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A pro's skin-saving routine

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Dr. Mary

Lupo, 50

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Practice: The Lupo Center for Aesthetic & General Dermatology and Clinical Professor of Dermatology at Tulane Medical School, New Orleans

Her skin care regimen:

A.M.

- Cleanses with a face wash containing an alpha hydroxy acid (AHA) such as lactic or glycolic acid.

Why? AHAs exfoliate dead cells, resurface the texture of skin and help skin absorb other products. (Lupo uses one from her own line available at www.drmarylupo.com)

- Applies a product formulated with vitamin C. (She uses one dropper of Vivifying Serum C, also from her line.)

Why? The antioxidant vitamin C boosts the effects of sunscreen to block more rays.

- Applies sunscreen every day.

Why? The pros agree; it's the best way to prevent wrinkles, period.

- Moisturizes. Lupo likes products by Oil of Olay and Neutrogena. "There's research behind their formulations."

- Applies eye cream such as Lumiere by Neocutis (available through physicians) and Eye Believe by



Philosophy (at department stores).

P.M.

- After washing her face again, Lupo uses Renova, a vitamin A derivative and retinoid that treats fine lines and sun-damaged skin (available through a physician).

Why? "Second only in importance to sunscreen, retinoids are *the* thing that is FDA-approved," Lupo said.

- Applies BIO-GEL Bio-restorative Hydrogel by Neocutis, a mix of human growth factors, in the evening.

Why? Growth factors may stimulate cell growth and repair, stimulate new collagen formation, thicken the epidermis and result in smoother skin and fewer wrinkles.

- Finishes with moisturizer and eye cream.

Once a week

Lupo uses Philosophy's "fabulous" microdelivery mini peel kit.

Why? The kit claims to use vitamin C to exfoliate and replenish skin, and to help diminish fine lines, sun damage and discoloration.

Is it all worth it?

"I really do think that most cosmeceuticals work. You're going to look better if you do something consistently," Lupo says.

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