



Pro Secrets for Beautiful **Skin**

Want a smooth, glowing complexion all winter long? Cop these tricks from the country's top skin doctors.

By **Jennifer Goldstein**

If you gathered a group of female dermatologists in one room in the dead of winter, you'd notice something immediately: they all have great skin, despite the fact that the rest of us are dealing with dull, flaky, irritated complexions right about now. To find out how they do it, we grilled doctors about their own skin-care routines. Turns out, most of them rely on the same six tricks. Read on, and steal their secrets.

1 They stay young with vitamin C.

If we had a dollar for every dermatologist who mentioned that she used a skin-care product with vitamin C, we could buy an orange grove! The antioxidant boosts skin's ability to protect itself and is a key ingredient needed to manufacture the collagen that keeps complexions plump and smooth. Lisa A. Zdinak, MD, chief surgeon at Precision Aesthetics in New York City, says applying an over-the-counter serum with vitamin C every morning before you moisturize can make a huge difference. "I can tell when my patients are using it, because their skin looks 10 years younger after only a week," she says of her favorite serum, Ultraceuticals C-10 Serum (\$93; PrecisionAestheticsMD.com). Another good one to try: Obagi Medical Products Professional-C Serum 10% (\$65; LovelySkin.com).

2 They protect their skin from the sun—even in the winter.

The skies may be gray and the days short, but dermatologists are still vigilant about sun protection in January and February. "Snow can actually reflect up to 80 percent of the sun's rays, while sand reflects only 15 percent and water reflects 10," notes Jennifer Linder, MD,