

Countdown to Prom: Top 5 Drugstore Picks from Dr. Marta Rendon

By [Phillip Picardi](#) March 21, 2011



Photo by Jason Kibbler

If a trip to the spa for a pre-prom facial isn't in the cards, odds are, you can get a similar result at home! We got **Dr. Marta Rendon**, founder and medical director of the **Rendon Center for Dermatology and Aesthetic Medicine in Boca Raton, Florida**, to give us her top five drugstore picks for glowing skin.

1. If your skin is oily or has acne and breakouts, use anti-acne products with salicylic acid such as **Neutrogena Oil-Free Acne Wash**, or spot treat with a product containing benzoyl peroxide, as this will dry the pimples faster. **Clean & Clear** makes a great one called **Persa-Gel 10**, which contains 10 percent benzoyl peroxide. If the acne is not responding to over-the-counter products, see a dermatologist, who can give you a prescription retinoid--either **Retin-A** or **Differin**.

2. Make sure your skin is cleansed but not stripped. This will reduce any chance of new breakouts and prime the skin for makeup application. My favorite cleanser is **Aveeno Ultra Calming Foaming Cleanser**.

3. One of the most important features of your face are your lips, and they're often forgotten about in the overall skin-care routine. They need to be moisturized! **Ceralip**, **Aveeno**, and **Nivea** make wonderful lip balms. The one from Aquaphor has a handy slanted-tip applicator. In addition, a great lip gloss can help restore the skin on your lips

while giving you a shining smile for prom pictures. I love **CoverGirl NatureLuxe Gloss Balm** because it contains SPF 15 to protect your lips from the sun and also has shea butter to keep them moist. It comes in a variety of sheer colors, which is perfect for teens.

4. To get a glowing, fresh-faced makeup look, I recommend using a mineral makeup foundation. Mineral makeup is natural and will not irritate skin as it covers any imperfections. My top pick is **Neutrogena Mineral Sheers Loose Powder Foundation.**

5. I tell patients to make sure to stay out of the sun and never go into a tanning bed. However, if you are hoping to get a bronzed look for prom, I recommend a self-tanner like **Jergens Natural Glow Moisturizer** or **Neutrogena Micro-Mist Sunless Tanning Spray.** Start using the self-tanner one week before the big night and apply sparingly.