

ELLE

STUNNING SKIN



SECRETS OF THE SKIN DOCTORS

These top dermatologists all have one thing in common: gorgeous skin. They share their expert tips with *Ying Chu*

DR. TINA ALSTER,

Washington, D.C. A noted expert on laser technology, Dr. Alster, medical director at the Washington Institute of Dermatologic Laser Surgery, has even coauthored a book on the topic: *Skin Savvy: the Essential Guide to Cosmetic Laser Surgery*. And while her patients include models, politicians, newscasters and lawyers, she also treats scars and birthmarks pro bono. Northern connection? Her husband is a retired minister of public affairs of the Canadian Embassy in Washington.

What's your daily routine? I cleanse with C_x Skin Savers Correction Cream Wash by Donell Inc. in New York but, when traveling, I use Dove Daily Hydrating Cleansing Cloths. I don't use toners, even nonalcoholic ones, which I think can be a bit too drying. If one has a good cleanser, there's no need for the added step. I always use an "active" product in the morning and the evening and I only use a moisturizer, SkinCeuticals Emollience, if I feel dry. The active ingredients I use: ascorbic acid in SkinCeuticals Skin Firming

Cream, kinetin found in Kinerase by ICN Pharmaceuticals Inc., Retinol from my own line and glycolic acid from M.D. Forte. I alternate their use, but I always apply two every day. The end results are increased skin luminosity and no dullness.

How do you adapt your skin to weather changes? I always use sun protection—in winter, as part of my foundation. I like Laura Mercier and Chanel. In the summer or when skiing, I use SkinCeuticals Ultimate UV Defense SPF 30.

Facials or treatments? I only have facials when my skin is dry or dehydrated, which occurs after lots of plane travel and/or excessive time in hotels due to the dry, forced air.

Cosmetic enhancements? I love

Botox and collagen, as well as non-ablative lasers and skin tightening with radio-frequency devices.

Emergency skin-care remedies? For acne flares, if within reach of a dermatologist, go for cortisone injections. If not, get a prescription-strength corticosteroid and pile it on the 'goomba!

Desk-side beauty boost? Gly Derm Hand Cream or TriCeram, an intense ceramide cream.

In your handbag? The same hand cream and Laura Mercier foundation powder, lip gloss and a travel shadow/blush kit or Chanel lipstick and eyeliner.

Products you can't live without? My Ethocyn (for my eyes) and my topical vitamin C.

The one product you'd take with you to a deserted island? Sunscreen. And maybe Botox.