

# 15 THINGS WOMEN WITH PERFECT SKIN DO EVERY DAY

by Candace Bryan

## 1. She uses the correct cleanser for her skin type.

"For oily or acne prone skin, a salicylic gel or benzoyl peroxide wash works great," says Dr. Ava Shamban, a dermatologist in Santa Monica. "For dry mature skin, use either a moisturizing glycolic or milky cleanser. For skin with brown spots or melasma, use a brightening wash, such as an alpha hydroxy acid cleanser."

## 2. She drinks the right liquids.

Joanna Vargas, a skincare facialist in NYC, says choosing the right beverages can be a game changer. "Drink a shot of chlorophyll every morning to brighten, oxygenate, hydrate, and helps drain puffiness by stimulating the lymphatic system, so it's also good for cellulite." If you're not keen on downing a shot of the stuff, chlorophyll supplements can be found at many drugstores and health food stores. She also advised drinking green juices with lots of veggies in them.

## 3. She maintains a healthy diet.

"Your skin has a natural barrier to retain moisture, and essential to that is omega-3 fatty acid," Joanna Vargas advises. "Flax seeds on your salad or even walnuts will be an instant boost to your omega-3, thus increasing your skin's ability to hold onto moisture."

## 4. She moisturizes every day and night.

"The best times to moisturize are right after you get out of the shower and right before you go to bed," explained Dr. Janet Prystowsky MD, an NYC-based dermatologist. Avoid lotions with heavy fragrances and be make sure you find a moisturizer gentle enough for every day use with zero irritation.

## 5. Her fingers never touch her face.

Dr. Julia Tzu, an NYC-based dermatologist, says this is very important. It doesn't just spread bacteria and cause breakouts — it can lead to scarring, an increase in wrinkles, and even the flu.

## 6. She doesn't use too many products.

Using more than one or two all at once is a big no-no, says Dr. Tzu. It can be harsh on the skin, resulting in more breakouts and clogged pores.

## 7. She wears sunscreen 365 days a year rain or shine.

"Many people feel they only need to protect themselves on sunny days or when visiting the beach," says Dr. Debbie Palmer, a New York dermatologist. "But the truth is that we need to protect our skin even when we're driving a car, flying in an airplane, or running errands. It's the daily UV exposure that contributes to the visible signs of aging." Choose a broad-spectrum sunscreen with a SPF of 30 or greater, and remember that it needs to be reapplied every 2 hours.