

FamilyCircle®



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...
Healthy Heart Report

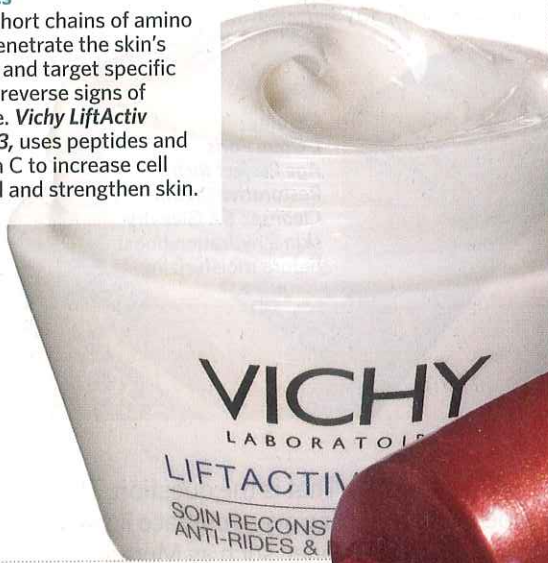
IN YOUR 40s

Add...

HIGH-TECH ANTI-AGERS Investing in more serious skin-care products will help keep you looking great for years to come. Here are a few things dermatologists suggest trying now.

Peptides

These short chains of amino acids penetrate the skin's surface and target specific cells to reverse signs of damage. **Vichy LiftActiv CxP, \$43**, uses peptides and Vitamin C to increase cell renewal and strengthen skin.



Retinol

A longtime pro fave, retinol (a less intense version of prescription-strength Retin-A) has been proven to increase collagen production, responsible for keeping skin firm and supple. Find it in **L'Oréal Paris Advanced Revitalift Anti-Wrinkle Concentrate Clinical Action, \$16.50**.



Sleeping Beauty?

Think twice before catching your zzz's. Resting your head on one side can cause creases that deepen and later turn into wrinkles. Lying on your back is the best bet for minimizing sleep lines.

Hyaluronic Acid

For more moisture, try products that incorporate this super-hydrating ingredient. It can actually hold up to 1,000 times its weight in water—meaning it locks a lot of water into skin. Apply **Mario Badescu Hyaluronic Moisturizer w/SPF 15, \$22**.



Salicylic Acid

Reap similar benefits to an in-office peel at home with a product that uses alpha or beta hydroxy acids (common chemical exfoliators). Salicylic acid is good for sensitive types. **Clinique Turnaround Instant Facial, \$36.50**, gently dissolves dead cells, revealing a brighter skin tone in no time.

Insider's Tip

"I layer two moisturizers—a light one, then a rich balm, to bind moisture to skin," says Bobbi Brown, owner of her eponymous skin-care line. "The combo plumps skin, making fine lines almost disappear."