

THE #1 SECRET TO YOUNGER SKIN

The key to a perfect complexion? Making sure it's tough enough to take anything life dishes out.



Sean Cunningham



By Liz Krieger Aug 25, 2015

1.5k



There's a war going on in this country, waged against your skin. Every day, in bathrooms and dermatologists' offices, women are scrubbing, rubbing, lasering, and peeling their face in the hope that inflicting just the right amount of damage will spur healing and that skin will end up looking better than before. But growing numbers of skin-care experts are calling for a truce, in large part because we finally understand that to have youthful, glowing skin, you first need strong, repaired skin. "Of course, this doesn't mean you should never exfoliate or look to lasers to help improve your skin," says Santa Monica dermatologist Karyn Grossman. "You just need to find a careful balance so that you are strengthening your skin between brief—not chronic—episodes of 'controlled damage.'" So put down your weapons and get smart about the four ways you can get your healthiest, most beautiful skin ever.

BUILD UP THE BARRIER

Skin not only protects everything inside but also suffers most from what's going on outside, says Geoff Genesky, head of Kiehl's Skin Care Laboratory in New York. Pollution, wind, smoke, sun, and other elements take a toll on how skin looks and functions, he says. If that barrier is damaged, skin will appear dry, dull, or rough and be more prone to irritation, sun damage, premature aging, and bacteria, says physician Philippe Allouche, head of creation, innovation, and research at cult skin-care favorite **Biologique Recherche**. "And popular laser and peeling treatments can further break down an already weak skin barrier," he adds.