ANTI-AGING SKIN CARE: WHAT'S RIGHT FOR YOU?

Some of us fantasize about one product that does it all: erases fine lines, fades spots, tightens a slack jaw. (Let's call that being a minimalist.) Others are determined to leave no anti-aging stone unturned and think nothing of layering on multiple products before bed. (They're maximalists.) The good news: Either way, your skin can age gracefully. To find out how, keep reading.

BY EMILY LISTFIELD
PHOTOGRAPhED BY JUSTIN FANTL
IN THEIR NEW BOOK, Your Medical Mind: How to Decide What Is Right for You, physicians Jerome Groopman and Pamela Hartzband posit that when it comes to making health decisions, your psyche is key. Minimalists think less is more; maximalists seek every ounce of treatment. Now, making skin-care choices isn't as serious as, say, treating high blood pressure. But the same principle applies. If you scoff at doing more than two steps before bed (which, by the way, is the absolute minimum for real results), investing in a complicated regimen is a waste. On the other hand, if you intend to fight fine lines with vigor, a two-stepper won't cut it. The goal? To find a plan that harnesses your personality rather than asks you to transcend it. Lucky for you, that plan's right here. Identify your skin type (more .com/skintype can help) and your personality: minimalist ve

[02] HYDRATE In terms of moisturizing, you should treat combination skin as if it were oily—in other words, choose something very light and noncomedogenic (that means it won't clog pores) to use all over. Hydrating serums are a safe bet, says Kolker, because thanks to their quick penetration, they have an effect without leaving the oilier spots feeling sticky. If your cheeks need extra moisture (a possibility in the winter, when skin is driest), you can also layer a richer moisturizer on just those spots. USE AM AND PM.

PEEL “An at-home acid peel is perfect for combination skin because it works in a balanced fashion, decreasing oil in the T-zone and helping shed dry, flaky skin in other areas,” says Kolker. Use one or two times a week in the evening, clearing the way for your end-of-day treatments. USE PM ONLY.

PLUMP The oilier parts of your face will age more slowly than your cheeks and eyes (at least all that sebum is good for something!). So to keep the areas outside your T-zone from

[04] TREAT Your miracle do-it-all anti-aging acne fighter should be either a tretinoin cream (the form of vitamin A in Retin-A, Avita or Refissa, all of which are good Rx options for your skin type) or retinol, the over-the-counter version of this vitamin, says Gervaise Gerstner, MD, L'Oréal Paris’s