

## Elizabeth Tanzi, 35

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### THE DIAGNOSIS

I'm oily in the T-zone, but my cheeks are dry and prone to irritation. I stay away from harsh products. If I were to use Retin-A, my skin would turn red and flaky. Even salicylic acid is risky for me.

### THE PRESCRIPTION

**MORNING:** I wash with Prescribed Solutions Starting Up/Face Glycolic Anti-Oxidant Cleanser. It helps with overall radiance and keeps pores from clogging in my T-zone, where I'm prone to breakouts. To protect against environmental damage, I smooth on Line Subtractor Anti-Aging Serum C+AHA, also from Prescribed Solutions. The line makes so-called booster formulas that tailor products to suit your skin type—I add the Anti-Inflammatory Booster to keep the alpha hydroxy acids in the serum from irritating my skin. And I use sunblock, as opposed to sunscreen. Blocks contain physical barriers such as zinc and titanium, which are better for sensitive skin than chemical-based sunscreens. SkinCeuticals SPF 20 doesn't have that pasty white mask effect that many physical blocks do, so it's great under makeup.

**NIGHT:** I wash again with glycolic cleanser. Like quite a few of my sensitive-skinned patients, I can't tolerate prescription retinoids, so I use Kinerase lotion, which contains a plant extract that has anti-oxidant properties and helps hydration. I apply that to my entire face and then smooth a tiny drop of Chantal Ethocyn Essence under my eyes. It's a cross between an oil and a gel, and it has a small amount of retinol. It does a great job at moisturizing while potentially promoting a little collagen growth. I definitely feel more crinkly in the morning when I don't use it. I think a lot of companies can get overzealous with their eye creams by overdoing the retinoids. That can dehydrate the undereye skin and make it look worse.

**BODY:** During the winter, I usually wash with a Dove bar designed for sensitive skin, because it doesn't overcleanse or strip away too many oils. To heal and prevent alligator skin when it's cold, I love Lac-Hydrin. It has lactic acid to exfoliate the dead scales and hydrate

## SKIN-CARE FIND



When two of the five doctors we interviewed mentioned an obscure line called Prescribed Solutions, we had to know more. Dispensed by dermatologists, the line includes ten basic products, such as a cleanser and an anti-aging cream, which doctors can customize by mixing in one of nine booster formulas. Radical Results Anti-oxidant Serum C+E, for instance, can be tailored for dry skin with Hydration Booster, which contains evening primrose oil; Line Subtractor Anti-Aging Serum C+AHA doubles as a blemish fighter when blended with the sulfur-rich Acne-Control Booster. (Basic products range from \$25 to \$75; the boosters' price varies by doctor.) "The line has really been a boon to patients," says Elizabeth Tanzi. "I can easily tweak their treatment depending on the time of year and the changes their skin is going through, whether their rosacea is flaring up or they're having pigment problems."

what's underneath. Once it turns warm, I wash my chest and back with the glycolic cleanser if I'm having problems with breakouts. I skip moisturizer and load up on sunscreen instead. My favorite is an Australian brand called Blue Lizard. It's a little sticky for the face, but it's perfect for my body, because it has staying power. I'm very fair, but I never get sunburned when I wear this stuff.

**BIG GUNS:** I got hooked on Botox after I turned 30. Not only does it take care of existing wrinkles, but it prevents new ones. The earlier you start, the more natural the result. I have injections every four to five months in my forehead and crow's-feet. You have to make sure the person injecting you knows not to overdo it—my patients are always surprised because I can move my face. I've also had Intense Pulsed Light treatments to zap away brown spots and red blood vessels around my cheeks and nose.

**I WOULD NEVER...** go to a tanning salon. Unfortunately, advertising fools people into thinking there is such a thing as a safe tan. Tanning booths should be called aging booths.

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