TARGET PROBLEM AREAS

Whether it's acne, anti-aging, redness, or uneven tone, pinpoint your greatest skin concern, then find a single treatment that addresses the issue. And stick to it. For acne, “most formulas take weeks to have a true effect on reducing pimples,” says Nashville dermatologist Michael H. Gold. He suggests Tanda’s Zap Power device that uses blue light and sonic vibrations to treat lesions.

Tanda Zap Power, $79; tanda.com.

3-STEP REHAB

STEP 1: RETURN TO BASICS

Three times a week, apply cleanser to wet skin.

STEP 2: TARGET PROBLEM AREAS

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