

# REAL SIMPLE

life made easier, every day

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BEAUTY the guide 



## anti-aging made easy

GROWING OLDER GRACEFULLY DOESN'T HAVE TO MEAN LOVING EVERY WRINKLE. WHETHER YOU'RE A SPRING CHICKEN OR, AHM, MORE SEASONED, THERE'S A REGIMEN HERE FOR YOU.

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### an exfoliator

"Exfoliation removes dead skin cells and smooths texture," says Miami dermatologist Fredric Brandt. Chemical exfoliants, typically creams or cleansers that contain ingredients such as alpha hydroxy acids, dissolve dead cells, while physical exfoliators (a.k.a. scrubs) gently buff them away.

**HOW TO USE:** Exfoliate up to twice a week. If you prefer a scrub, use it in the morning instead of a cleanser. And if you like a chemical exfoliant, swap one in for your nighttime cleanser or moisturizer a couple of nights a week. Try: LaseResults Exfoliating & Hydrating Cleanser (\$36, [laseresults.com](http://laseresults.com)).