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## Born With It or Is It Botox? Top derms share their go-to anti-aging products and treatments

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Listen up, my friends. If you've ever wanted to know the über-effective anti-aging faves of derms and surgeons alike, here's your chance! These doctors have shared their top in-office procedures plus their favorite wrinkle chasing products that you can buy right over the counter. Many of these high-performing products have been designed by the doctors themselves. That's years of experience in a jar!

### **The expert:**

Debbie Palmer is both a dermatologist and osteopath and one of the leading experts on antioxidants in America. She's also the author of *The Dermatologists' Prescription for a New You!* (\$23.94 at Barnes & Noble) and the founder and creator of Replere, a natural, antioxidant-based skin care line.



Dr. Debbie Palmer and her favorite OTC anti-aging product

**Favorite OTC product:** “My favorite is the Replere Day Lotion (\$90 at Replere) because I love how it makes my skin feel and smell first thing in the morning—fresh and radiant,” Palmer says. “It’s a coffee wake-up for my skin that gets me ready for the day.” The antioxidant-rich formula is clinically proven to reduce fine lines and wrinkles while firming the skin and evening out the skin tone.

**Favorite in-office procedure:** “My favorite in-office procedure is performing laser treatments,” Palmer says. “Lasers are able to treat a wide variety of issues, including wrinkles, uneven skin tone, increased pore size, facial hair, facial blood vessels and scars.”

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