

Skincare Q&A *with Dr. Kally Papantoniou*

It doesn't matter if you use the most expensive make-up in the world if your skin isn't in good shape. We asked Board Certified NYC Dermatologist **Dr. Kally Papantoniou** for her tips on making sure your skin looks its best this season.

Do you think it is necessary to have different skin care routines/products based on seasonal changes?

We should consider the climate when choosing what kinds of products to apply on our skin. For winter months, or drier climates you may want to use a richer moisturizer and facial serum, and cleanse with a light wash that won't over dry your skin. In more humid and warmer months using lighter serums and moisturizers will prevent pore clogging, and a cleanser that will help reduce sweat build up and clean pores will keep skin in better balance.

Are organic products better than non organic products in terms of skin care and make-up? Why or why not?

Organic products have the appeal of being more natural and will likely have less processed chemicals, however the products that will provide more results will often not be organic. I like to use natural products when possible such as natural soaps and oils. However, often superior results will be found with nonorganic products, such as those for anti-aging and discoloration.

Are anti-aging moisturizers really effective? If so, which one would you recommend

Anti-aging moisturizers are definitely important as part of the skin care regimen and usually are started in late 20's to early 30's. SkinCeuticals A.G.E. Interrupter works to improve elasticity and reverse the aging process; it is a hydrating cream that leaves skin feeling very soft.

What product do you swear by for dry skin (face and body)?

For dry skin on the body I prefer [Vanicream](#) moisturizer, it is non-toxic and made for

the most sensitive skin types. For dry skin on the face I recommend a hydrating moisturizer such as [Skinceuticals](#) daily moisture and Neutrogena's Hydro Boost.

Besides wearing sunscreen, is there one skin care tip you think all women should follow at any age?

Wash your face every night and make sure to cleanse make-up from your skin. This is an essential part of the skincare routine, it will prevent clogged pores and allow for skin treatments to penetrate better on the skin.

Korean skin care routines are very popular these days, but not everyone has time for a 5 to 8 step routine every night. What would you consider the minimum basic routine that would save time but still leave your skin looking good?

With minimal time on hand, I would recommend using a gentle facial cleanser, followed by a skin serum, and then moisturizer with sunscreen every morning. For the evening, I would use an anti-aging hydrating moisturizer at night, and a rejuvenating oil over more dry areas and especially around the eyes. For stubborn make-up, try using coconut oil with q-tip. This can help lift off any remaining make-up without irritating or drying out skin.

Dr. Kally Papantoniou is a board certified dermatologist who specializes in cosmetic, laser, and surgical dermatology in New York City. As an active member of the American Academy of Dermatology she keeps up with all the latest techniques and cutting edge approaches to treating her patients.

*To learn more about Dr. Papantoniou, please visit: **Error! Hyperlink reference not valid.***