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# health

DECEMBER 2001

healthy

# looks

## the light touch

JUST BECAUSE YOU slaved over a deadline last night doesn't mean you have to look like it the morning after. New light-diffusing skin-care products can help you look fresh—even when you don't feel it—and may confer some long-term benefits as well.

The microscopic mica particles in these lotions and moisturizers “help fill in fine lines and reflect light so wrinkles look softer and less prominent,” says Debra B. Luftman, M.D., a cosmetic dermatologist and clinical instructor of dermatology at the University of California at Los Angeles. The result is luminous-looking skin.

In addition to helping you look radiant in the short term, many of these products have ingredients that promise long-lasting effects. Some incorporate licorice extract, which can have a bleaching effect on dark spots, or antioxidants such as grape seed, green tea, and vitamins A, C, and E, which can help fight signs of aging. But, Luftman cautions, these products may not deliver enough of each ingredient to produce dramatic results.

There are light-diffusing formulas for just about any skin type. For normal skin, try Physicians Formula's Beauty Spiral Brightening Moisturizer or Estée Lauder's LightSource Transforming Moisture Lotion. Oily or acne-prone skin responds better to water-based formulas, such as Smashbox Studio's Artificial Light Luminizing Lotion.

Light-diffusing products can soften under-eye circles and keep skin luminous.

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