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THE COCKTAIL: *Spots on the Rocks*

CURE FOR: ACNE **KEY INGREDIENTS:** BENZOYL PEROXIDE, GLYCOLIC ACID, SALICYLIC ACID

A.M. REGIMEN

“The best way to control acne is by regularly using the right products,” notes Beverly Hills dermatologist Ava Shamban. To that end, begin your day with a **cleanser that contains salicylic acid**, a fat-soluble acid that clears pores of excess sebum, which causes breakouts (try Neutrogena Oil-Free Acne Stress Control cleanser, \$7; at drugstores). Follow with a **lightweight moisturizer** to prevent overdrying. Natura Bissé’s Glyco Face combines hydrating properties with glycolic acid, which, according to Shamban, will continually exfoliate dead skin cells to keep pores clean. An **oil-free sunblock** with SPF 30 (such as Murad’s) protects from UVA and UVB rays and helps you maintain a matte complexion.

P.M. REGIMEN

Before bed, wash again with your morning cleanser, then apply a **soothing night cream** to prevent inflammation. Look for ingredients such as white tea (found in Dr. Brandt’s Poreless Moisture lotion) and lavender. “Blemishes frequently occur in the T-zone,” says Sobel, which is where he suggests applying a **spot treatment with benzoyl peroxide** (Dermadoctor’s is a potent 5 percent solution). “It functions as an antiseptic to eradicate the surface bacteria that perpetuate acne,” he explains.

**for chronic cases*

A new in-office procedure could provide a quick fix for extreme flare-ups. According to N.Y.C. dermatologist Fredric Brandt, the Isolaz device, which combines pulsed light and pneumatic suction, can clear your complexion after just one treatment. “The vacuum cleans out pores and the light kills acne-causing bacteria and controls oil production,” he says. Results last for about a month.

From left: Dermadoctor Ain’t Misbehavin’ Medicated Emergency Acne Spot Treatment, \$36; at Sephora. Murad Oil-Free sunblock SPF 30, \$30; murad.com. Dr. Brandt Poreless Moisture lotion, \$42; drbrandtskincare.com. Natura Bissé Glyco Face moisturizer with AHA, \$80; at Neiman Marcus.