

Look gorgeous with the most popular beautifiers

The top searched anti-aging skin care ingredients on Google? Retinol, hyaluronic acid, salicylic acid, aloe and vitamin C. Discover how they can help you defy age

Retinol: *Best for reducing dark circles*

The vitamin A derivative stimulates collagen and elastin production to thicken the thin skin underneath the eyes, says Newport Beach, California, dermatologist Neda Mehr, M.D., so shadows are less prominent.

■ **FIND IT IN:** Revolution Skincare Retinol Eye Cream (\$14, RevolutionBeauty.us)



Tory's
STEAL
of the
Week

"Get double the benefits with a serum containing both hyaluronic acid and vitamin C! It hydrates *and* brightens skin in one shot!"

—Tory Johnson, *Good Morning America's* Shopping Expert

Deal ~~\$29.95~~ \$22.46

"Yeouth Hyaluronic Acid Plus Serum" only at 40boxes.com/ww





Hyaluronic acid: *Best for smoothing crepey hands*

Topical application of ultra-hydrating hyaluronic acid—a naturally occurring substance found in skin that depletes over time—can restore volume to deflated-looking hands, says Dr. Mehr. “It has the ability to draw water into crepey skin, plumping it so hands look more youthful.”

■ **FIND IT IN:** Bath & Body Works Hyaluronic Hand Cream (\$8, BathAndBodyWorks.com)



Aloe: *Best for hydrating rough patches*

Unique compounds in the plant attract moisture from the air, then deposit it right back into skin to rehydrate any parched areas. Plus, aloe’s high antioxidant content encourages healthy skin cell growth to prevent new rough spots from forming.

■ **FIND IT IN:** HoneySkin Face & Body Microdermabrasion Scrub (\$16, HoneySkin.com)



Salicylic acid: *Best for shrinking enlarged pores*

Extracted from willow bark, this acid’s astringent agents penetrate pores to remove the buildup of dead skin cells, oil and debris that make them appear larger.

■ **FIND IT IN:** The INKEY List Salicylic Acid Acne + Pore Cleanser (\$10, Sephora.com)



Vitamin C: *Best for fading age spots*

The potent vitamin sloughs off dead, discolored cells so skin looks brighter and more even-toned. Adds Dr. Mehr, “When infused into sunscreen, the powerful antioxidant actually boosts the SPF’s efficacy so it can further protect against future UV ray–induced brown spots.”

■ **FIND IT IN:** Garnier Green Labs Pinea-C Brightening Serum Cream with SPF 30 (\$17, Target.com)



The trending ingredient that regrows hair

For centuries, *amla* (also known as Indian gooseberry) has been used in Ayurvedic medicine to treat scalp conditions like dandruff and psoriasis, and now it’s also gaining traction as one of Google’s most-searched ingredients for boosting hair growth. That’s because the oil extracted from the superfood is rich in potent antioxidants that increase the flow of nutrient-rich blood to hair follicles, promoting new hair growth. Plus, its fatty acids, vitamins and minerals help nourish strands so they stay healthy and strong. To get the benefits, massage a dime-size amount of amla oil (we like Heritage Store Organic Cold Pressed Amla Hair Serum, \$14, iHerb.com) onto a clean, damp scalp, cover with a shower cap and let sit for 30 minutes before rinsing out with shampoo.

