

# Look 10 years younger this month!



## Firm a saggy neck

### with a microalgae 'roller'

The skin-drying result of winter weather has a way of putting a microscope on droopy skin, especially in more delicate areas like the neck. To target it, try a microalgae-infused serum. "Algae is rich in omega-3 and omega-6 fatty acids, which aid in collagen and elastin synthesis, firming skin to reverse sagging," says New York City dermatologist Debra Jaliman, M.D. One we like: Womaness Let's Neck Serum (Target.com). It comes with a roller applicator, which speeds circulation to further spur collagen and elastin output, boosting the benefits.

**To do:** Roll on skin in upward strokes, starting at the base of the neck. Use twice a day to see results within 30 days.



AMBER GRAY: HAIR: ANDREA WILSON/NEXT MANAGEMENT; MAKEUP: AMANDEBZNER.COM; BACKUP: JUMP; GETTY; TEXT: LAUREN STACHIW

**Brrr...it's cold out there! No matter how much we bundle up this season to shield ourselves from whipping winds and subzero temperatures, our hair, face and neck still get the brunt of exposure to winter's harsh elements.** As if the discomfort of the freezing feel isn't enough, we're also left with beauty bothers like thinning hair, rosacea and a dehydrated complexion that tack years onto our appearance. Luckily, it doesn't have to cost a lot of money or time to make these woes disappear and turn back the clock! Here, the pro-approved age-defying, nutrient-packed products you can find easily at the drugstore that will reveal a youthful-looking you in four weeks or less!

## Soothe rosacea

### with a probiotic cream

"When skin comes into contact with both arctic weather outside and heavy heat inside, the drastically different 'elements' weaken its barrier, leading to possible rosacea flare-ups," says Dr. Jaliman. Her advice: Apply a cream made with probiotics like The Inkey List Multi-Biotic Balancing Moisturizer (Sephora.com). Slathering these anti-inflammatory microorganisms onto the face reduces redness and irritation, helping the uncomfortable bouts of flushing end much faster. Plus, probiotics balance the good and bad bacteria on the *microbiome* (a crucial component of the skin's barrier), preventing flare-ups from occurring in the first place.

**To do:** Apply a nickel-size amount of the moisturizer to the face twice a day to notice a reduction in flare-ups within three weeks.



## Reverse thinning

### with an antioxidant serum

Dry outdoor air not only saps moisture-filled volume from hair for a limp look, it also irritates skin on the scalp, slowing growth. What can help: Dr. Jaliman suggests a scalp treatment that contains *Redensyl*, like Actsyl-3 Hair Growth Serum (Walmart.com). Topical use of this antioxidant compound (made from green tea and larch tea extracts) has been shown to increase hair growth by 214% with three months of daily use, but noticeable results can start to be seen after four weeks. Plus, anti-inflammatory agents in the extracts maintain scalp health to keep hair follicles in an active growth phase.

**To do:** Rub 5 drops of the serum on a clean, dry scalp before bed nightly; rinse in the a.m.





### Smooth wrinkles

#### with a bakuchiol moisturizer

Time spent in winter's moisture-depleting air dries out facial skin, making wrinkles more noticeable. To diminish them while also hydrating skin, look for a cream made with *bakuchiol*, like BYBI Bakuchiol Skin Restore Face Moisturizer (Target.com). This plant compound works similar to wrinkle-reducing gold-standard retinol, as it increases collagen production and cell turnover to firm and smooth skin, says Connecticut-based dermatologist Alicia Zalka, M.D. Bakuchiol also has moisturizing properties that plump skin to "fill in" lines—plus, it's so gentle, it won't cause the dryness and irritation that retinol can.



**To do:** Apply a nickel-size amount of the cream to skin twice a day to see results in four weeks.

### Slim a double chin

#### with a cucumber mask

The reason our chin tends to look "puffy" this time of year? Cold weather and less activity result in a sluggish lymphatic system, which causes the area to retain more water. The fix: a mask made with cucumber extract. "The fruit's compound, *quercetin*, boosts lymph flow to expel stagnant fluids under the chin, reducing swelling," says dermatologist Debra Jaliman, M.D. Even better? A formula with activated charcoal like Desert Essence Cucumber Charcoal Facial Mask (DesertEssence.com) increases circulation to speed the removal of puffiness-causing fluids.



**To do:** Rub a quarter-size amount of the mask on the jaw and neck. Let sit 10 minutes; rinse. Repeat twice a week to ensure the jawline stays fluid-free.



### Repair dry, brittle hair

#### with a shea butter deep conditioner

Just like skin, hair is also stripped of moisture during the colder months, leaving the mane looking and feeling straw-like. To the rescue: Hairstylist Jorge Buccio, who's worked with Salma Hayek and Eva Longoria, suggests using a shea butter hair mask, like SheaMoisture Raw Shea Butter Deep Treatment Masque (Ulta.com). Packed with hydrating vitamin E, the butter penetrates hair to restore moisture levels from deep within. Plus, its antioxidants strengthen strands and repair damage. Tip: Top the mask with a warm towel. The heat opens hair's cuticle, allowing nutrients to absorb even better.



