

allure

Better Skin

15 Doctors Pick The Products That Work



Female dermatologists use a variety of products on their own skin, but—not surprisingly—they're brand-loyal to the AHAs they sell in their office (see asterisks). Here's what they use on themselves.

TINA ALSTER, Washington, D.C. *Cleanser (Catrux Corrective Cream Wash), glycolic acid cream (Gly Derm*), moisturizer (Nutrix by Lancôme), sunscreen (Clarins SPF 25), eye treatment (Ethocyn).*

DIANE BERSON, New York City *Mild cleanser (Cetaphil or Dove), glycolic acid (NeoStrata*), moisturizer (Eucerin), sunblock (Clinique Sensitive Skin Makeup SPF 15 or Neutrogena SPF 17).*

EMILY F. BLOOM, Beverly Hills *During the day: glycolic acid (M.D. Forté Glycare Cleansing Gel* and M.D. Forté Glycare Perfection Gel*), oil-free sunscreen (Platinum Triangle Dermatologics*), oil-free powder foundation (L'Oréal Dualité). At night: glycolic acid (M.D. Forté II Facial Cream*). In dry weather: mild cleanser (Platinum Triangle Dermatologics*).*

JOYCE DAVIS, New York City *Cleanser (Oil of Olay Bath Bar for Sensitive Skin), exfoliant (Buf Puf Singles), glycolic acid (Glyco Cleansing Pads*), oil-free foundation (Lancôme Maquicontrôle).*

LENORA FELDERMAN, New York City *Glycolic acid cleanser, eye cream, and moisturizer (all M.D. Formulations*) supplemented by Retin-A every other night. Foundation (Chanel Teint Pur or Max Factor Whipped Cream).*

ELLEN GENDLER, New York City *(Former consultant to Bobbi Brown Cosmetics.) Cleanser (Bobbi Brown gel or Oil of Olay Foaming Face Wash), glycolic acid lotion (Gly Derm* or M.D. Formulations*), eye cream (Bobbi Brown), moisturizer if needed (Resilience by Estée Lauder).*

ESTA KRONBERG, Houston *Benzoyl peroxide cleanser (B-Prox A-Cute Derm*), topical vitamin C (Cellex-C*), AHA 10 percent lotion (A-Cute Derm*), Emu oil (A-Cute Derm*) on eyelids.*

AMY NEWBURGER, Scarsdale, New York *Mild cleansing bar (Purpose). During the day: sunscreen (Avon's Moisture Shield SPF 15 or Almay Suncare SPF 30, in summer). Foundation (Prescriptives Custom Blend) and loose powder (Chanel). At night: glycolic acid (NeoStrata* or Avon's Anew, Intensive) and Renova.*

NIA TEREZAKIS, New Orleans *Retinoic acid, sunscreen (Neutrogena or Linda Sy SPF 15), a different glycolic acid every six weeks (NeoStrata, Gly Derm, Alpha Hydrox, or Avon Anew).*

PATRICIA WEXLER, New York City *(Consultant to Donna Karan Cosmetics.) Cleanser and tinted moisturizer with SPF 20 (both Donna Karan*), loose powder (T. Leclerc or Bobbi Brown), under-eye cover cream (Prescriptives).*

Women are flocking to the dermatologist's office for a new type of appointment—the vanity visit.

By Laurie Drake

The vanity appointment—also known as a beautiful-skin consultation, a cosmetic visit, or the mind-boggling “preventive maintenance”—is nothing new, of course. The rich and famous have always looked that way with the help of dermatologists such as Erno Laszlo (in the '40s and '50s) and Norman Orentreich (in the '60s, '70s, and '80s). But their secret has become a full-blown trend as more and more anti-aging tools have been developed. In the past year, dermatologist Tina Alster says, these visits have mushroomed to 90 percent of her practice in Washington, D.C. Mary Ellen Brademas in New York City says, “Half my patients come to me for beautiful skin—models and media people, mistresses of diplomats who do whatever it is they do to get those diamond bracelets from Bulgari.”

Zits

Picking has always been verboten. Dermatologists remove the offending spots with “acne surgery.” These pages: Hair, James Brown for John Frieda Salon; makeup, Lucia Pieroni; manicure, Roxana.