

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

*THE 5-MINUTE FACELIFT

the new discovery that makes wrinkles disappear instantly

THE NEW FAT-LOSS FORMULA THAT KEEPS THE WEIGHT OFF

flawless at 48

CELEBRITY SECRETS

youthful.
experts share their own anti-aging skin solutions that will keep you looking younger longer.

banned beauty: is what you're using safe? a sun-free tan in sixty seconds. the proven product that stops the signs of aging. get tighter skin in twenty minutes.

GET A FIRM BODY IN ONE WEEK WITHOUT EXERCISE

\$9.95 US A SANDOW MEDIA PUBLICATION 13>

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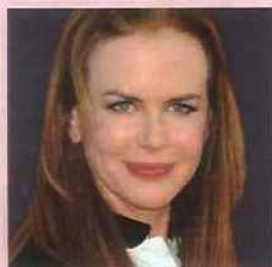
Julianne Moore

"Chemical peels can even out skin tone," says celebrity aesthetician Andrea Lanculescu of New York City's Kimara Ahnert.



Gwyneth Paltrow

"This skin type is sensitive to the environment and can age prematurely," says Los Angeles aesthetician Nerida Joy.



Nicole Kidman

"Fair skin is likely to be dry. Use alcohol-free toner before moisturizer," says celebrity aesthetician Renée Rouleau.



Marcia Cross

"Since her skin is fair, hyperpigmentation will be more obvious as the skin ages, especially if she was a sun worshipper in her 20s," says Lanculescu.

EXPERT SECRETS



DR. MACGREGOR
Age: 33

"How I fight the signs of aging"

"Because my skin is extremely sensitive, I keep my routine simple. I always cleanse my face with a gentle moisturizing cleanser like Cetaphil and fragrance-free Dove soap on my body. I use sunscreen in the morning every day. Two of my favorites are Elta 41 and La Roche-Posay Anthelios. At night, I alternate between Renova, a prescription-strength retinoid, and a glycolic acid cream."



INTENSE HYDRATION

Like a drink of water for ultrathirsty skin, **Chanel Hydramax + Active Nourishing Cream for Dry Skin** does more than traditional moisturizers—the formula combines shea butter with rosemary liposomes to hydrate on contact while providing long-term protection. \$72, chanel.com

PROBLEM

> age spots and freckles

WHY THEY OCCUR "Brown spots and freckles are directly related to sun exposure from the past, which shows up years later," says Washington, DC, dermatologist Jennifer L. MacGregor, MD. Since the skin can't naturally defend itself against the sun, Dr. MacGregor says it attempts to protect itself by producing melanin, causing freckles and pigmentation.

RESPONDS WELL TO Brightening creams with hydroquinone and retinol, Intense Pulsed Light (IPL) and lasers

Topical retinoids used in tandem with brightening creams can help to lighten discoloration, but, sometimes, something more intense needs to be used, especially if the spots are large and dark. "We can treat those with IPL or lasers, which use energy and light to break up pigment," says Dr. MacGregor.

PROBLEM

> fine lines

WHY IT OCCURS The lighter the skin, the less melanin there is, which increases the amount of UV light that's absorbed, breaking down collagen.

RESPONDS WELL TO Botox and Dysport

When it comes to treating fine lines, especially around the eyes and in between the eyebrows, Botox and Dysport are the go-to solutions. Both relax the muscles that cause lines to appear, in turn smoothing out the skin. "If the lines are coupled by changes in the texture of the skin, like crepiness, then we need to remodel and rebuild the collagen with something like IPL or laser resurfacing," explains Dr. MacGregor.

> BEFORE



> AFTER



To get rid of fine lines and wrinkles, a "Liquid Lift" was performed using Perlane, Restylane, Juvéderm, and Botox, which lifted the brows. Procedure performed by Kelly V. Borner, MD, Scottsdale, AZ.