

marie claire

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LOVE LESSONS

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Skin

With increasingly high-tech at-home remedies, advanced skincare is going DIY. Time to ditch your dermatologist? By Ning Chao

THREE TO SIX MONTHS

wrinkles No wonder Botox injections are so popular: They promise immediate wrinkle-reduction, while retinols, still the gold standard of topical antiagers, can take up to six months. Why? Because retinols are stimulating your skin's natural collagen to grow and fill out the fine lines you've acquired. "The longer you use retinols, the more dramatic the results," says Lupo. "Skin gets better every year, in fact, so you really are reversing the aging process." Of course, before reaching that happy ending, you have to survive a rough patch, warns Olga Lorencin-Northrup, cofounder of Kinara Spa in Los Angeles. "Retinols naturally inflame the skin, so it will look red and scaly for a few months," she says. "Use them only twice a week at first as you build up a tolerance, then increase frequency." To ensure that at-home users aren't mixing up potentially damaging cocktails, many new formulas are combining active retinols with brightening vitamin C and irritation-soothing moisturizers. "Emollients temper only the side effects, not the effectiveness," explains Lupo.

sagging Exercising facial muscles is gaining in popularity—with no expensive gym membership required. New machines designed for domestic use employ muscle-activating microcurrents to tighten and firm loose or droopy skin around the jawline. "Stimulating the muscles makes the:

swell, so you get an immediate, temporary plumping effect," explains Lupo. "Of course, as with any exercise program, the long-term benefits aren't obvious for a few months—about as long as it takes to see tone in your arms after you've started using weights." **mc**



3 TO 6 MONTHS

MC RECOMMENDS: NuFace Microcurrent Device, RoC Multi-Correxion Night Treatment with retinol and vitamin C

Fall trends to buy now, killer jewel-tone bags at every price

