

HEALTHYLIVING

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Health experts look at new wrinkles in skin-care products

of your skin. The shiitake extract and antioxidants soothe and hydrate the skin while protecting against further damage.

What the doctors say: The lycopene, says Brashear, has been touted a little bit for its antioxidant properties. But don't expect much from the other ingredients, the experts warned.

"The science behind the shiitake mushrooms is just not there, so I'd be a little skeptical about spending money there," Brashear says.

And the tourmaline? "I just don't know about that," Hamilton says. "I really don't."

Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish

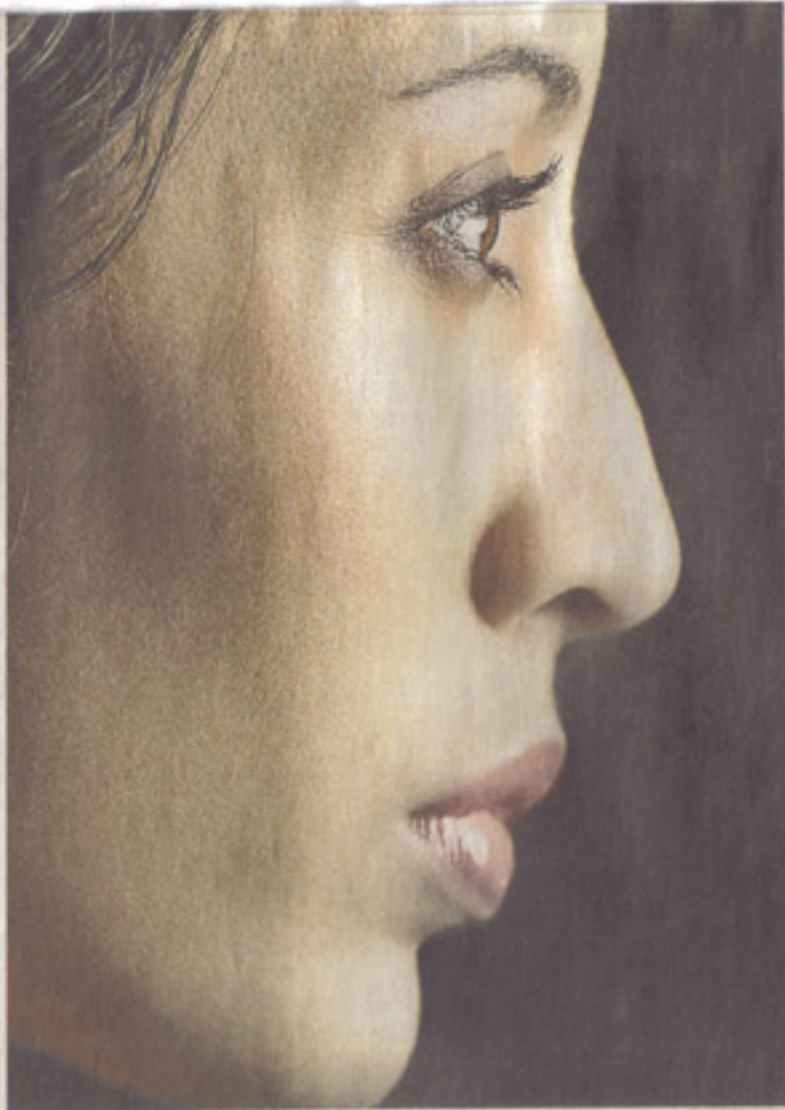
Price: \$11.99 for 1 ounce.

Key ingredients: Retinol and salicylic acid.

Claim: The Retinol, a form of Vitamin E, "works deep within the skin where wrinkles develop." The salicylic acid, known to fight acne, will treat and prevent blemishes.

What the doctors say: Both experts agree that if used regularly this product could have a minimal effect. Salicylic acid, a type of alpha hydroxy acid, will act as an exfoliator even for those who don't have acne, leaving the skin looking "fresher," Brashear says.

The difference "is not something that you're going to see in a week or month but maybe over months or years," Hamilton says, noting this will create turnover in the skin, "which is what you want to see for improvement."



Cosmedicine Primary Care

Price: \$48 for 1.35 ounces.

Key ingredients: Skin protectant (Dimethicone, 2%) and Sunscreen (Avobenzone, 3%, and Octinoxate, 7.5%).

Claim: Scientifically tested. While most other products point to clinical tests attesting to their efficacy, Cosmedicine hired Johns Hopkins doctors to assess their products. Now, they claim that they have "objective science" showing that their products made a difference — though the numbers are not dramatic — in the quality of a user's skin. With this product, the sunscreens and antioxidants aim to counter dryness, reducing the appearance of wrinkles, and protecting against damage.

What the doctors say: Johns Hopkins research aside, what thrilled our experts was the sunscreen.

"Although your products may be effective, a lot of what you need to do is also prevention," Hamilton says. "Your two biggest enemies right there are the sun and smoking."

Multiple studies have shown that using sunscreen consistently of SPF 15 or higher — 30 or higher if you're going to be outside — will stave off the effects of aging, Brashear says.

The dimethicone here won't hurt either, he says. "It's a nice barrier type of product that will make skin feel a little more supple, little more moist."