

WHICH MOISTURIZER IS BEST?

We've talked to a number of leading dermatologists to identify the ingredients they believe would be most effective in a skin moisturizer product.

One important thing we learned from the dermatologists with whom we spoke: moisturizers that use fancy names like *revitunol*, *liposomes*, *plastoderm*, *elasten*, *elasyn*, and *placental extracts* are probably no more age-retardant than a jar of old-fashioned petroleum jelly (which makes an excellent, though greasy, moisturizer). Some use ingredients familiar to you—such as eggs, milk, and honey, implying that they are “natural” or “organic” qualities but they may frequently cause allergic reactions.

Albert Kligman, M.D., noted dermatologist at the University of Pennsylvania, says all those expensive products are worthless for rejuvenating your skin. He is highly critical of advertising that claims scientific but unpublished breakthroughs. He says, “They are hiding under the ‘capitalist doctrine that we don’t tell our secrets to anyone.”

Joel Kassimir, M.D., a New York dermatologist, explains why so many people like these products. “Many of these moisturizers are elegant to use and feel wonderful on the skin. The moisturizers don’t penetrate any further than the upper layers of the dermis, so they can’t enhance cell renewal. And certainly none of these ingredients can be absorbed and incorporated into the genetic material. The collagen molecule is too thick to be absorbed into the skin, but *collagen is a good ingredient in a moisturizer, because it holds in the natural dampness.*” “But,” he emphasizes, “it won’t replace the collagen that has been worn away from age and sun.”