

FOR HER

**RX FOR SUNSCREEN**

**Ambi Skincare Even & Clear Daily Moisturizer with SPF 30 (\$12.49; Walgreens)** New Jersey-based dermatologist Jeanine Downie advocates, "[Those with] darker skin tones should avoid sunscreens that are chalky. Always look for a sunscreen with SPF 30 that [won't clog your pores]."



**RX FOR DARK SPOTS**

**Specific Beauty Dermatologist Strength Dark Spot Corrector Pads (\$59.99; specific-beauty.com)** Says Miami dermatologist Heather Woolery-Lloyd, "[The darkening] of various areas of the face is a common complaint [from African-Americans]." These pads brighten and even skin tone.



**RX FOR LINES**

**Origins Plantscripton Powerful Lifting Cream (\$59.50; origins.com)** "Wrinkles, caused by repeated movement of hyperkinetic muscles, occur over time," says Boston dermatologist Neelam Vashi. This stellar formulation revitalizes your natural texture.



# BEST ANTI-AGING for Him & Her

We turned to some of the top skin experts in the business to compile this must-have list of powerhouse prescriptions committed to keeping you forever young — JLY

FOR HIM



**RX FOR LIFTING**

**Kiehl's Facial Fuel "Heavy Lifting" Moisturizer for Men (\$40; kiehls.com)** "As one ages, the nasolabial folds deepen and forehead furrows become more prominent," explains plastic surgeon Carlos Burnett of New Jersey.

**RX FOR MOISTURE**

**Clinique for Men Anti-Age Moisturizer (\$36; Clinique.com)** "A strong moisturizer is essential. Thicker creams should be applied two to three times a day, especially to damp skin immediately after cleansing," says Vashi, who is the director of the Boston University Center for Ethnic Skin. Try this unique hydrator for major impact.



**RX FOR TEXTURE**

**Lab Series Skincare for Men Age Rescue + Face Lotion PLUS GINSENG (\$45; labseries.com)** "[With continued use of this product], men will look younger, well-rested and energized," says Vice President of Global Product Development, Lab Series Skincare for Men Shaunda Swackhamer.

PRODUCTS FOR BOTH OF YOU

**1. RX FOR COLLAGEN**  
**SkinCeuticals Phloretin CF (\$159; skinceuticals.com)** "Serums or gels containing ascorbic acid boost the power of sunscreens by negating free radicals

that damage collagen," says dermatologist Andrea Trowers of Miami.

**2. RX FOR DEFEATING DULLNESS**  
**Murad Advanced Active Radiance**

**Serum (\$89; murad.com)**

"Some people first notice aging as a dullness, thinning or fine wrinkling of the skin," explains Trowers. Studies show that 60 percent of this product's testers noticed a brightening effect in less than one week.

**3. RX FOR RETINOLS**  
**RoC Retinol Correxion Sensitive Night Cream (\$22.99; rocskincare.com)** "In the 30s and 40s, retinols [enriched Vitamin A] are very helpful for skin of color," says Chicago plastic surgeon Julius Few.

