

## 8. She hydrates — in every way possible.

Every skin expert we spoke to emphasized the importance of hydration. "A lack of water means less radiance and more sag," says Dr. Mona Gohara, a dermatologist in Connecticut. She suggests choosing products that have hydrating formulas. And, of course, drink around eight glasses of water a day.

## 9. She avoids direct heat exposure.

Don't just watch out for the sun — getting too close to heaters and fireplaces can also wreak havoc on your skin. "It causes inflammation and collagen breakdown. I recommend staying at least ten feet away," explains Dr. Palmer.

## 10. She exfoliates a couple times per week.

"We lose 50 million skin cells a day, and without a little extra nudge, they may hang around leaving the skin looking sullen," says Dr. Gohara. To fight this, you should "choose a product that is pH neutral so it doesn't dry as it exfoliates." And don't just stop with your face, the skin on your body needs exfoliation, too.

## 11. She doesn't just eat her vitamins.

A balanced diet is important, but there's more than one way to give your skin vitamins. There's also topical antioxidants, which are serums and creams that contain ingredients that nourish the skin. "These can really help to repair the skin from sun damage and they also have natural sunscreen properties," says Dr. Palmer.

## 12. She cleans her makeup brushes regularly.

To fight infection and clogged pores, Dr. Prystowsky recommends washing concealer and foundation brushes once a week. For brushes you use around your eyes, she recommends twice per month, and for any other brushes, once a month is fine.

## 13. She knows that protection doesn't stop at sunscreen.

We're talking SPF makeup, sunglasses, and broad-brimmed hats. "Preventing sun damage is a million times better for your skin than treating it after the fact," says Dr. Prystowsky.

## 14. Her skincare routine is easy to follow.

"Fad products and fancy ingredients are fun to try, and sometimes they work well," says Dr. Prystowsky, "but usually they're off the shelves just as quickly as they're on them." Find a cleanser and moisturizer that you know work for you, and keep them at the core of your routine.

## 15. She sleeps well.

It's not just about getting eight hours a night. Skin will also benefit from regularly using clean silk pillowcases. "The material glides easily and prevents creasing and wrinkles," says Jesleen Ahluwalia, M.D., a dermatologist from Spring Street Dermatology in New York City.

