

5 FIGHT AGING AND ACNE

Founder of Honest Beauty (and soon-to-be mom of 3) Jessica Alba needed products that tackled more than one skin issue—so she made her own



Honest Beauty Younger + Clearer Resurfacing Cleanser, \$18, and Younger + Clearer Night Serum with Honestly Pure Retinol, \$38; honestbeauty.com

Tell us about your new line, Younger + Clearer.

I wasn't able to find a product with clean ingredients geared toward someone like me, who was too young for wrinkles and too old for breakouts. I wanted to create a solution that addressed both concerns.

What's the superhero ingredient?

Retinol. I started using it in my 20s, and I don't have as many fine lines and wrinkles as someone my age might. I credit that to retinol. We've been developing our Night

Serum formula with Honestly Pure Retinol, which is made without synthetic additives typically used to stabilize retinol, for a couple of years. I was using it before I got pregnant, and my skin never looked better. [Note: Consult your doctor before using retinol if you're pregnant or breastfeeding.]

What typically causes you to break out? It's usually related to hormones or triggered by nutritional choices or lack of sleep. In my opinion diet and sleep are equally as important as what

you put on your skin. How has pregnancy changed your skin this time around?

I've experienced patchiness on my face. I've found that our Everything Organic Facial Oil works during times when my skin needs some extra love. It helps my skin look radiant and supple, so I can fake it when I'm not actually feeling the "pregnancy glow."

What do you wish every woman knew about caring for their skin?

It's important to be mindful of what you put on your skin, as it can contribute to your overall well-being!

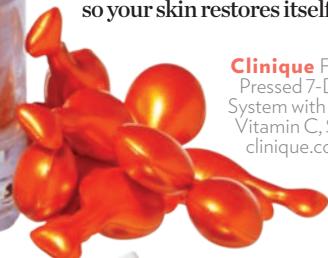


6 GET A MAKEUP-FREE GLOW

There's a reason vitamin C is popping up in a slew of new skin-care products. "It's a powerful antioxidant that fades dark spots and any irregular pigmentation, so your skin looks brighter and more even-toned," says celebrity dermatologist and *The Beauty of Dirty Skin* author Dr. Whitney Bowe. For best results, use a vitamin C serum in the morning (you can mix it with your SPF) to neutralize damaging free radicals, and again at night so your skin restores itself while you sleep.



Lumene VALO Beauty Drops, \$21.99; ulta.com



Clinique Fresh Pressed 7-Day System with Pure Vitamin C, \$27; clinique.com



Fresh Vitamin Nectar Moisture Glow Face Cream, \$42; fresh.com



Before a big event, treat your skin to a radiance-boosting seven-day regimen, which comes with individual packets of powdered cleanser as well as a potent serum that you can add to your regular day or night lotion.

Sara Happ Sweet Clay Lip Mask, \$32; sarahapp.com



7 GIVE YOUR LIPS SOME LOVE

You already know the skin-enhancing effects of a great face mask, but you're probably not using one on the area you need it most: your lips. "They need all the TLC they can get," says Sara Happ, who created a moisturizing lip mask for that very reason. "Leave it on for two minutes or more. It really makes such a difference." And, yes, the bright pink shade is perfect for an Instagram selfie.



(ALBA) MUNAWAR HOSAIN/STARRTRAKS; (CLINIQUE & KISS PRINTS) LUCAS VISIERIS; (SARA HAPP & LUMENE) DAVID LEWIS; (LUMENE) Z. STULTZ; (CHANEL) KENNEDY/20