



Kenneth Mark Skin Care, Inc.



**Self**

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### \* ON THE OUTSIDE

**Create a skin shield.** Antioxidants are the Pac-Men of the beauty world: They gobble up free radicals that lead to sandpaperlike texture and wrinkles. One newcomer, astaxanthin—derived from the algae that salmon lunch on to get their pink hue—is a carotenoid 1,000 times stronger than longtime favorite vitamin E. Find it in KMMD Antioxidant Hydrating Cream With Astaxanthin, \$95. And broccoli sprouts may do more than add crunchy color to your stir-fry. Scientists at Johns Hopkins University in Baltimore discovered that extracts from these plants protect skin against UV radiation and lessen inflammation when applied topically.

**Reduce redness.** Mom was right! Breaking off an aloe leaf is a smart strategy to soothe fire engine-red skin. There are approximately 400 species of aloe, but only three are used in skin care, including aloe barbadensis. Snap it up in TriDerma MD Intense Fast Healing Cream, \$16.

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**Antioxidant Hydrating Cream with Astaxanthin**