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San Francisco-area dermatologists Katie Rodan, 50, and Kathy Fields, 47, practice the skincare they preach

Drs. Rodan (left) and Fields: "We're really the same person, separated into two people born three years apart," says Fields.

I call it the 'selfish line'—I needed it for my own skin," says Katie Rodan about Anti-Age, the new skincare regimen she created with business partner Kathy Fields. "Our philosophy in treating aging skin—as two aging dermatologists—is to exfoliate daily, use a moisturizer that helps skin rebuild collagen, and protect with a broad-spectrum sunscreen." Besides using their own products, both women are serious about exercise, working out at least four days a week. "It's important to keep your weight within a tight margin so your skin isn't doing the stretch-and-bounce-back thing," says Fields who, like Rodan, is married and the mother of two. Their other beauty secrets? "Sleeping on your back—it keeps facial creases to a minimum," says Rodan. "Eating and drinking in moderation. And keeping stress at bay." "Monster stress takes a monster toll on your skin," says Fields. "Katie and I are both crazy optimists—we try to smell the roses in the middle of the chaos."

THEIR ESSENTIALS

Rodan + Fields Anti-Age

"Exfoliation and sun protection are key," says Fields. "We added new technology (peptides and antioxidants) to help skin repair itself."

www.rodanandfields.com



Diamond-stud earrings

Better than a tan any day. "We don't fry our faces anymore," says Fields.



A soy latte "It's one of my only vices," says Rodan. "I have just one big one in the morning."



Treos

Both doctors carry these—life would come to a screeching halt without them.

Dark chocolate

"We're chocoholics, we admit it," says Fields. "We think it's good for us, endorphin-wise."



A gold signet ring

"It belonged to my grandfather, and I'm rarely without it," says Rodan.