

| SNEAK PEEK |

I use **Neutrogena Make-up Remover Cleansing Towelettes** (\$6.99 at drugstores) to remove the little makeup I wear.



I cleanse with **Cetaphil Gentle Skin Cleanser** (\$8.29 at drugstores). It's an excellent antibacterial soap that rids the skin of acne-causing, pore-clogging bacteria.



My absolute favorite skincare product: **Allergan Elizabeth Arden Prevege MD** (\$115 through physicians) anti-aging treatment. It's an antioxidant that has been scientifically proven to neutralize harmful free radicals, keeping skin young and healthy. If I did only one thing, this would be it.



I apply **Obagi Nu-Derm Clear** (\$90 through physicians), which is a bleaching cream that helps lighten and reduce sunspots for a more even tone.

What's in your medicine cabinet?

BEAUTY DOC LYNLEY McANALLEY GIVES US A PEEK

In her thriving aesthetic-medicine practice, Park Cities physician Lynley McAnalley has made a micro-specialty of injectibles — from wrinkle-relaxing Botox to dermal fillers such as Restylane, Radiesse and Sculptra. In her nonprofessional life, she's a University Park mother of four. So how does the doctor keep



CATHERINE

her own skin so glowing? Here's a peek at her surprisingly simple daily routine.

Since my skin is dry, I use a moisturizer. My two favorites are **SkinCeuticals Face Cream** (\$135 through physicians and skinceuticals.com) and **SkinCeuticals Emollience** (\$52). I like the texture of both, and they aren't greasy.



Lastly and most importantly, I use sunscreen. **SkinCeuticals Ultimate UV Defense SPF 30** (\$36 through physicians and skinceuticals.com)



and **Obagi Nu-Derm Healthy Skin Protection SPF 35** (\$44 through physicians), both offer broad-spectrum UVA/UVB protection and are light and smooth. Sunscreen is the single most important product to prevent aging of the skin.