



## FORCE OF HABIT



**YEN REIS**  
FOUNDER OF SKIN LAUNDRY  
@skinlaundry

"Even though my philosophy has always been 'less is more,' and my regimen is very minimal, I have always been very interested in skin care. I never liked the idea of wearing a lot of makeup, so I learned early on that, to avoid that, I really needed to look after my skin and protect it with sunscreen."



**SHEENA VAITANES**  
FOUNDER OF KOSAS  
@sheenavaitanes

"I like to listen to my skin and respond intuitively because I've found that my skin's needs fluctuate. I also apply everything gently, without tugging or dragging, because the way I physically treat my skin is as much a part of the routine as the products I use."



**KIM NICHOLS, MD**  
GREENWICH, CT  
DERMATOLOGIST  
@nicholsmd\_dermatology

"As a busy mom of three, I have to keep my regimen simple, but as a dermatologist, I always make sure to use products that help protect and correct my skin. My skin-care trifecta includes an antioxidant, a sunscreen and a retinol."

### DAY

"I start every day with Skin Laundry Gentle Foaming Face Wash (\$20, skinlaundry.com), which we designed for sensitive skin because it isn't drying. I believe SPF is a must-have—just like wearing a seat belt—so I use Supergoop! Everyday Sunscreen SPF 50 (\$32, supergoop.com), well, every day! And because I'm always traveling to visit our global locations, I can't live without Aesop Resurrection Aromatique Hand Balm (\$27, aesop.com) and Fresh Sugar Lip Treatment SPF 15 (\$24, fresh.com)—both are perfect while I'm on the go!"



"I generally keep it pretty simple in the morning. I use a gentle cleanser, like Tataca Pure One-Step Camellia Cleansing Oil (\$48, tataca.com), taking time to massage the deeper muscles in my face. Then I sweep Tracie Martyn Absolute Purity Toner (\$60, traciemartyn.com) over my skin using a cotton pad to remove tap water residue, and massage Susanne Kaufmann Face Fluid Line A (\$135, net-a-porter.com) in until it absorbs. Lastly, I apply Kosas LipFuel Hyaluronic Lip Balm in Pulse (\$18, kosas.com) to keep my lips hydrated throughout the day."



"In the morning, I can't leave the house without applying my favorite vitamin C serum: SkinCeuticals C E Ferulic (\$166, skinceuticals.com), which is clinically proven to fight off environmental damage that contributes to early signs of aging. And as a dermatologist, I practice what I preach: I wear SkinCeuticals Physical Fusion UV Defense SPF 50 (\$34, skinceuticals.com) every day, year-round. I then finish with Glo Skin Beauty Moisturizing Tint SPF 30+ (\$44, gloskinbeauty.com) for added luminosity."



glo  
SKIN BEAUTY

## Moisturizing Tint SPF 30+

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