



[Vote! What helps you fall asleep?](#) [Enter Our Sweepstakes](#) [Health News](#)

[Health A-Z](#)

[Healthy Living](#)

[Weight Loss](#)

[Eating](#)

[Recipes](#)

[Your Heart Health](#)

[Home](#) >> [Healthy Living](#) >> [Beauty](#) >> [Skin](#) >> [Go-to Beauty Guide](#) >> [The Best Anti-Aging Secrets](#)



The Best Anti-Aging Secrets

Recommend Tweet >>

Email | Comments: [Add](#) | [Read](#) (16)



6 OF 18

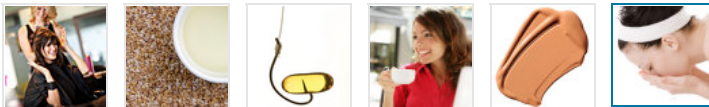
Keep it simple

"Because I'm a plastic surgeon, companies send me so many skin-care samples—and some of them have 10 different steps! But I'm realistic, so there's no way I'm going to sign up for some huge beauty system that costs hundreds of dollars and requires a commitment that I'm not willing to make. Honestly, here's my daily skin-care routine: I go home, wash my face with a drugstore cleanser, put on a moisturizer, and fall into bed. I find that this simple regimen works well for me."—*Karen M. Horton, MD, plastic surgeon and reconstructive microsurgeon at the Women's Plastic Surgery Center, San Francisco*

 **GET 2 FREE PREVIEW ISSUES!**
[CLICK HERE NOW](#)

Recommend

Next: [Don't eat white sugar...](#)



[» View All](#)



Free Health for Women Email Newsletter

Stay fit, feel younger, and get insider health news—from beauty to breast cancer—just for women.

[See more Newsletters](#)

Advertisement

SAMSUNG CHRONO™
CAMERA PHONE • MOBILE WEB • BLUETOOTH
\$30 off
now just \$29.99
limited time offer
[SAVE NOW >](#)
cricket
your call
OFFERS VARY BY MARKET.

Ads by Google

Dental Website Design

Still thinking about a New Website? Talk to the Pros at Rosemont Media
www.rosemontmedia.com/

Acne Symptom Control

Try all new DermaControl™ products designed for acne-prone, oily skin.
www.Cetaphil.com/acne-prone

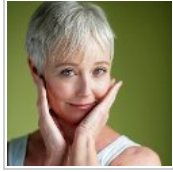
Vaseline® Official Site

A Moisturizer That Infuses Deeply For Fresh Looking Skin. Try Today!
www.vaseline.us

Advertisement



You May Also Like...



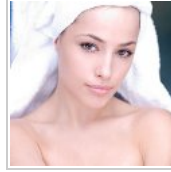
11 Mistakes Women Make in Middle Age



Cool Tools for the Ultimate Beauty Kit



Green Guide to Hair-care



Get Flawless Skin Naturally

More from Health.com

- [7 Secrets to Being Naturally Thin](#)
- [11 Mistakes Women Make in Middle Age](#)
- [The Ultimate Anti-Aging Vitamin](#)
- [Coconut Oil & Sugar are in Recipe for Silky Hands](#)
- [10 Ways to Walk Off Fat Faster](#)

From Our Sponsors

- [5 Celebs Who Regret Getting Plastic Surgery -- and Should \(PHOTOS\)](#) (The Stir By CafeMom)
- ['Cindy Crawford's New Skincare Line Delivers The Glow'](#) (Beauty Stat)
- [10 Signs That Death is Near](#) (Caring.com)
- [Fight Arthritis: 10 Foods That Help and Hurt](#) (Lifescript.com)
- [Skinny Genes: Are Some People Born to be Thin?](#) (You Beauty)

[what's this]

Most Popular

1



[Best Superfoods for Weight Loss](#)

2



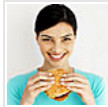
[10 Most Depressing States in the U.S.](#)

3



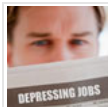
[The 50 Fattiest Foods in the States](#)

4



[25 Diet-Busting Foods You Should Never Eat](#)

5



[10 Careers With High Rates of Depression](#)

6



[25 Ways to Cut 500 Calories a Day](#)

[> Take Health magazine with you, try 2 FREE PREVIEW issues](#)

Add Your Comment

The rules: Keep it clean, and stay on the subject or we might delete your comment. If you see inappropriate language, [e-mail us](#). An asterisk * indicates a required field.

Your Name

Your Comment *

500 characters remaining

[ADD COMMENT](#)



Get **2 FREE PREVIEW ISSUES** of **Health**

[CLICK HERE](#)

[Health A-Z](#)

[Healthy Living](#)

[Weight Loss](#)

[Eating](#)

[Recipes](#)

[Health A-Z](#) | [Healthy Living](#) | [Weight Loss](#) | [Eating](#) | [Recipes](#) | [Health News](#) | [Inside Health Magazine](#) | [Sweepstakes](#)
[Site Map](#) | [About Us](#) | [Contact Us](#) | [Free Newsletters](#) | [Help](#)
[Advertise with Health.com](#) | [Advertise with Health Magazine](#) | [Health Buzz](#)
[Health Magazine Customer Service](#) | [Subscribe](#) | [Tablet Edition](#) | [Give a Gift](#) | [Renew Your Subscription](#)

Stay Connected to Health.com

[Sign Up for Newsletters](#)

[Become a Fan of Health](#)

[Get Health Twitter Updates](#)

[Subscribe to RSS](#)

[Join Healthy Voices](#)

Copyright © 2012 Health Media Ventures, Inc. All rights reserved.

The material in this site is intended to be of general informational use and is not intended to constitute medical advice, probable diagnosis, or recommended treatments. See the [Terms of Service](#) and [Privacy Policy \(Your California Privacy Rights\)](#) for more information. [Ad Choices](#)

>