

2020  
Prevention  
HEALTHY  
BEAUTY  
AWARDS



OF



BEST

Choosing a new beauty product is like making a new friend. It may take some trial and error to find the one that makes you feel your best. To bypass that getting-to-know-you period, allow us to introduce you to products that will never let you down. We turned to our panel of top doctors and industry pros for skincare that works, holy grail hair finds, makeup must-haves, and more. Let's meet them!

BY ALISA HRUSTIC  
PHOTOGRAPHS BY  
JEFFREY WESTBROOK

PREVENTION'S  
EXPERT PANEL

- ▲ **Mona Gohara, M.D.**, a dermatologist in Connecticut and an assistant clinical professor at Yale School of Medicine
- ▲ **Leigh Hargdes**, a stylist with more than 15 years of experience at Maxine Salon in Chicago
- ▲ **Shari Marchbein, M.D.**, a New York City-based dermatologist and a fellow of the American Academy of Dermatology
- ▲ **Jessica Morse**, founder of Bare Beauty and non-toxic nail salon The Water Room in Charleston, SC, and Atlanta
- ▲ **Mai Quynh**, a celebrity makeup artist in Los Angeles
- ▲ **Shab Reslan**, a HairClub health expert, a hairstylist, and founder of the *Hair Like Hers* podcast
- ▲ **Heather Woolery-Lloyd, M.D.**, director of the Skin of Color Division for the University of Miami and creator of Specific Beauty

PROP STYLING: MIA KATOH



BEAUTY



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# EVERYDAY FACE ESSENTIALS

**1 | BEST NIGHT CREAM**  
**The Ordinary** Natural Moisturizing Factors + HA, \$6, [sephora.com](http://sephora.com)

"I'm a big fan because it's so affordable. It does a nice job of incorporating basic ingredients like hyaluronic acid in a cosmetically elegant formulation that isn't too heavy. I put it on after my retinoid at night."  
—Dr. Gohara

**2 | BEST ACNE SPOT TREATMENT**  
**La Roche-Posay** Effaclar Duo Acne Spot Treatment, \$30, [drugstores](http://drugstores)

"It has 5.5% benzoyl peroxide, which kills acne-causing bacteria. As a spot treatment, salicylic acid (an exfoliant) won't work as well overnight as this does."  
—Dr. Woolery-Lloyd

**PRO TIP:** Dab on a bit where you need it before putting on moisturizer (ideally at night) so it really has a chance to penetrate the skin and work its zit-zapping magic.

**3 | BEST CLEANSER**  
**CeraVe** Foaming Facial Cleanser, \$15, [drugstores](http://drugstores)  
"It's so important to wash your face twice daily, especially at night. This one gently cleanses with ceramides, hyaluronic acid, and niacinamide to avoid stripping or overdrying the skin."  
—Dr. Marchbein

**4 | BEST LIP TREATMENT**  
**Skinfix** Barrier+ Lip Repair Balm, \$15, [sephora.com](http://sephora.com)  
"This is a great everyday repair balm. It works well

for chapped lips and has that hydrating, soothing action because it contains protective petrolatum as well as coconut and jojoba oils."  
—Dr. Woolery-Lloyd

**5 | BEST DAY CREAM**  
**Avène** Rich Revitalizing Nourishing Cream, \$36, [dermstore.com](http://dermstore.com)  
"I'm in my 40s, and I like my skin to be glowy, but I don't want to walk around all day looking shiny. This one is particularly thick and nourishing, really drives in hydration, and is good for everybody's skin."  
—Dr. Gohara

**6 | BEST FACE SUNSCREEN**  
**ISDIN** Eryfotona Actinica SPF 50+, \$55, [isdin.com](http://isdin.com)

"This sunscreen is beloved by both women and men, as it rubs in beautifully without leaving a white film. And it's a physical sunscreen, so it's great for those with sensitive skin."  
—Dr. Marchbein  
**PRO TIP:** SPF should be put on the face, ears, neck, and hands every morning and reapplied every two hours when you're exposed to the sun—even if you're just sitting near a window!

