

Smart ways to live well

SEPTEMBER 2008

Prevention

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NEW
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OUR-AGE DEFY-YOUR-AGE BEAUTY

AWARDS

Which skin care products really help turn back time? We asked a team of top derms to test the most promising new anti-agers. Here, the 9 that deliver results you can see

By Karyn Repinski and Rebekah George ■ Photographs by Dan Saelinger

DOUBLE TESTED BY
7 DERMS AND
225 READERS!





BEST BODY SUNSCREEN

Aveeno Continuous Protection Sunblock Spray SPF 70 (\$9.50; drugstore.com)

This sunscreen scored top marks for its light scent, high SPF (no one from our Southern California panel of testers ever burned!), and ease of application—the bottle sprays upside down, making hard-to-reach spots more accessible, and the clear formula doesn't have to be rubbed in with your hands. (Research shows that sunscreen use increases dramatically with easy-to-use sprays, and testers were uniformly consistent with daily application.)

Other key skin-saving benefits: strong, long-lasting protection against aging UVA rays from stabilized avobenzone, and built-in antioxidants such as vitamins A, C, and E that offer extra insurance against UV exposure, according to Rosenzweig.

♦ **USE IT RIGHT** To protect against day-to-day UV exposure, spray on exposed areas at least 20 minutes before heading outdoors. "Don't wait until you're already outside—by then the damage will have begun," says Rosenzweig. "If you're going out for an extended period of time, liberally cover skin before dressing and reapply every 2 hours or immediately after swimming or toweling dry."

BEST DAILY MOISTURIZER WITH SPF

Vichy Laboratoires UV•Activ Daily Moisturizer Cream with Sunscreen (SPF 15) (\$29; vichyusa.com)

Testers were so enamored with this elegant everyday lotion that one stocked up on two more bottles before running out of the first! "It's no surprise this product scored so high," says judge Arielle Kauvar, MD. For starters, it's wonderfully hydrating due to glycerin, a humectant that plumps up fine lines by attracting water to skin. It also contains Mexoryl, the best blocker of "aging" UVA rays. But besides preventing future damage, the antioxidant-rich moisturizer proved it can also reverse signs of aging—Kauvar detected a decline in testers' sun spots. "Studies show that regular use of sunscreen repairs skin," she says. Bonus: Unlike most day lotions that take time to "set," this lightweight formula absorbs so fast that you can apply your makeup right away. What's not to love?

♦ **USE IT RIGHT** Apply in the morning to your face and the oft-neglected neck and décolletage at least 20 minutes before heading out the door. Keep in mind: "This product isn't sweat or water resistant, so it's not suitable for extended sun exposure," says Kauvar. ■



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