

15 Secrets From Top Dermatologists

Famous for their skin-perfecting skills, three major pros reveal the rules they live by.



THE LINE FIGHTER:
Jody A. Levine, M.D., NYC

Tazo Awake Black Full Leaf Tea Sachets, \$9 for a box of 15, drugstore.com



1.

It's an old wives' tale, but it works. "Placing a cool object on the eyes reduces puffiness and undereye circles," says Dr. Levine. "Black tea bags really do the trick."

2.

Yes, dark circles do respond to topical treatments. "For shadows under the eyes, I tell my patients to use lightening agents like kojic acid, arbutin and retinol. They don't just work on wrinkles!"



Neutrogena Rapid Wrinkle Repair Eye Cream, \$21, drugstores T
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4.

Don't underestimate the power of eye cream. "Skin around the eyes is really thin and dry, which makes the fat pads and capillaries beneath visible. Keeping it moisturized and supple with a cream hides them, making you look younger immediately"

5.

Fat is your friend. "Omega-fatty-acid-rich foods, like wild salmon and walnuts, are great for delaying the signs of aging—they keep skin looking younger."

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Olay Complete Defense Daily UV Moisturizer SPF30, \$15, ulta.com
TEXT TO BUY: DERM2 AT 58259

3.

There's something to the adage that you can tell a person's age by their hands. "Most people treat their faces and totally forget about their hands. The same antiaging ingredients that you use for your face—broad-spectrum sunscreen for day and retinoids at night—fight brown spots on your hands too."