# THE ULTIMATE ANTI- AGERS

**7 | BEST WRINKLE TREATMENT**  
**PCA** Skin Intensive Age Refining Treatment: 0.5% Pure Retinol, \$111, [dermstore.com](http://dermstore.com)

"When it comes to retinol, I don't compromise. I like to have the science (knowing it's been tested to build collagen, the right percentage (at least 0.5%), and the ability to use it regularly without irritation. When I find a product that has all those things, I stick with it."  
—Dr. Gohara  
**PRO TIP:** Apply retinol at night before bed. Put a pea-size amount on your finger and divide it equally among

the four quadrants of your face. Follow with moisturizer to minimize redness and peeling.

**8 | BEST EYE CREAM**  
**Colorescience** Total Eye 3-in-1 Renewal Therapy SPF 35, \$69, [colorescience.com](http://colorescience.com)

"I like multitasking products, and this is three things: It's a concealer and a sunscreen, and it has anti-aging properties. Eyes age quickly, so when it is used as a concealer, you're getting ample SPF in that area."  
—Dr. Gohara

**9 | BEST BRIGHTENING SERUM**  
**SkinCeuticals** Phloretin CF, \$166, [skinceuticals.com](http://skinceuticals.com)

"Phloretin is my favorite vitamin C antioxidant serum to help protect against and repair free radical damage. It can help reduce brown spots, evens skin tone, and protects from further sun damage."  
—Dr. Marchbein





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# BRILLIANT BODY FAVORITES

## 1 | BEST HAND CREAM Eucerin Advanced Repair Hand Cream, \$5, target.com

"This has glycerin, which gives the product a slick feel without its being sticky or heavy. It gives you instant relief if you have ultradry hands, so I recommend keeping it in your bag and applying as needed."  
—Dr. Woolery-Lloyd

## 2 | BEST BODY SCRUB Dove Exfoliating Body Polish, \$6, drugstores

"Dove Body Polish is my favorite (and the one I have in my own shower), as it has a very small particle size, which is less abrasive on the skin. It contains glycerin, shea butter, and other hydrating ingredients to help gently remove dead skin cells."  
—Dr. Marchbein

## 3 | BEST BODY MOISTURIZER First Aid Beauty Ultra Repair Cream, \$34, sephora.com

"I like products with ingredients that naturally

exist in the skin, like the hydrating ceramides in this cream. I'm also a fan of the oatmeal, which quells irritation."  
—Dr. Gohara

## 4 | BEST BODY CLEANSER Weleda Soothing Body Wash (Almond), \$10, weleda.com

"I love this cleanser. It's mild, with plant-rich surfactants (compounds that help clean the skin). The almond scent is amazing in the shower, and my skin feels so soft after using it."  
—Morse



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# MINIMALIST MAKEUP

## 1 | BEST BLUSH

**Lawless** Make Me Blush Velvet Blush, \$29, [sephora.com](http://sephora.com)

"Instead of a super-pigmented blush, I love a buildable formula because it's easier to control. This powder blush has the color payoff but looks really soft on the cheeks." —*Quynh*

## 2 | BEST LIPCOLOR

**RMS Beauty** Tinted Daily Lip Balm, \$20, [sephora.com](http://sephora.com)

"This is like a love child of a lipstick and a lip balm. The color is beautiful and lasts for hours, and it is truly moisturizing." —*Morse*

## 3 | BEST FOUNDATION

**Beautycounter** Skin Twin Featherweight Foundation, \$45, [beautycounter.com](http://beautycounter.com)

"I love that it's really hydrating because it has hyaluronic acid. It comes in many shades so you can truly find your match—and it feels as if you're wearing nothing." —*Quynh*



## 4 | BEST CONCEALER

**Giorgio Armani** Luminous Silk Concealer, \$38, [sephora.com](http://sephora.com)

"Not only will it cover up blemishes, but it won't accentuate the dryness of spots. It has a nice radiant, natural finish." —*Quynh*  
**PRO TIP:** Dot the concealer where you need it and use a bare brush to buff gently. For a seamless finish, start with less product and slowly add more in thin layers.

