

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

THE TRUTH ABOUT
**CELEBRITY
AGING**

THE 30-MINUTE
TREATMENT THAT
MELTS FAT

INSIDER SECRETS
TO GETTING A
FLAT STOMACH

* **THE 5 LATEST
WRINKLE-ERASING
INNOVATIONS**

BONUS: The Ultimate Anti-Aging Guide for Men! Special Fifth-Anniversary Edition

DIANE RANGER

FOUNDER AND CEO, COLORESCIENCE



OFTEN CALLED THE "MOTHER OF MINERAL MAKEUP," DIANE RANGER FOUNDED COLORESCIENCE IN 1990 TO CONCENTRATE ON HER PASSION FOR DEVELOPING GOOD-FOR-YOU MAKEUP. HER MINERAL- AND CRYSTAL-BASED FORMULAS—THE MOST TESTED AND RESEARCHED ONES ON THE MARKET—PROTECT SKIN WITH SPF 30 AND FEATURE INGREDIENTS LIKE HYALURONIC ACID AND ANTIOXIDANTS TO FIGHT THE SIGNS OF AGING.

MY BEAUTY ROUTINE

In the morning, I cleanse, tone and apply a moisturizing serum. In the evenings, I add a night serum. Periodically, I use retinols, for several weeks at a time, to restore my skin. I also perform at-home facials with glycolic and lactic acids and alpha beta peels, and occasionally I use mud masks.

MY DEFINING MOMENT

In 1976, I walked into one of the first beauty body-care stores. It was filled with glycerin soaps, sea sponges, loofahs, and lots of essential oils like jasmine, sandalwood and patchouli. I felt like I had come home. From then on, I was hooked on natural cosmetics.



What's the biggest fallacy in terms of skin care?

A lot of skin-care lines promise dramatic results. But in order to get them, products must contain ingredients that have proven results, and the ingredients must be formulated in percentages that support those results.

What is the most revolutionary beauty product on the market today?

I truly believe that authentic mineral makeup is still the most revolutionary product ever to be introduced to the industry. The trick is to distinguish between real mineral cosmetics and mineral marketing cosmetics. Authentic mineral makeup helps the skin look more youthful and mineral powder sunscreens can actually prevent skin cancer and aging.

Do you have any favorite inexpensive beauty finds?

I drink Swiss Kiss herbal tea, which is available at health food stores. It keeps you regular, which in turn, keeps skin clear. You can also put a few tablespoons of the tea in boiling water to give your face an at-home herbal steam.

PRODUCT TIP

"Colorescience 'Kissed by the Sun' Bronzer Brush gives me instant color and contour, and provides SPF 20 full-spectrum sunscreen protection." \$60, spscook.com



PRODUCT TIP

"My new favorite hair product is Bumble and Bumble Hair Powder. It gives hair body and acts as a powder shampoo by absorbing excess oil." \$19, bumblesndbumble.com



“I woke up with a big, red pimple.”

Acne has many causes, including genetics, hormonal changes, overactive sebaceous glands and the buildup of dead skin cells. And while blemishes may seem to appear overnight, they can actually take up to four weeks to develop. A pimple forms when sebum, the normal secretion of the sebaceous glands, becomes trapped in the hair follicle and mixes with dead skin cells. Depending on the severity, an acne lesion can take up to two months to fully heal. Always resist the temptation to squeeze—doing so can result in permanent scarring.

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> HOW YOU CAN TREAT IT AT HOME

To reduce redness and inflammation in deep cyst-like blemishes, apply **Colorescience Turn the Tides** spot treatment at the very first signs of a pimple. Soothing ingredients like vitamin E, aloe vera and antibacterial tea tree, clary sage and lemon reduce inflammation and irritation. And you can even use the green-tinted liquid under makeup to neutralize redness. \$20, spalook.com



OPTION 1 Cortisone injections

Cortisone injections can help reduce pain and swelling by suppressing inflammation. “They work fast and can target an individual blemish that’s red and swollen, to rapidly decrease inflammation,” says Dr. Friedman. Your doctor may also use a small needle to drain the blemish and eliminate infection. While cortisone injections can reduce redness and inflammation in a day or two, they can potentially cause a slight depression in the skin at the injection site. Cortisone injections are best for a last-minute fix because there is no downtime associated with the treatment.

OPTION 2 A chemical peel

Your dermatologist may suggest a chemical peel with alpha-hydroxy acid, which uses a two-pronged approach to eliminate breakouts: It removes dead skin cells from the top layer of skin and reduces inflammation in the deeper layers. Depending on the strength of the peel, it may cause redness, irritation and even peeling for a few days post-treatment, but you can expect to see a reduction in your blemish in as little as two days.

“Last night, I used a product that may have been a little too strong for my skin. Now I’m super-dry and flaky.”

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Topical treatments that contain ingredients like benzoyl peroxide and retinol can be extremely drying—especially to sensitive skin types—and can even trigger flare-ups of eczema, a chronic skin condition characterized by dry, flaky, itchy skin. Changes in the weather can also be to blame, since the lack of humidity during the winter months draws moisture from the skin, resulting in dryness and itching. Instead of reaching for a lightweight lotion, try a cream to treat severely dry skin. “The skin needs ingredients like humectants to retain water and lipids to penetrate deep within,” says Dr. Friedman.



> HOW YOU CAN TREAT IT AT HOME

Formulated for extremely dry skin types, **Eau Thermale Avène TriXéra+ Selectiose Emollient Cream** reinforces the skin barrier and treats the four main symptoms of severe dryness, including sensitivity and itching. This fragrance- and paraben-free formula contains nourishing agents like primrose oil, thermal spring water and Selectiose, a patented ingredient that reduces hypersensitivity and irritation. \$29, aveneusa.com

