



Leslie Baumann in New York City. Bras and briefs from Only Hearts by Helena Stuart. Patent-leather pumps, from left: Christian Louboutin, Joan & David, Christian Louboutin, Sergio Rossi, and Christian Louboutin. Hair: Diego Da Silva. Makeup: Max Delorme. Fashion editor: Paul Cavaco. Details, see Credits page.

What Works

After years of testing skin-care ingredients, Leslie Baumann is no stranger to hype. That's why when she runs across something that really delivers on its promises, she's happy to spread the word. "Use these three, plus a sunscreen," she says, "and you're set."

Retinoids (retinol): "They stimulate the collagen genes to keep making collagen, which is the most important thing in preventing aging. Nearly nothing else does that. It's crucial that the package prevent air from getting in, which decreases effectiveness. The more concentrated the product is, the better."

Antioxidants: "They help prevent aging by blocking free radicals, which cause all kinds of anti-inflammatory, prevent the formation of brown spots, and protect DNA, collagen, and

cell membranes." She especially likes those by RevaléSkin, Combrey, and Eucerin CoQ10. "Use antioxidants in as many ways as you can: in your diet, in supplements, in waters, and in topical skin-care products."

Electro-magnetic mineral ionoponds: "This is a new technology in the Aveeno Ageless Vitality line that uses zinc and copper to produce a ten-millivolt charge, exactly the level needed to stimulate the skin cells to make collagen or elastin. You don't feel the little charge."



THE SKIN SAVANT

What is now the dermatological equivalent of a 12-lane highway was, back in the '90s, a lonely crossroads with a rusted-out stop sign. "At that time all we had [in cosmetic dermatology] was cow collagen, leg-vein injections, and chemical peels," says Leslie Baumann. "I thought, You can't specialize in just three things." But at the urging of the chairman of the University of Miami School of Medicine, she did just that—and in 1997 formed the country's first department exclusively dedicated to the subject. Talk about good timing. A year later, she was doing clinical trials for the cosmetic use of a little compound called Botox. And since then, Baumann says, she's researched "just about everything on the market"—including Dysport, Juvéderm, Sculptra, Tri-Luma, and all manner of lasers.

That expertise in the world of drug trials helped make her an important resource for skin-care companies—she tests their potions and creams for efficacy at the Baumann Cosmetic Research Institute. It has also led Baumann to some important discoveries: She has named 16 different skin types and developed a series of questions to help anyone determine theirs and choose the right products. (The system became the basis for her *New York Times* best-seller, *The Skin Type Solution* [Bantam], and the test is now available online at skintypesolutions.com.) In her latest research, Baumann is looking into the genetics within each skin type in search of a breakthrough anti-aging therapy. Of course, if someone else beats her to a blockbuster compound, she'll be right there to test it.

FAVORITE THINGS

The six beauty and style influencers name the rights of spring.



NICOLAS GHESQUIÈRE

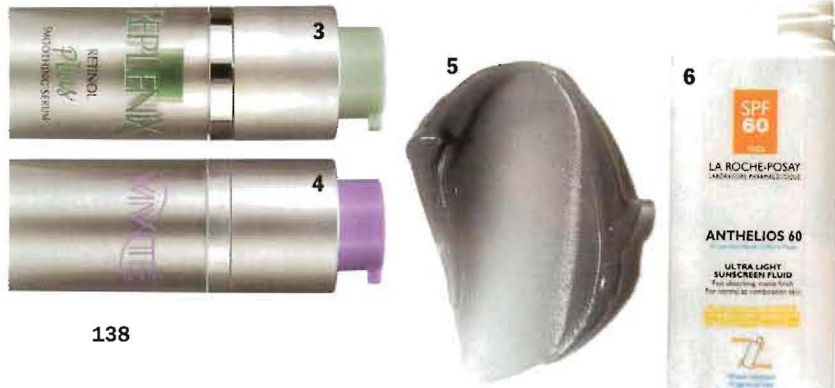
The designer is esteemed for, among other things, his dead-on timing—an innate sense of what looks just right in any given season. Here, what he believes every fashionable woman should have right now:

- 1. Leather hoodie and trousers.** The hoodie should be “sleeveless for summer, and very fitted,” he says.
- 2. Fragrance.** Ideally, his new Balenciaga perfume, which launches this month: “I knew right at the beginning that I wanted the first fragrance to be a floral...and violet seemed to be the most interesting. And the fact that the fragrance is mixed with leaves makes it more interesting.”
- 3. Black obsidian fang ring from Balenciaga by Nicolas Ghesquière.** The “fang” is actually a type of glass made from cooled lava.
- 4. Play-Doh shoes from Balenciaga by Nicolas Ghesquière.** “They are not printed. It’s a real compressed material.”

LAUREN LUKE

The self-taught makeup pro’s millions of hits on YouTube landed her a line of products. This is what she’ll be using this spring:

- 1. Kiehl’s Centella Recovery Skin-Salve.** “If you have had a long day and you feel a little tired and dull, pop a nice amount on your fingertips and massage it over your face. It makes the skin feel as smooth as glass.”
- 2. M.A.C. Plush Lash Mascara in Brownette.** “This is one of my favorite mascaras because it has a big, beautiful brush for adding lots of volume.”
- 3. Stila Oil-Free Sheer Color Tinted Moisturizer.** “This is a brilliant tinted moisturizer if you are after nice coloring without the heaviness of foundation. It’s moisturizing and lightly covers your flaws.”
- 4. L’Oréal Paris Glam Bronze Bronzing Powder.** “This product is ideal if you want a subtle amount of shimmer across the cheekbones and jawline.”
- 5. By Lauren Luke My Luscious Greens palette.** “You can apply the green eye shades for a gorgeous effect.”



LESLIE BAUMANN

“Some of the hardest issues to treat—such as melasma and dark spots—are sun-related, so they get worse in spring and summer,” says Baumann. With that in mind, she prescribes the following products from March to September:

- 1. Murad Lighten and Brighten Eye Treatment.** “It’s the best I’ve found for dark circles. It has hydroquinone in it, so it works best if you take a month’s break from it every three months.”
- 2. Antioxidant supplements.** “I recommend **OPC Synergy by Standard Process**—it contains resveratrol, which has important anti-aging abilities. And taking a **SunPill** every day can reduce the redness and inflammation caused by the sun.”
- 3. Replenix Retinol Plus Smoothing Serum.** “Start with the 2X strength, and after using one bottle, change to the 5X and then the 10X. Titrating up will prevent redness and irritation.”
- 4. Vivité Vibrance Therapy.** “It’s a hydroquinone-free way to even skin tone and exfoliate. My patients are crazy about it!”
- 5. Aveeno Ageless Vitality Elasticity Recharging System.** “It triggers your skin cells to make elastin, leading to decreased sagging.” (Available in April.)
- 6. La Roche-Posay Anthelios Ultra Light Sunscreen Fluid SPF 60.** “I like it for everyday [use] because it’s not greasy.”