

allure

JUNE 2017

PRODUCED BY allure WITH OLAY

In the office, dermatologists recommend treatments that run the gamut from exciting to a little bit confusing. At home, they keep things delightfully simple. Here are their best tips for impossibly glow-y, radiant skin.



the GLOW getters

RETHINK YOUR CLEANSER

"I wash my face with an alcohol-free toner and cotton rounds," says Debra Jaliman, a New York City dermatologist. She swears by the radiance-enhancing benefits of daily exfoliation; **Olay Daily**



Facials are a one-step way to do just that. These dry cloths have a textured weave; once activated with water, they help to cleanse and remove makeup as they gently smooth the skin.

SUNSCREEN PLAYS THE LONG GAME—AND THE SHORT ONE, TOO

Dermatologists wax poetic about the skin tone, texture and health benefits of consistent sunscreen use. But Elizabeth Tanzi, a dermatologist in Chevy Chase, Maryland, will do you one better. "I have rosacea. And the anti-inflammatory benefits of zinc, a primary ingredient in sunscreens, calms my skin almost immediately," she says. "When my skin is less angry, it looks so much brighter."

LEAN INTO LAYERING

Ava Shamban, a dermatologist in Beverly Hills, finds that for the most luminous skin, she can't beat the one-two punch of a potent serum and a hydrating cream. "The best ingredients, like peptides and antioxidants, aren't always stable paired in the same formulation, which is

why tapping on two different products is so key," she says. To try the technique, go for a silky and lightweight niacinamide-based formula, like **Olay Luminous Miracle Boost Concentrate**, which can be seamlessly layered under moisturizer to fade dark marks and even out skin tone for brighter, better-looking skin.



GET MOVING

"My clients are always asking what I'm wearing on my skin to make it glow-y," says Yoon-Soo Cindy Bae, a dermatologist in New York City. "The answer isn't sexy. I'm always running around, so I'm often the tiniest bit flushed." Breaking a sweat produces an immediate glow—and also has long-term benefits. Exercise lowers cortisol and sugar levels in the blood, both of which cause wrinkles and lax skin, and releases endorphins that increase circulation.

Learn more at Olay.com.