

JSECRET TO YOUNGER SKIN

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

BUILD UP THE BARRIER

To safeguard the barrier, powerful antioxidants are your best bet. About 85 percent of skin's free radical damage comes from the sun, adds internist Charlene DeHaven, clinical director of INNOVATIVE SKINCARE[®]. To cover your bases, look for products that contain a mix of antioxidants, says DeHevan, including fat-soluble ones (like vitamins A and E) and water-soluble ones (e.g. vitamin C), as both types nourish different parts of a skin cell.

