

THE BEAUTY EXPERT
allure

*Skin*NEWS

Fresh Faced

**Brighter skin. Tighter skin. Fewer lines. These beauty goals are perennial—
but the ways to achieve them are new. By Judith Newman**

MELATONIN

THE CLAIMS: Melatonin, a hormone that regulates sleep cycles, is also an antioxidant and allegedly a collagen booster. When combined with other antioxidants, melatonin has a synergistic effect, helping them penetrate the skin better. So if your skin were a football field, melatonin would be a massive lineman clearing a path for the wiry running back.

THE PRODUCTS: Goldfaden Sleep Enhancement Cream; Youth Corridor Antioxidant Boost Skin Serum; Murad Sleep Reform Serum

THE SCIENCE: Many studies have proven melatonin's power as a topical antioxidant, keeping free radicals from running amok after UV exposure, which causes skin inflammation, collagen breakdown, and wrinkles. A 1998 study in the *British Journal of Dermatology* showed that melatonin's presence made vitamins C and E even more effective in reducing the inflammation that leads to aging.

"That's really what I was interested in," says Gerald Imber, the creator of Youth Corridor and a plastic surgeon in New York City. "Vitamins C and E are fantastic antioxidants but big molecules—it's been difficult to get enough absorption into the skin. That's where melatonin is great. It increases absorption."