Six skin gurus share their personal routines for complexion perfection.

What do two dermatologists, a spa director, a nutritionist, an aesthetician and, of course, radiant skin. While their product picks differ, the women all value a good night’s sleep, a clean and balanced diet and, to quote chemist Ni’Kita Wilson, “water, water and more water!” Laura Hittleman, corporate director of beauty services at Canyon Ranch, and Whitney Bowe, MD, both like to test anything and everything, while celebrity nutritionist Kimberly Snyder and facialist Amanda Birch prefer their own creations. Still, not everyone likes to DIY. “Homemade regimens are just not for me. I want scientific beauty concoctions in a bottle,” says dermatologist Alicia Barba. Here’s the inside scoop on their skin care strategies and must-have products.

**Winter Skin Saver**

**UP YOUR EXFOLIATION TO TWO TIMES A WEEK TO BRIGHTEN DULL AND DRY SKIN.**

*What the PROS KNOW*

**The Dermatologist**

**Whitney Bowe, MD**

“I’m a huge fan of layering products. Applying light coats of multiple formulas—always the thinnest first—helps the active ingredients absorb better. Unfortunately, my sensitive skin can barely tolerate retinol (once a week, max!) so I gravitate toward other powerful anti-agers, including peptides and antioxidants.”

**Photos: Ralph Smith. Illustrations by Annick Poirier.**
My go-to product for just about everything: deep conditioner, moisturizer, eye makeup remover and cuticle smoother. Garden of Life Living Foods RAW Extra Virgin Coconut Oil

Soothes while it cleans. Ayurveda Pura Holistic Essentials Daily Cleansing Milk

THE NUTRITIONIST

KIMBERLY SNYDER
“My philosophy is easy: Beauty is built from the inside out. I believe in keeping things simple—both on your skin and in your diet. Meaning fewer products on your face and clean, natural foods with no artificial ingredients. If it came from the earth, it’s okay by me. Balancing your skin’s pH with a toner is also key to maintaining a healthy glow. I used to skip this step but now I apply natural rosewater—my toner of choice—religiously after cleansing.”

Amber Roizen

I spritz throughout the day whenever my face feels dry. Josh Rosebrook Hydrating Accelerator

AMANDA BIRCH
“I treat skin care like it’s nourishment. Having a garden in my backyard lets me infuse herbs and botanicals—including calendula, lavender and chamomile—into facials. Many people forget that there are natural cures for skin issues. My new favorite formulation calms inflammation. I mix equal parts goat’s milk powder, honey powder (both found at health food stores), oatmeal and manuka honey, and leave it on for 10 minutes twice a week. It’s the ultimate healer.”

THE AESTHETICIAN

Winter Skin Saver

EAT MORE HEALTHY FATS, LIKE CHIA SEEDS AND AVOCADOS, TO PLUMP AND NOURISH SKIN.

These two make the perfect evening cocktail for tired skin. Sally B. Skin Yummies Antioxidant Skin Boost and Nighttime Antioxidant Serum.

Perfect skin pick-me-up.

The Organic Pharmacy Enzyme Peel Mask with Vitamin C and Papaya
Cold Spring Apothecary
Deep Cleansing Facial Powder Mask & Cleanser

My best advice: Develop a relationship with your skin. Learn what it loves and it will love you back! For me, that means taking it slow with new products and only changing one formula at a time to better monitor reactions. Patience isn’t always easy with skin care; you want to see instant results. But in the end, it’s always worthwhile.

The clay adheres to dead cells like glue and pulls them out instantly. Cold Spring Apothecary Deep Cleansing Facial Powder Mask & Cleanser

NI’KITA WILSON

Winter Skin Saver

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin

Strong sun protection that leaves my skin soft. L’Oreal Paris Revitalift Miracle Blur Instant Skin Smoother Finishing Cream SPF 30

I leave on for five minutes once a week for an extra-deep cleanse. Garnier Clean+ Pore Purifying 2-in-1 Clay Cleanser/Mask

Winter Skin Saver

Aveeno Clear Complexion Foaming Cleanser

The only acne product that really works on my breakout-prone complexion. Aveeno Clear Complexion Foaming Cleanser

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin

Aveeno Clear Complexion Foaming Cleanser

Use a cream that contains sealants like shea butter, dimethicone and natural oils to repair the skin’s barrier and lock moisture in.

Daily exfoliation keeps my skin tone even and pores clear. Dr. Dennis Gross Alpha Beta Universal Daily Peel

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin

Strong sun protection that leaves my skin soft. L’Oreal Paris Revitalift Miracle Blur Instant Skin Smoother Finishing Cream SPF 30

I leave on for five minutes once a week for an extra-deep cleanse. Garnier Clean+ Pore Purifying 2-in-1 Clay Cleanser/Mask

Winter Skin Saver

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin

A moisturizer that is super light and doesn’t clog pores—great for oily complexions. Neutrogena Hydro Boost Gel-Cream Extra-Dry Skin
The gentle exfoliator wakes up my skin in the morning. Tata Harper Regenerating Cleanser

Don’t neglect your neck! Stick to products formulated for specific areas—that’s what they were created for. Dr. Dennis Gross Ferulic + Retinol Anti-Aging Moisturizer

ALICIA BARBA, MD
“Living in Miami means you can’t really hide from the sun. Since I suffer from melasma—patchy hyperpigmentation that is common in many Latinas—my morning routine revolves around maximal SPF protection. At night I focus on correction and collagen stimulation, beginning with a double cleanse to ‘take off the day.’ It’s best to start an evening regimen with really clean skin so the active ingredients can penetrate properly.”

I occasionally give myself a mini peel at home with lactic and azaleic acids. It creates a nice glow. Glowbiotics Probiotic Instant Resurfacing Pads

Dove Beauty Bar

The antioxidant serum adds an extra layer of protection. SkinCeuticals Phloretin CF

A little goes a long way—it hydrates, plumps wrinkles and firms with just a pea-sized amount. Dr. Dennis Gross Ferulic + Retinol Anti-Aging Moisturizer

Rich but not too thick, so I can apply concealer right after. Dr. Dennis Gross Ferulic + Retinol Eye Cream

THE SKIN SPECIALIST

GLowbiotics Probiotic Instant Resurfacing Pads

Sunscreen alone doesn’t provide enough protection for my delicate skin. This offers great coverage. Coolbar All Sport Hat

Winter Skin Saver

START
MOISTURIZING IN THE SHOWER. USE A NOURISHING BODY WASH AND QUICKLY FOLLOW WITH A THICK MOISTURIZER ON DAMP SKIN TO TRAP IN HYDRATION.

Give your lips some TLC. Gently exfoliate with a dry toothbrush or wash cloth and always apply lip balm before bed.

Winter Skin Saver

LAURA HITTLEMAN
“Learn your limit, especially when it comes to beauty. I keep my daily routine short because I know I’ll get lazy and skip everything if there are too many steps. I try to stay within the same brand when choosing products to allow the ingredients to work synergistically. Right now I am loving Dr. Dennis Gross’ anti-aging formulas—they’re doing wonders for my complexion!”

THE SPA DIRECTOR

The gentle exfoliator wakes up my skin in the morning. Tata Harper Regenerating Cleanser

Coolibar All Sport Hat

Don’t neglect your neck! Stick to products formulated for specific areas—that’s what they were created for. Dr. Dennis Gross Ferulic + Retinol Neck Emulsion

Winter Skin Saver