

EAT SMART BE FIT LIVE WELL

Cooking Light

BONUS
Summer Cookbook
46 pages of our best
fresh seasonal
recipes

JUNE 2009

22 healthy meal makeovers

Chicken, chops & burgers:
Less fat,
fewer calories,
great taste!

**Feed your
family in ONLY
30 minutes**

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**Fast, easy
& tasty
desserts to
make tonight**

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*Pan-Fried Chicken, page 138,
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and Grilled Summer Squash,
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TEST KITCHEN SECRET:
**A delicious salad
you'll love all summer** page 164

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YOUR DELICATE NECK and décolletage skin is one of the first places where signs of aging appear. Among the reasons: You may have skimped on sun protection earlier in life, which can lead to more rapid aging, and skin in this area contains fewer oil glands than facial skin, so it has less natural moisture and protection. However, "applying anti-aging antioxidants and retinol serums and making sunscreen a part of your routine can help stop damage and jumpstart the repair process," says Ava Shamban, MD, a dermatologist in Santa Monica, California.

What your neck needs

Treat it well, and you'll look younger and feel more confident.

By Maria Ricapito

Everyday care

Cleanse: Use your current facial cleanser on your neck and chest as long as it is a gentle option (rather than a strong scrub or abrasive exfoliator). Alpha Hydrox



Nourishing Cleanser (\$8) is soap-free and contains microbeads of antioxidant vitamins A and E.

Banish blemishes: "Occasional chest breakouts are caused by hormonal fluctuations, stress, or environmental conditions, such as a sports bra that doesn't 'breathe,'" says Elizabeth S. Martin, MD, a dermatologist in Hoover, Alabama. If you notice blemishes, try a cleanser that contains salicylic acid once daily and spot-treat with pimple-fighting benzoyl peroxide before bed.

Hydrate: "Keeping this area moisturized will help minimize the appearance of fine lines and wrinkles," Martin says. Apply moisturizer at night to nourish skin while it's in repair mode. DoshCare Sakala Eye



and Neck Balm (\$43) contains antioxidant-rich green tea.

Try a deep treatment: Retinoids are a dermatologist favorite for increasing cell turnover and the production of collagen, a protein that gives skin elasticity and firmness. They're also key to repairing sun damage. Since prescription retinoids may be too irritating to the sensitive neck and chest area, try a milder over-the-counter version, such as RoC Retinol Correxion Deep Wrinkle Serum (\$21), with zinc and copper to stimulate skin renewal.



Prevent damage: "Sun is the primary [external] factor that ages skin, so protection is crucial," Martin says. Use a water-



proof moisturizer with an SPF of at least 30 on a daily basis on face, neck, and chest. Look for a full-spectrum block (for UVA and UVB rays). Murad Waterproof Sunblock SPF 30 (\$30) contains moisturizing hyaluronic acid, as well as antioxidant pomegranate extract. ☺

Send your questions to Cooking Light contributing beauty editor **Maria Ricapito** at ask_beautywise@timeinc.com.

