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## AGELESS SKIN

### WHAT TOP WOMEN DERMATOLOGISTS USE THEMSELVES



**DEBRA LUFTMAN, M.D., 43,** is a clinical instructor of dermatology at UCLA's School of Medicine. She has highlighted hair and combination skin.

**Daily regimen** "I see it as my job to try new products. Right now, I love Aveeno Skin Clarifying Cleanser with soy, followed by Olay Complete UV Protective Moisture Lotion. In the evening, I alternate between Gly Derm Gentle Cleanser, which has glycolic acid, and Retin-A."

**Bargain find** "Huge bottles of Cetaphil Gentle Skin Cleanser from Costco, and Aquaphor—it's like Vaseline. I use it to hydrate my lips and under my eyes."

**Skin splurge** Chantecaille Real Skin Translucent Makeup—"powder in a creamy base."

**Foundation pick** Chanel oil-free foundation or Prescriptives Virtual Skin.

**Favorite breakthrough ingredient** "While the jury is still out on everything else, we have clinical evidence that retinols work."

**Microdermabrasion** "I have it done, and find it is effective for patients with sun-damaged skin. It's also a great option for treating keratosis pilaris—those annoying little bumps on your thighs and the backs of your arms."

**Non-ablative lasers** Some treatments, like photo facials (intense light treatments), can address pigmentation problems and broken capillaries.

**Botox** "I love this for smoothing my patients' frown lines and crow's feet."

**Collagen** "Great for lines around the mouth and acne scars. Unfortunately, I'm allergic."

**Cosmetic surgery** "I will have my eyes done, eventually. Hopefully, we can come to rely on smaller surgical procedures so there won't be a need for huge face-lifts."

**It's never too late** "I treat patients in their eighties, and offer them everything that's available to my younger clients."



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EIR OWN STORIES