

# Dermatologist Dr. Jeffrey Benabio Says to Keep it Simple When Grooming Skin for Date Night this Fall



This fall don't let the cooler weather wreck havoc on your skin. As you plan those awesome autumn date nights you can now do it with confidence and keep your complexion looking radiant. Executive Editor, [Lori Bizzoco](#) had the chance to chat with nationally-renowned Dermatologist Dr. Jeffrey Benabio, called by Glamour the "rock-star of Dermatology." Lori and Dr. Benabio chatted about the types of foods you can eat, supplements you can take, and topical steps that help ensure your skin looks its best without breaking the bank. For

instance, the new, mild formula in [Dove Body Wash](#) is a prime example of a product that works well for both men and women. *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*