

30-Minute Wrinkle Reducer

No More Sleepless Nights!

Prevention

Hello, Skinny Jeans!

BANISH BACK PAIN INSTANTLY

FIRST LADY
Michelle Obama
In Her

SHRINK 2 SIZES
Lose 2 Pounds



+skin smarts

THE TREATMENT

Alkaline Diet ▼

WHAT IS IT? A few studies have shown acidity can be damaging to the body, so it's thought by some that eating mostly alkaline-forming (acid-lowering) foods like fruits and vegetables may slow skin aging.

DOES IT WORK? There's no research proving this theory. (Our bodies do a good job of regulating acidity regardless of diet.) But there is anecdotal support: "My clients who eat 80% alkaline-forming foods notice fewer lines and more hydrated skin in weeks," says nutritionist Kimberly Snyder.

BOTTOM LINE: The diet won't erase wrinkles, but eating more fruits and veggies improves overall health—and that can only be good for skin.



THE TREATMENT

Skin Needling ▲

WHAT IS IT? In this painless procedure, you roll a needle-covered device over your face to create tiny, temporary pricks in your skin, which may trigger a healing response (similar to what occurs after a cut), leading to a smoother complexion.

DOES IT WORK? San Francisco dermatologist Kathy Fields, MD, who helped develop a home needling device for Rodan + Fields, says her company's analysis shows using it can induce skin's collagen-building process and improve penetration of anti-aging ingredients applied afterward. But there aren't peer-reviewed studies of at-home devices, and Dr. Stuart believes needling is safer and more effective done in a dermatologist's office with a pro version of the tool.

BOTTOM LINE: Used before a retinol-based product, an at-home skin-needling tool can smooth skin, but it's likely the retinol doing most of the work.

The Rodan + Fields AMP MD System (\$200; rodanandfields.com) includes a skin-needling device, shown above, as well as a peptide- and retinol-based serum



Grapeseed extract fights off skin-damaging free radicals even better than vitamins C and E

THE TREATMENT

Ayurvedic Medicine ▲

WHAT IS IT? This system of traditional Indian healing relies on techniques such as diet changes, breathing exercises, and botanical medicine to treat patients based on their *dosha*, or "body type."

DOES IT WORK? "The doshas seem to line up with skin types we're familiar with," says Jasmina Aganovic, an MIT-trained chemical and biological engineer and founder of the Stages of Beauty skin-care line. "The Vata dosha typically coincides with dry skin; Pitta coincides with sensitive; and Kapha, with oily or combination skin." Even so, there's no scientific evidence that treating your skin based

on your dosha is beneficial, says **Susan Stuart, MD, a dermatologist in San Diego.**

However, there *is* proof that many of the plant-based ingredients used topically in Ayurvedic medicine can help you look younger. For example, "research shows that turmeric and ginger, both used frequently in Ayurvedic medicine, can reduce wrinkles," says Shyam Gupta, PhD, a chemist and founder of Bioderm Research, a cosmetic research company in Scottsdale, AZ. And several studies show that grapeseed extract, another Ayurvedic ingredient, protects against photodamage.

BOTTOM LINE: Try products with Ayurvedic ingredients like turmeric and ginger, but don't overhaul your beauty regimen based on your dosha just yet.

Public Places
Stay-Safe Steps

