



5 Skin Care Products Dermatologist Anna Guanche Can't Live Without

She counts Olivia Culpo and Brandi Glanville as clients, and she let us in on her own skin care secrets.

By Julia Brucculieri | March 7, 2019



On our quest to finding the best dermatologist-approved products, we spoke to **board-certified dermatologist and celebrity beauty expert Dr. Anna Guanche**. Based in Calabasas, California — aka Kardashian land — she counts celebrities like Olivia Culpo, Brandi Glanville and Rebecca Romijn as clients.



We all know how important sunscreen is. Guanche told HuffPost via email she uses this EltaMD sunscreen every day on her face, neck, chest and hands.



“I love the tinted kind because it doesn’t look white on my skin,” she said. “I wear makeup daily and the formula is light and non-greasy, allowing me to layer.”



“This light formulation is an anti-aging serum that reduces pigmentation and visibly smoothes the skin,” Guanche noted. She said she’s especially fond of the active ingredient, Aquabeautine XL, which is “an exfoliant that brightens the skin without irritation, redness or visible peeling.”

“I apply it twice daily to face, neck, chest and hands,” Guanche added



Guanche said Alastin Skincare’s Restorative Neck Complex “is wonderful for the neck and décolletage.”

“I apply it daily,” she added, noting, “It not only improves the appearance of the skin in these areas but it helps to prevent further skin aging. The neck and décolletage need to be cared for along with the face.”



“This product is great for rejuvenating and protecting the skin around the eyes, both upper and lower,” Guanche said, adding that the nighttime eye concentrate in particular features “an amazing roller ball” that makes application easy.

The daytime product, meanwhile, helps protect the skin from the UV rays and “at the same time brightens the area.”

“The technology blends with almost every skin type!” she added.



Guanche said that Retin-A (aka tretinoin), a topical retinoid that requires a prescription, “is the most powerful anti-aging ingredient, with known science behind it.”

She’s been using it every night for over 23 years, she said, adding, “You will be hard-pressed to find a single dermatologist who doesn’t use it!!!”

Of course, not everyone can easily get a prescription. As an alternative, Guanche suggested Alastin Skincare’s Renewal Retinol, which contains retinol, a synthetic derivative of vitamin A that’s milder than Retin-A. It’s worth noting that topical retinoids in general can be quite drying, so just make sure to consult with a doctor before you start using.

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