

AMY WECHSLER'S Secret Weapons

THIS **SKIN-CARE GURU** AND MENTAL-HEALTH PRO LOOKS BEYOND THE SURFACE

A UNICORN IN THE FIELD OF AESTHETICS, Amy Wechsler is one of the rare few doctors in the United States who hold a board certification in both dermatology and psychiatry. "I ask people how much they sleep, how their relationships are," she says. "Because I'm a psychiatrist, I'm an active listener. I end up diagnosing anxiety disorders, depression, all sorts of things." The results of those issues may be written on her clients' faces: Prolonged stressful situations can spike a body's production of the hormone cortisol. "In a short burst it isn't bad, but when [the level] stays up for hours or days, it [can] break up collagen. It's also pro-inflammatory, which is why things like acne, eczema, and psoriasis may get worse." Here, Dr. Wechsler shares her quick fixes and long-term strategies to get you glowing from the inside out.

"If you want your skin to look healthy, it has to be well moisturized," says Dr. Wechsler. As a Chanel Skincare Advisor, she helped formulate this fragrance-free hydrator: "It has only 10 ingredients. We put a silver needle white tea in it, which is a powerful [protective] antioxidant."

Chanel UV Essentiel Multi-Protection Daily Defense Sunscreen SPF 50 (\$55) and La Solution 10 de Chanel Sensitive Skin Cream (\$110/1.7 fl. oz.); chanel.com.

CHANEL

UV ESSENTIEL
SOIN QUOTIDIEN
MULTI-PROTECTION
DAILY DEFENSE SUNSCREEN
ANTI-POLLUTION
BROAD SPECTRUM SPF 50

LA SOLUTION 10
DE CHANEL
CRÈME PEAU SENSIBLE
SENSITIVE SKIN CREAM

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"I always use these bar soaps on my body. And sometimes on my face."

Dove Sensitive Skin Beauty Bar, \$3/2; target.com. Purpose Gentle Cleansing Bar, \$5; amazon.com.

"I think facial massage is excellent. It stimulates circulation and lowers cortisol levels."

Gülsha Rose Quartz Facial Massage Plate, \$38; bigelowchemists.com.

A peek inside Dr. Wechsler's N.Y.C. office



"Having music on at home is great. It's good to get out of your head and lower stress levels. Enjoying life, stimulating other parts of the brain—it all plays a part in your overall health."



Sunscreen is a must. "For the body, I like the Australian Invisible Zinc. They have a four-hour water-resistant one."

Invisible Zinc Face + Body Sunscreen SPF 50, \$30/150 g; invisiblezinc.com for stores.

SPF 50
FACE+BODY
SUNSCREEN
Natural Zinc Oxide Shield
UVA UVB
Everyday use
24H WATER RESISTANT
BROAD SPECTRUM
150g cream
INVISIBLE ZINC