

allure

THE BEAUTY EXPERT

SEXY GLOSSSES

54 Tints & Tricks for
Full, Luscious Lips

Lies

Myth: Some creams can only be used during the day, others are only for night.

Truth: Marketers should be applauded for getting this myth to take hold, but as dermatologists like to note, skin doesn't know what time it is. "Usually, the difference between a day cream and a night cream is that the former has a sunscreen," Wexler says. "And there's no harm in using a sunscreen at night, so one moisturizer can easily do both jobs." The vampires of the skin-care industry, Retin-A and Renova, lose their effectiveness when exposed to sunlight, which is why doctors usually prescribe them for use at night. But "in small concentrations, which is what you find in most night creams, retinol is stable in the skin whether you use it at night or during the day," says Elizabeth Tanzi, codirector of the Washington Institute of Dermatologic Surgery. "The same goes for glycolic and salicylic acids." There is some merit to the belief that certain creams are nocturnal, however: "Night creams tend to be heavier because most women want the hydration but don't want a greasy face during the day," Wexler says.

Skin can't tell the difference between a day and night cream.

Finds

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