



“Listen to your skin, and know that more is not better.”

—DR. ALICIA BARBA

SkinCeuticals Silymarin CF Salicylic Acid Acne Treatment (\$166) and Phyto A+ Brightening Treatment (\$105); [skinceuticals.com](http://skinceuticals.com).

## Skin Solutions

While we all want to find our glow in 2022, board-certified dermatologist Alicia Barba reminds us that that does not mean we need to follow a 20-step routine. “Keep it simple, and learn when your skin needs you to back off,” she says. “Cleanse gently and use an antioxidant, a sunscreen, and a moisturizer.” Dr. Barba runs the Skin Lab by Barba Skin Clinic in Miami, where her patients’ top concerns include acne, hyperpigmentation, and sensitivities due to over-layering products. The best method is to introduce one active product at a time. Dr. Barba recommends starting with the new SkinCeuticals Phyto A+ Brightening Treatment, either after the Silymarin CF Salicylic Acid Acne Treatment in the morning or before a hydrator at night. “This product is great for someone who has underlying sensitivities but wants to experience the benefits of clinical active ingredients,” she says. It combines the brand’s Phyto botanical blend with azelaic acid and alpha arbutin to decrease oil production, diminish dark spots, and leave a subtle shine. Whenever you are making skin-care choices for yourself this season, Dr. Barba advises, “Listen to your skin, and know that more is not better.”

## LIGHT TOUCH

HILDEGAARD FOUNDER LIA CHAVEZ BLENDS ART AND HERBALISM IN HER NEW LINE OF LUXE FACE OILS

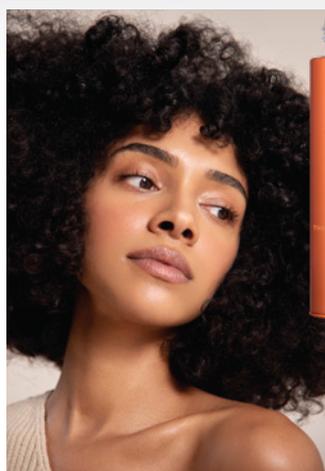
Over the years, multimedia artist Lia Chavez has expressed herself through live installations and dance performances that focused on the relationship between illumination and darkness.

These studies, coupled with her fascination with photosynthesis and botanical remedies, led Chavez to her next chapter as the founder of high-end beauty line Hildegaard. The brand’s first offering is four different face oils (Rose, Neroli, Immortelle, and Olibanum) cultivated from the extracts of more than 70 plants from Chavez’s home garden in Brookhaven, New York, as well as from those at the nearby Mama Farm, owned by actress Isabella Rossellini. Chavez recommends making the application of the oils a self-care ritual. “Place two drops of oil in your palm, bring the hands together, and breathe deeply with eyes closed,” she says. “I formulated Hildegaard to absorb quickly so that the skin is cocooned in a comforting, cushion-like texture throughout the winter months.”

Hildegaard Immortelle, \$375; [hildegaard.life](http://hildegaard.life).



LIA CHAVEZ



Augustinus Bader  
The Shampoo  
(below, \$55) and The  
Scalp Treatment  
(\$80); [augustinusbader.com](http://augustinusbader.com).

## HIGH-TECH HAIR CARE

Your scalp deserves skin care too. The pros at Augustinus Bader brought this notion to life with their first-ever hair care collection centered around strengthening, hydrating, and thickening the hair at its root, all thanks to the discoveries of Professor Bader and his team. “When you know how to create an optimal cellular environment for the natural processes of skin repair, the same translation can be applied to the hair follicle, scalp, and hair itself,” says CEO and co-founder Charles Rosier. Using just one of the patent-pending formulas, such as the shampoo or the scalp treatment, can make all the difference.