



Be gentle to your face—Laurie Polis, MD, sleeps on her back to avoid any nighttime pressure on her skin

ELSA DILLON/JUICY IMAGES

Mary Lupo, MD, 52, who uses **Neocutis Bio-restorative Skin Cream** and retinoids before bed. Many of the derms also use a vitamin C serum—they like **Remède Super C Serum**, **La Roche-Posay Active C**, and **Obagi Professional-C**—to brighten dark spots. If you use both a cream and a serum, put the serum on first, allow it to sink in, and then slather on the cream.

ALLOVER SKIN SOFTENERS

As we get older, the cell renewal process slows down, causing rough patches on skin. To help smooth away the little bumps that can appear on the back of arms (keratosis pilaris), Audrey Kunin, MD, 47, likes her **Dermadoctor KP Duty** because it contains glycolic acid to exfoliate and urea to moisturize. Fusco's current all-around favorite is **Suave Skin Therapy Vitamin E** moisturizer "because it is nongreasy, smells great, and is a great buy." It also contains exfoliating vitamin A (retinyl palmitate).

Special Treatments

SUPER EXFOLIATORS

Some do them once a week, some every other week, and others once a month. Whatever the frequency, the women we spoke with rely on at-home peels to, as Berson puts it, "give skin a nice glow" (her pick: the enzyme-laced **Neutrogena Advanced Solutions Facial Peel**). Translation: They improve texture, color, and evenness of skin. Mary Spellman, MD,

45, likes **Dr. Dennis Gross MD Skincare Alpha Beta Daily Face Peel** because its saturated pads are easy to use. Every month, Alster applies the **Lancôme Resurface Peel**, which she helped create. And Lupo likes **Philosophy Microdelivery Peel** because it combines "refinishing microbeads activated by vitamin C, like a doctor's peel," infusing skin with a deep dose of vitamin C while it's being exfoliated. It significantly helps to degunk her pores, which, she says, "started looking bigger with age."

FAKE TAN FAVES

It makes sense that women who see the ravages of skin cancer would choose a faux glow. Berson loves **Jergens Natural Glow Face Daily Moisturizer** because "it doesn't clog my pores." And Alster applies **L'Oréal Sublime Bronze Self-Tanning Towelettes** every week or two "to keep my legs from looking too pasty."

FINE-LINE SOLUTION

Nearly every one of our dermatologists believes in and uses **Botox**. It works by relaxing the muscles it's injected into so overlying skin can't wrinkle for several months. "A little Botox on my crow's-feet goes a long, long way to lessening fine lines. I think it's God's gift to frown lines as well," says Katie Rodan, MD, 51, who's been using it for 12 years.

SKIN PLUMPER

Of all the filler options, Kunin prefers **Cosmoderm** to plump old acne scars: "I like the smooth, soft texture within my