

Smart ways to live well

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Prevention

Michelle Obama

Happy And Healthy At Any Age!

"Life really gets good when you're 40 or 50."

**FEEL
AMAZING!**
75 Tricks
Inside

FLAT BELLY FOODS!

- Cure Cravings
- Speed Metabolism
- Beat the Bloat

**→ ALL-DAY
Energy!**

NATURE'S CURES

- ★ Lower blood pressure
- ★ Stop stress in seconds

SPECIAL EXPERT ISSUE

**65 BEST
HEALTH
TIPS**
for women

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THE
EXPERT
ISSUE

Get the insider take on the 5 best anti-agers worth your hard-earned cash ■ BY PAIGE NESTEL ■ PHOTOGRAPH BY CHARLES MASTERS

1. FOUNDATION: BareMinerals Matte SPF 15 Foundation (\$28; bareescentuals.com) A great option for women with sensitive skin, "this base is free of potentially irritating ingredients," says AVA SHAMBAN, MD.

2. CLEANSER: Dove Beauty Bar (\$3; drugstores) This moisture-packed standby "does the job without drying me out. I won't wash with anything else," says ELIZABETH HALE, MD.

3. NAIL STRENGTHENER: Nailtiques Nail Protein Formula 2 (\$17.50; nailtiques.com) Rich in proteins and calcium, "just one weekly coat prevents my nails from breaking and provides a manicured finish," says RANELLA HIRSCH, MD.

4. WRINKLE FIGHTER: Replenix Retinol Plus Smoothing Serum 3x (\$64; skinstore.com) With green tea to reduce irritation and hyaluronic acid to boost hydration, "this formula is perfect for retinol rookies," says AMY WECHSLER, MD.

5. SUNSCREEN: Neutrogena Ultra Sheer Dry-Touch SPF 100+ with Helioplex (\$12; drugstores) "This sky-high UV protection is ideal for days spent outdoors," says ARIELLE KAUVAR, MD. ■



SKIN DOCTORS' FAVE FINDS

Check out the go-to products that keep top derms—and their patients—looking young at prevention.com/expertpicks.