

Skin Smoothies

New powerful potions and solutions literally peel back the years.

By Johanna Renay

Are you looking for convenient, safe, tried-and-tested solutions to fade wrinkles, age spots and sun damage? For some time now, dermatologists have offered chemical peels, microdermabrasion and laser resurfacing to reduce or eliminate wrinkles and shrink pores. Now there are many products you can use at home to attain similar smoothing and regenerating effects. These products work to lift, firm, polish, brighten, re-texture and leave skin fresh, rosy and glowing as they turn back the years. Whether you're ready for baby steps at home or a bigger leap at the dermatologist's office, here's the information you need.

At the Dermatologist's Office

In addition to eliminating wrinkles and shrinking pores, clinical face peels, microdermabrasion and laser resurfacing can be used to treat acne damage, scarring, and loose or chronically sun-damaged skin. Here's more on the various procedures.

• **Neutrogena Advanced Solutions Facial Peel** has three steps: a non-irritating enzyme peel that's compared to a 20% glycolic acid peel, a moisturizer with SPF 15 and a night treatment with vitamin A (pure retinol).

• **Neutrogena Advanced Solutions At Home MicroDermabrasion System Kit** contains the same aluminum oxide crystals used by dermatologists to enhance surface cell turnover (available next month).

• **Alyria Revitalizing Cream** with Matrixyl (a collagen stimulant that's gentle and non-irritating) and glycolic acid, uses a controlled-release technology that slows the release of glycolic acid so that skin can tolerate a higher concentration.

• **Aveeno Clear Complexion Cleansing Mask** contains salicylic acid and a moisture-rich soy complex.

• **Avon Anew Clinical 2-Step Facial Peel** uses glycolic acid plus pineapple and papaya extracts in its retexturing phase and soothing botanicals and marine extracts in its neutralizing phase (call toll-free 1-800-265-AVON or visit www.avon.ca).

• **Avon Anew Clinical Micro-Exfoliant** is a creamy skin-resurfacing formula that features non-chemical micro-crystals.

• **Estée Lauder Idealist Micro-D Deep Thermal Refinisher** is a gentle at-

home alternative to microdermabrasion.

• **Biophora Bioactive Gel** contains 8% glycolic acid, organic alpha hydroxy acid, 2% salicylic acid, skin lighteners, antioxidants, emollients and vitamin C. ■

