

Sweet creams tonight, dear

By Palm Beach Post Staff

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Rest easy knowing that as you sleep, these products - recommended by an expert panel - may refresh your tired skin

The night watch

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Meet our expert panel.

Who: Dr. Kenneth Beer, M.D., director of the Palm Beach Esthetic Center and a clinical instructor in dermatology at the University of Miami

Practices at: Palm Beach Esthetic Center, West Palm Beach

Who: Dr. Daniel Man, M.D., plastic and reconstructive surgeon

Practices in: Boca Raton

Who: Cheryl Arsenault, a cosmetic coordinator who consults with patients about cosmetic procedures and recommends skin care regimens

Works at: Water's Edge Dermatology, Stuart and Palm Beach Gardens offices

DR. BEER'S FAVORITE NIGHTTIME PRODUCT: Green Tea Serum, \$42.45 at the Palm Beach Esthetic Center or www.idealskin.com

Label claims: Green tea is one of the most powerful antioxidants known to man. This treatment has been specially designed to deliver the most green tea benefits. This unique treatment also acts to calm and cool the skin, reduce redness and reduce pore size.

Why he likes it: "It provides moisture and a high boost of green tea antioxidants. It's great for getting rid of any damage caused by ultraviolet light or smoking, and it helps to minimize the appearance of wrinkles."

Also recommended: Olay Regenerist Continuous Night Recovery, about \$18.99 for 1.7 oz. at www.drugstore.com, and Aveeno Positively Radiant Anti-Wrinkle Cream, \$13.99 at www.drugstore.com

Regenerist claims: Increases nightly cell regeneration within skin's surface for the look of a mini-lift each morning. It works with a time-release effect, hydrating hour after hour to increase cell renewal within skin's surface.

Why he likes it: Dr. Beer likes the amino peptides in Regenerist because they can enhance collagen production, which can reduce wrinkles. "It is really good for age spots and replenishing some of the lost moisture of the skin. It's actually surprisingly good."

Aveeno claims: Visibly reduces fine lines and wrinkles for naturally radiant skin. This non-greasy, oil-free formula

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contains Total Soy Complex with Vitamins B5 and E to enhance skin's natural renewal process. This hydrating anti-wrinkle cream improves skin texture and evens out skin tone.

Why he likes it: Dr. Beer likes the soy in the Aveeno product and has even used it on himself. "It was great for smoothing the skin. It doesn't have the same healing capability of my (Green Tea Serum). It doesn't have the antioxidants, but it's a good general moisturizer."

CHERYL ARSENAULT'S FAVORITE NIGHTTIME PRODUCT: MDForte, \$50 for 1 oz., available at Water's Edge Dermatology

Label claims: When used daily, effects of aging are diminished, including fine lines and wrinkles.

Why she likes it: Arsenault likes that the product contains Vitamin E, Vitamin C, green tea extract and hyaluronic acid, an ingredient also used in wrinkle filler products. "It's made by the company that makes Botox. It is a very pure moisturizer that is so healing that most of our patients who have laser or microderm treatments purchase this to help heal the skin." She says it's good for all skin types and all ages.

Arsenault also recommends: Cetaphil Moisturizing Cream, \$9.75 at www.dermadoctor.com, and Neutrogena Advanced Solutions Nightly Renewal Cream, \$24.99 for 1.4 oz. at drug stores.

Cetaphil claims: Dry, sensitive skin treatment. Fragrance free. Non-comedogenic.

Why she likes it: "It's a good all-over moisturizer."

Neutrogena claims: A light, yet effective overnight cream that delivers continuous hydration while you sleep. It is non-comedogenic, so it won't clog pores that can cause breakouts.

Why she likes it: "It's another good one," although Arsenault does not recommend it to patients age 50 or older. "I don't think once you reach an older age that these will help stop signs of aging, but I'd rather see a patient use them than nothing at all."

DR. MAN'S FAVORITE NIGHTTIME PRODUCT: Cosmelan 2, \$190 for 30 grams, available at his office.

Label claims: Helps lighten dark pigmentation by inhibiting tyrosinase, a basic enzyme in the melanin formation process. Several of the substances present in the formula act by blocking this enzyme.

Why he likes it: Dr. Man says Cosmelan 2 can diminish brown spots, and improve pores, skin texture and sun-damaged skin.





Dr. Man also recommends: StriVectin-SD, \$135 for 6 oz. at www.aragonproducts.com, and Nivea Visage Q10 Advanced Wrinkle Reducer Night Cream, \$15.48 at www.drugstore.com

StriVectin-SD claims: Reduces the length, depth and texture of stretch marks. It also corrects discoloration, stimulates collagen synthesis and reduces wrinkles when used on the face.

Why he likes it: This product, originally marketed as a stretch mark cream, is now being used on the face to reduce fine lines.

Nivea claims: Now contains Q10 Energy Complex to visibly reduce the appearance of wrinkles and help prevent new wrinkles.

Why he likes it: Reformulated, this Nivea product is recommended by Dr. Man's staff.

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