

ANNUAL SPECIAL!

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THE BEAUTY EXPERT

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INSIDERS' ISSUE

Your Guide to:

- Clear Skin
- Gorgeous Hair
- Great Personal Style

10-Minute Hair & Makeup

Time-Saving Tricks and Tools

Soft, Easy Makeup

Peach, Lilac, Iridescent Pink

*Kate
Beckinsale*
Hollywood Innocent(ish)

Perfect Spring Dresses
In Luscious Candy Colors

The Junk-Food Diet
Snacks That Curb Cravings





David McDaniel with a Botox cosmetic syringe at Diner in Brooklyn. Silk crepe blouse, perforated-leather skirt, silk knit top, and lacquered ceramic bracelet by Louis Vuitton. Makeup color: Colorscope Lipcolor in Rosette by Prescriptives. Hair: Fernando Torrent. Makeup: Brigitte Reiss-Andersen. Manicure: Tatyana Molot. Prop stylist: Kyre Chenven. Model: Sanja Matic. Details, see Credits page.

A photograph of a bar with a row of beer taps. The taps are arranged in a line, and a hand is visible on the right side, reaching towards one of the taps. The background shows a bar counter and some equipment.

The Scientist

The past 15 to 20 years could be considered skin care's age of enlightenment, when real science first crept into beauty. David McDaniel, a dermatologic researcher, is in a better position than most to analyze this progress. "The potency, the delivery systems, and the science have improved," he says. "But there are still a lot of products that are more invested in marketing and packaging than in science."

McDaniel—who in addition to his research and testing lab has a private dermatology and laser practice in Virginia Beach—says that most women don't give new skin-care regimens a chance. "People think they can get results in three or four days. Ideally, I'd like patients to try skin products for six to eight weeks before they judge. But I know that doesn't fly," he adds. "So I tell them four to six weeks and hope they do four." Still, McDaniel—whose own research bailiwick is "cosmeceuticals," those products that straddle the border between cosmetics and pharmaceuticals, and who recently began a collaboration with L'Oréal Paris and Light BioScience to develop ways of using low-intensity light to fight the signs of aging—sees a glittering future for those who are short on patience. "In the next couple of years we'll see things like sound and radio waves that work on tissues under the skin and selectively destroy cellulite or elevate the eyebrows without a brow lift."

Doctor's Orders

McDaniel's ultimate to-do list for great skin is based on science—and common sense.

1. Don't smoke, and wear sunscreen. Really, really, really.

2. Watch out for fat. "There's a growing understanding that both body fat and dietary fat are connected with inflammation," which may be linked to heart disease and premature aging. "And there are some good studies suggesting that a low-fat diet reduces the incidence of precancerous skin lesions and also alters the skin's response to UV damage."

3. Avoid or neutralize free radicals—which are molecules produced by the sun, tanning machines, pollution, cigarette smoke, pesticides, and other sources. Free radicals are suspected of causing skin to age, among other disruptions to human cells, and things that actively combat them are the antioxidants in the foods we eat and in topical creams. McDaniel is a big believer in the power of berries, tomatoes, and other fruits and vegetables: "Each plant is a little chemical factory, and since we need to be defended against all the forms of free radicals, there is value in eating a variety."