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THE
BEAUTY
ISSUE!beat
breakouts
forever

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HEN YOU CONSIDER that major acne triggers, like hormone imbalance, airplane travel, and stress (and the meds often used to cope with it), abound during

adulthood, it's no wonder breakouts plague 17 million Americans well after adolescence. It's a double whammy, of course, when the same

skin shows signs of aging. "I see hundreds of patients in their 20s and 30s still dealing with pimples while also worrying about wrinkles," says Washington, DC-based dermatologist Dr. Elizabeth Tanzi. And since your skin is less elastic than it was when you were a teenager, it needs a less drying, though equally effective, plan of attack to prevent and counter flare-ups. Here, crossover methods that target acne and aging simultaneously.

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