture and even tone, while fillers can target volume loss and sagging.

BEAUTY

BEAUTY : WINTER SKIN

LED technology stimulates collagen. **Revive** Light Therapy Anti-Aging Treatment (\$69, target.com)

One of the best at-home microderm systems out there. **PMD** Personal Microderm (\$179, personalmicroderm.com)

This mask instantly smooths and tightens skin. **Roloxin** Lift (\$110 for 10-pack, Bergdorf Goodman)

Hyaluronic acid is absorbed into the skin to plump lines. **Rodan + Fields** Redefine Acute Care (\$220 for 10, rodanandfields.com)

A special peptide blend mimics Botox injections. **Dr. Brandt** Needles No More (\$89, sephora.com)

This updated version allows your favorite products to penetrate the skin. **Tria** Age-Defying Laser (\$495, triabeauty.com)

TOOLS

At-home devices for lifting and tightening skin have come a long way, but the most powerful results are still achieved by a pro—so think of these gadgets as your maintenance plan. Talk to your dermatologist before trying. “Darker skin is less forgiving. A mishap could result in a dark spot that is long-lasting,” says Brooke Jackson, M.D., associate professor of dermatology at UNC Chapel Hill.

FIRM + SMOOTH

TREATING TEXTURE AND TONE JUST GOT EASIER WITH THESE DIY BREAKTHROUGHS

TOPICALS

Everyone starts to show signs of facial volume loss in their mid-to-late thirties. “You may notice prominent smile lines, hollows under the eyes and sunken temples,” says Jackson. While some antiaging topicals take weeks to produce results, a new batch of creams and serums with ingredients like hyaluronic acid and peptides offer up immediate wrinkle relaxing and lifting effects. If you want to instantly look “filtered” these are your go-tos. ▷

BEAUTY : WINTER SKIN

Triple acid combo replenishes skin overnight. **ProX by Olay** Nightly Purifying Micro-Peel (\$40, olay.com)

Regular use of vitamin A improves texture and repairs skin. **Arcona** Advanced "A" Serum (\$85, Nordstrom)

It brightens your skin while you wash. **Soap & Glory** Vitamin C Facial Wash (\$25, sephora.com)

The essential oils treat and smooth the body. **African Botanics** Detoxifying Salt & Sugar Body Scrub (\$55, beauty.com)

Algae extract helps even skin tone of the body. **Ahava** Dead Sea Osmoter Body Concentrate Serum (\$45, ahavaus.com)

Mix with water to slough away dead skin. **Nude Skincare** Detox Brightening Fizzy Powder Wash (\$42, Sephora)

Gentle exfoliants refine rough texture. **Philosophy** Renewed Hope in a Jar Moisturizer (\$47, philosophy.com)

Use this eco-friendly remedy to clear discoloration. **Paula's Choice** Resist Vitamin C Spot Treatment (\$55, paulaschoice.com)

This topical probiotic protects skin against the elements. **Tula** Illuminating Face Serum (\$75, qvc.com)

‘BRIGHTEN

We all know that hydroquinone is the gold standard for fading hyperpigmentation and discoloration, but daily use of a dermatologist-prescribed retinoid can also help keep your skin cell turnover consistent. As we age, the top layer of our skin doesn't slough away as fast, so you may need a little help getting a fresh, blotch-free face.

According to Jackson, the key to brightening is not to overdo it. To target discoloration, "address the cause of it and start with an over-the-counter product that contains hydroquinone or vitamin C. If you are not seeing improvement within four to six weeks, see your dermatologist, who may

IF WRINKLES AND SAGGING AREN'T AN ISSUE YET (LUCKY YOU!), DULL OR UNEVEN SKIN TONE MAY BE. HERE'S HOW TO COMBAT A LACKLUSTER COMPLEXION

offer you prescription medication and/or a combination of treatments aimed at correcting the problem," advises Jackson. If you are using an over-the-counter remedy to help combat discoloration, make sure you are using it properly. "OTC ingredients are limited—hydroquinone is in most of them, but is often incorrectly applied to the entire face," says Jackson. It should only be used as a spot

treatment on the affected area.

Winter can be really rough on your skin, so don't stop at your face. Slather creams and serums all the way down the décolleté and spend a little extra time smoothing away rough skin on your elbows and knees with a body scrub.

As with any other skin care routine, it's best to see a dermatologist first to address any underlying concerns, especially before working on tone and texture.

The easiest and most efficient treatment for youthful skin is sunscreen. It may sound basic, but "the earlier you start this simple step, the better you will look with time," says Jackson. ▸

BEAUTY : WINTER SKIN

Try this compact version of a pro laser. **Silk'n Glide** (\$199, silk'n.com)

FOR THE GUYS

Designed specifically for us, it delivers a close shave without ingrowns. **Philips Norelco CareTouch** (\$60, Walmart)



HAIR REMOVAL

Laser hair removal is a great option, but be sure to consult a pro experienced with skin of color. At-home alternatives, specially designed to treat our skin, now offer virtually pro results. Keep in mind, "the cold of winter often causes drying, cracking and a buildup of dead cells on the surface of the skin, which can interfere with the laser's ability to penetrate the skin and reach the hair follicle," says Garrett Gause, M.D., medical director for Ideal Image Development Corp. Gently cleanse, exfoliate and moisturize your skin to get the optimal results.

It's safe for skin of color and likely half the price of a pro session. **Illuminage Touch** (\$445, Neiman Marcus)

Pulsating silicone points unclog pores. **Foreo Luna Mini Cleansing Brush** (\$139, Sephora)



CLEAR

NOW'S THE TIME TO TACKLE HAIR AND BREAKOUTS—WHILE YOUR SUN EXPOSURE IS AT A MINIMUM

ACNE ▶

Persistent breakouts are tough, but "acne can be permanently cleared with the right regimen," says Rosemarie Ingleton, M.D., of Ingleton Dermatology in New York City. Aczone, a topical dapsone, is the latest doc-prescribed fix for acne sufferers. However, "if there is an underlying medical cause for the acne, it might need to be treated to ensure long-term skin clearance." Need a quick bump buster? Crush one aspirin with enough water to make a paste. Apply on the pimple(s) before bed. "This gets rid of redness and brings down the swelling," suggests David Bank, M.D., a dermatologist in Mount Kisco, New York.



Enhanced salicylic acid fights blemishes. **Glytone Acne Lotion** (\$28, dermstore.com)



Battle acne with this prescription-only, benzoyl peroxide-free gel. **Aczone (dapson) Gel 5%** (price varies, aczone.com)



This charcoal soap delivers 2.5 times cleaner pores than a basic cleanser. **Bioré Pore Penetrating Charcoal Bar** (\$6, Target)