## 5 | BEST BROW PRODUCT

**Saie** Tinted Brow Butter, \$18, [saiehello.com](http://saiehello.com)

"It has just enough color to fill in bald spots and



provides just enough hold to tame flyaways. The little spoolie brush perfectly feathers brows into place." —*Morse*

**PRO TIP:** For brows that look natural, focus more of the product on the outer edges. Packing too much on the inner areas toward your nose often results in a "blocky" look, *Quynh* says. If you mess up or apply too much, use a clean spoolie to brush out any clumps.

## 6 | BEST MASCARA

**L'Oréal Voluminous Original** Mascara, \$9, drugstores

"This old-school formula is thick and makes your lashes look full." —*Quynh*

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## HERO HAIR PRODUCTS

### 1 | BEST DETANGLER Drunk Elephant

Wild Marula Tangle Spray,  
\$25, sephora.com

"The ideal detangler does the job without building up on hair, which can cause dullness over time. This is a unique leave-in that uses marula oil, best known for its lightweight moisturizing effects and being easy to wash out." —*Reslan*  
**PRO TIP:** Spray onto your hair to air-dry or before using any thermal tool, as it also provides protection.

2 | BEST CONDITIONER  
Nexus Humectress  
Ultimate Moisture  
Conditioner, \$20, ulta.com

"Humectress has always been a staple for me. It adds a lot of moisture, rinses out well, works great on normal-to-dry hair, and is one of those tried-and-true products that has spanned generations." —*Hardges*

3 | BEST SHAMPOO  
Rare El'ements Pure  
Shampoo Hair Bathe,  
\$38, rare-elements.com  
"It's important for a shampoo to provide both vital nutrients and the ability to gently remove product buildup. This does exactly that as it recharges the follicle with nourishing ingredients and cleanses

without drying out the hair." —*Reslan*

4 | BEST HAIR  
TREATMENT  
Maxxam Nutrient  
Maximizer Miracle  
Leave-In Conditioner,  
\$17, shop.hairclub.com

"This is made with skin-soothing green tea extract and silk amino acids to smooth and repair your hair while nourishing your scalp. It's lightweight too." —*Reslan*

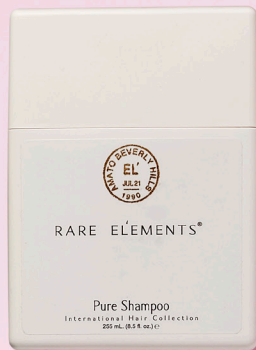
5 | BEST SCALP  
TREATMENT  
Oribe Serene Scalp  
Exfoliating Scrub +



2



1



3



4



5



Scalp Soothing Leave-On  
Treatment, \$52 and \$48,  
dermstore.com

"A healthy scalp is going to breed healthy hair. This is like an exfoliator and toner for the scalp. It helps moisturize, remove buildup, and bring the pH back where it needs to be." —*Hardges*

**PRO TIP:** After wetting your hair, part it into sections and work the scrub in thoroughly. Shampoo and rinse well to remove all particles. Apply the leave-on post-shower. (Aim for a once-a-month pampering session!)

## NATURAL GAME CHANGERS

### 1 | FUSS-FREE NAIL STRENGTHENER Tenoverten The Celery Oil, \$26, target.com

"The Celery Oil is the foundation for healthy cuticles and strong nails. I love the ballpoint applicator, which keeps things from getting messy." —*Morse*

### 2 | NATURAL DEODORANT THAT WORKS Schmidt's Natural Deodorant Stick (Lavender + Sage), \$7, target.com

"Natural deodorants never worked for me before, but this one actually protects you and makes you smell good! It comes in a range of great scents, but the lavender and

sage is my favorite." —*Dr. Gohara*

### 3 | ECO-FRIENDLY TOOTHPASTE Tom's of Maine Anti plaque & Whitening Natural Toothpaste, \$5, drugstores

**EDITOR'S PICK:** Because most toothpaste tubes are made of mixed materials, they typically end up in landfills. But this natural, fluoride-free toothpaste is unlike the rest—it's the first to come in a 100% recyclable tube recognized by the Association of Plastic Recyclers.

