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My skincare routine entails rinsing my face with water and, if I feel oily, I use Sanitas Lemon Cream Scrub on the sides of my nose and forehead, StriVectin-SD for Sensitive Skin moisturizer and eye cream in the morning and Eraclea eye cream at bedtime; Aveeno

sunscreen SPF 15 in winter; Nia24 sunscreen in summer. **My in-office maintenance includes** Botox or Dysport twice a year between my eyebrows; Restylane or Juvéderm in my cheeks and under my eyes; occasional IPL and Fraxel treatments; TCA 30% chemical peels postpregnancy, for melasma (a skin discoloration). **The biggest waste of money is** facials. They're wonderful for relaxation, but they're a luxury more than a therapy. **The most important advice I give patients is** don't perform self-surgery on every little blemish. And simplify: There's no need for an eight-step daily regimen.