

Health & Wellness for Life

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## Skin Secrets, Revealed!

Cosmetic dermatology experts from across the country share their best beauty secrets

**Michelle Yagoda, M.D.**, a NYC-based facial plastic surgeon: "Don't wash your face twice a day—do it only at night. Leave the natural oils on the skin in the morning by just rinsing with cool water and patting dry."

based moisturizer, wrap my legs in cling wrap, and let them soak in for about an hour. It's a dermatologists' trick that is used to help drive a cream's active ingredients deeper into the skin."