

SOUTH ASIAN AND DARK MIDDLE EASTERN



Hema Sundaram, a dermatologist and cosmetic surgeon in Maryland and Virginia, says, "As this skin ages, everything drops." It's also susceptible to melasma (dark patches) and PIH.

1 SkinMedica TNS Essential Serum. "There are good studies showing that it stimulates new collagen formation to improve elasticity and also helps with hyperpigmentation," says Sundaram. "One Indian patient calls it 'liquid gold for the skin.'"

2 Neutrogena Clinical Lifting Wrinkle Treatment System—a daily serum, sunscreen, and eye cream—uses zinc and copper to generate bioelectric currents in the skin "that help cellular communication and collagen production," says Sundaram.

3 SkinMedica TNS Illuminating Eye Cream breaks down and removes iron and other pigments from the skin: "It's the most effective product I've found for improving the dark undereye circles many women with this skin type get as they age."

4 Neutrogena Rapid Clear Sore Pimple Gel has salicylic acid to treat the painful cysts many South Asian and Middle Eastern women get on their chins. "I love this ingredient for blemish-prone patients of color, because it simultaneously treats acne and any marks it leaves behind."

5 Colorescience Pro Sunforgettable SPF 30, a chemical-free mineral powder sunscreen. "This is the one sunscreen that really helps prevent my melasma—because it's broad-spectrum, it's easy to reapply, and it gives complete coverage," says Sundaram.

6 RoC Retinol Correxion Deep Wrinkle Night Cream encourages skin cells to turn over and fights free radicals, smoothing lines and evening out the skin: "Prescription retinoids can inflame this skin, leading to hyperpigmentation, but retinol offers many of the same benefits without the high risk of irritation," says Sundaram.



★ FREE STUFF: We're giving away products from Aveeno, Colorescience Pro, Neutrogena, and SkinMedica. Turn to page 169 for details on how to enter.

LATINA

"Latinas are a diverse mix of ethnicities," says Vivian Bucay, a dermatologist and clinical assistant professor at the University of Texas Health Science Center in San Antonio. Because of this, Latinas have skin issues associated with white women (fine lines, rosacea) and women of color (melasma, PIH).



1 Neutrogena Rapid Clear Treatment Pads are saturated with 2 percent salicylic acid, which has anti-inflammatory properties, so even Latinas with rosacea can use them. "Salicylic acid also redistributes pigment, which makes the skin look more even-toned," says Bucay.

2 Neutrogena Rapid Clear 2-in-1 Fight & Fade Gel. Salicylic and glycolic acids fight zits and their telltale marks. "It doesn't carry the risk of skin bleaching and post-inflammatory hyperpigmentation."

3 Aveeno Ageless Vitality Elasticity Recharging System Eye tightens sagging eyelid skin with copper and zinc.

4 Replenix Power of Three Cream suppresses free radicals and inflammation with green-tea polyphenols and "is great for mitigating the irritation that retinoids cause when you start using them," says Bucay. Caffeine and resveratrol further protect the skin against UV damage.

5 EtaMD Skincare UV Clear SPF 46. "I honestly can't live without this sunscreen," says Bucay. Because it contains micronized zinc oxide, it's invisible and won't irk sensitive skin. It also contains niacinamide, which one study has shown to be as effective on acne as clindamycin, a prescription antibiotic: "When people hear this sunblock can fix their spots and pimples, they're much more willing to wear it."

6 Obagi Nu-Derm System—a six-product kit designed to be used with a separate prescribed retinoid—treats acne, wrinkles, and hyperpigmentation. "I put my Latina patients on this before peels or lasers, because it reduces the risk of post-inflammatory hyperpigmentation," says Bucay. ♦



Makeup Breakthrough

For women with serious, disfiguring skin conditions, like port-wine stains, burns, and vitiligo, finding makeup that covers the problem and looks natural is virtually impossible. Now, Microskin, a new camouflage makeup, may change that. Driven by a desire to help children with birthmarks and burns, Australian movie makeup artist Linda Lowndes spent the past decade—and her life savings—working with computer programmers and chemists to develop a lightweight, opaque concealer that could be matched exactly to a patient's complexion. The result is a nongreasy alcohol-based formula that provides total coverage for any skin discoloration. A computer scans each person's skin for a precise match, and the product is mixed to order. Sponged on small spots or misted on larger areas with a professional airbrush machine, Microskin is lightweight and impervious to water (and perspiration). Designed to be worn for days at a time, it stays in place until removed with a special solvent. The first Microskin clinic in the United States recently opened in Manhattan under the direction of Roy Geronemus, clinical professor of dermatology at New York University Medical Center. It's not for minor cover-ups; the cost for a consultation, color scanning, a six-month supply, training, application equipment, and oil- or alcohol-based remover starts at \$700. But for women like Catherine Carvella-Dean, who has a port-wine stain that covers more than half her face, it's been worth every penny. "It's so much more realistic-looking than anything on the market, and it doesn't feel like your skin is in prison," says the Long Island, New York, schoolteacher. "I can finally walk around and not get nasty remarks or rude stares." —JOAN KROHN

Below: Iris Mangal, 53, covers vitiligo, and Alisha Doherty, 26, hides a port-wine stain.

