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Skin Rx

The secret to great skin may lie not so much in finding the proverbial fountain of youth, but in getting inside a dermatologist's head. That's the premise behind *Write Your Skin a Prescription for Change*

(Pair 'O Docs MD Publishing) by Katie Rodan and Kathy Fields, Bay Area dermatologists and creators of the ProActiv Solution and Rodan + Fields skin-care lines. Here, a few of the best tips that we're planning to steal. —STEPHANIE TWEITO JACOB

1 TRY SUPPLEMENTS "Studies show vitamin D is good for skin health and may lower your risk of getting some cancers," says Fields. "I take a 10,000-unit capsule once a week."

2 SKIP STRAWS "The constant lip puckering contributes to wrinkling around the mouth," says Rodan.

3 WRAP IT UP "If my legs are really dry, I slather on moisturizer, cover my legs in plastic wrap, and let them steep for an hour," says Fields. "It's an old dermatologist trick called occlusion that helps ingredients penetrate deeper into the skin."

4 EXERCISE—RIGHT "High-impact activities are jarring and can loosen and tear the microscopic attachments that bind muscle to skin, causing sagging," says Rodan. "It's better to choose low-impact aerobic exercises such as Spinning instead."

5 SLEEP WELL "Sleep on your back, not with your face planted in a pillow. Over time, eight hours of nightly 'sleep crush' will permanently etch lines into your face," says Rodan. "I trained myself to sleep on my back with the contoured Therapeutica Sleeping Pillow."