**To do:** Apply a palmful of the mask all over damp hair, wrap with a warm towel and let sit 15 minutes; rinse. Repeat once a week to prolong results.

### Steamy cure for winter-happy!

A simple way to banish seasonal blues and warm the chill in your bones? Place one of these *scent*-sational essential oil steamers on the floor of your shower before stepping in. As the steam and water dissolve the tablets, the oil's aromas are released into the air, giving you a mental and physical boost, stat! Simply breathe in to bring on the bliss

#### Congested? Try peppermint

When inhaled, menthol-rich peppermint reacts with nasal membranes to clear airways so you can breathe easily.

**Find it in:** Rinse Bath & Body Co. Peppermint Shower Bomb Box, RinseSoap.com



#### Stressed? Opt for vanilla

Studies show that we associate cake-like scents with a feeling of being nurtured, which helps spur the production of calming *serotonin* within minutes.

**Find it in:** Bath & Body Works Lavender Vanilla Shower Steamers, Bath & Body Works stores



#### Feeling sad? Pick jasmine

The floral fragrance signals the brain to promote emotional stability and well-being.

**Find it in:** Floral Jasmine Aromatherapy Shower Steamer, JoyfulBathCo.com





Erase dark circles

with a turmeric eye cream

A lack of sunlight not only leaves our skin looking pallid, it makes dark under-eye circles look even darker in comparison! To erase shadows and brighten up the area, pick an eye cream with turmeric extract, like Sweet Chef Turmeric + Vitamin C Booster Eye Cream (Target.com). “The spice’s vitamin K promotes healthy blood flow to prevent blood from pooling under the eyes and forming shadows,” says dermatologist Debra Jaliman, M.D. What’s more, turmeric contains vitamin C (it brightens skin) and the compound *curcumin* (it eases inflammation and puffiness), both of which help reduce the appearance of dark circles in a flash.



**To do:** Dab a pea-size amount of the cream onto skin underneath the eyes twice a day to see a noticeable difference within just three weeks.

Tame flyaways

with an argan oil rinse

Thanks to the static in winter’s arid air, our hair can become laden with messy flyaways that in turn make us look old and unkempt. Hairstylist Daniel Koye, who has worked with Vanessa Williams and Jessica Chastain, recommends applying a post-shampoo rinse that contains argan oil, like Garnier Fructis Sleek and Shine Glass Hair Water (Walmart.com). “The fatty acid-rich oil hydrates hair and prevents moisture from escaping so strands are less prone to static,” says Koye. “Plus, a rinse evenly coats hair with the oil as it’s wet, sealing its cuticle and slightly weighing down strands to nix flyaways once hair is dry.”



**To do:** After shampooing, saturate wet hair with the rinse, starting at the scalp and working down to the ends. Let sit 2 minutes before rinsing out with water. Tip: Because the rinse is nourishing on its own, there’s no need to follow up with conditioner. Use once a week to maintain results.



Calm eczema

with a honey lotion

While eczema is most commonly found on the body, as cold weather causes skin to lose moisture, the skin condition can also crop up on the neck and face. For relief from these red, itchy patches of parched skin, medical aesthetician Cassandra Bankson advises reaching for a honey-infused lotion like Eczema Honey Gentle Face and Body Lotion Stick (EczemaHoneyCo.com). Powerful antibacterial and anti-inflammatory properties in honey soothe itchy skin and cut down on the bacteria that can contribute to flare-ups. “Honey is also a humectant that draws moisture to skin, which can help alleviate the dryness and irritation,” says Bankson. And the added hydration strengthens skin’s outermost layer to prevent future skin rashes from forming.



**To do:** Rub the lotion stick onto eczema patches twice a day for soft, healed skin within one week.

The A-list secret to youthful: natural oils!

Instead of buying pricey lotions and potions, these gorgeous celebrities rely on nutrient-rich, straight-from-nature oils to keep them looking and feeling their best. Find the one for you

For a soft, shiny head of hair like Jaclyn’s

“If you dye your hair, I believe you should deep-condition it every four to six weeks,” **Jaclyn Smith** has said. She does it using olive oil! Its *oleic acid* moisturizes and smooths strands, allowing more light to bounce off of hair for a lustrous sheen. To do: Saturate dry hair with the oil; rinse after 20 minutes.



For a bloat-free belly like Giada’s

**Giada De Laurentiis** “detoxes” after indulging in comfort foods, with *this* trick: “I saturate a piece of flannel with castor oil and place it on my abdomen for 45 minutes, topping it with a hot water bottle.” The oil’s *ricinoleic acid* absorbs into skin, speeding lymph flow to expel toxins that create “false fat.”



For glowing, smooth skin like Angela’s

The key to achieving **Angela Bassett**’s hydrated and youthful complexion? “I always put on coconut oil,” she has said. Why it works: The oil is packed with healthy fats and *lauric acid* that nourish skin and replenish lost moisture, warding off the dry flakes and rough spots that leave skin looking ashy.



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