

WHAT'S YOUR SKIN'S "REAL" AGE?

Our exclusive quiz, created with the help of skin-care experts **Robert A. Guida, M.D.**, a plastic surgeon, and Marsha Gordon, M.D., a dermatologist, both in New York City, is a quick way to figure out which decade your skin's really in. Answer the six questions below to get a customized plan that will set you back years -- in a good way! BY NICOLE CATANESE

The Fit Skin Quiz

1. Did you spend most of your teens and twenties perfecting your tan? yes no
2. In the last six months, have you barely had seven hours of sleep a night? yes no
3. Are your fine lines and wrinkles noticeable even when you're not smiling or talking? yes no
4. Does your complexion show visible freckles and sun-spots all year? yes no
5. Is your skin tone dull? yes no
6. Are you or were you ever a smoker? yes no

Your Scoring Chart

Give yourself 1 point for every yes and 0 for every no.

0-2 → 20s **3-4** → 30s **5-6** → 40s

YOUR SKIN'S AGE: 20-SOMETHING Your complexion is luminous and firm.

Keep it this way by:

- **Applying an SPF every day.** Protect your skin with a broad-spectrum sunscreen like La Roche-Posay Anthelios SX SPF 15, \$29, CVS stores, which contains Mexoryl (the recently FDA-approved UVB blocking agent). "Three minutes of unprotected sun exposure can lead to visible damage," says Dr. Gordon.
- **Exfoliating regularly.** This helps diminish brown spots (caused by genetics, hormones or too much sun, explains Dr. Guida). Use a microdermabrasion kit like Philosophy the Microdelivery Peel, \$65, philosophy.com, to buff away the superficial layers.



Find out the ways you reveal (and disguise) your age.

YOUR SKIN'S AGE: 30-SOMETHING You have the first signs of lines and a less dewy tone.

Get your glow back by:

- **Boosting elasticity.** Increase collagen and elastin production with an over-the-counter retinol cream like L'Oréal Paris Advanced Revitalift Complete SPF 15 Lotion, \$16.59, drugstores. For more severe sagging, try a prescription-strength topical retinoid such as Renova .02%, or a nonablative laser treatment.
- **Sloughing dull skin.** "A thick top layer of dead skin can't reflect light," explains Dr. Gordon. Use a gentle face scrub that contains alpha-hydroxy acid three times a week (try St. Ives Apricot Scrub Renew & Firm, \$2.99, drugstores) or consider an in-office 20 percent salicylic-acid peel (costs range from \$100 to \$300).

YOUR SKIN'S AGE: 40-SOMETHING You see many lines and deeper wrinkles.

Restore your youthful appearance by:

- **Increasing moisture.** Plump up lines with a superhydrating face cream twice a day (try Aveeno Positively Radiant Anti-Wrinkle Cream, \$13.99, drugstores).
- **Minimizing lines.** "Loss of subcutaneous tissue causes smile and lip lines," explains Dr. Gordon. Use an anti-aging cream that contains wrinkle-filling ingredients, such as Osmotics Crease-Less Surgical Alternative, \$85, osmotics.com. For a bigger impact, restore fullness with a hylauranic-based injectable such as the recently FDA-approved Juvéderm. Muscle-freezing Botox injections can help reduce the appearance of crow's-feet around the eyes and of frown lines between brows.