

FOR WOMEN OF STYLE & SUBSTANCE

MORE

**YOUR
STRONG,
SEXY
STYLE
STARTS HERE:**

- * AGE-APPROPRIATE OFFICE DRESSING
- * STATEMENT SHOES AND BAGS
- * FABULOUS HAIR, NAILS, TEETH



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WILL
YOU LIVE?
SIMPLE TESTS
TO TELL**

**50 WOMEN
YOU WANT ON
YOUR SIDE**
AT WAR, AT PEACE AND
AT YOUR IN-LAWS'

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HONEY, KIDS, FOLKS

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MAY 2011

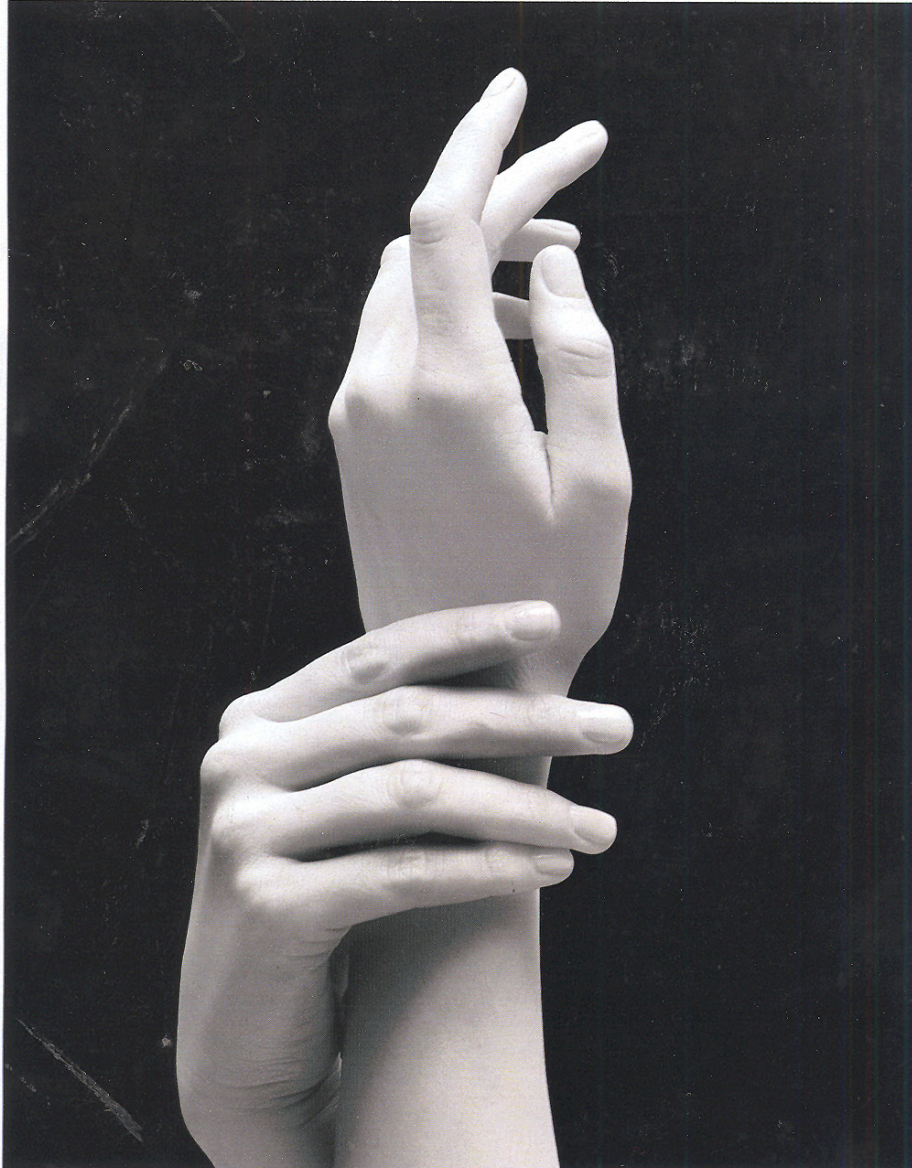


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Ch-Ch-CHANGES!

PROBLEM | *Your hands are aging faster than you are*

Like town *gossips* spreading a scoop, spotted or wrinkled *hands* can trumpet your *age* to all. What can you do to shut them up? According to doctors: *lots*



You've got: Brown spots, uneven tone

Best bet: Pigment-targeting laser treatments and/or chemical peels

Years of sun exposure can result in mottled skin, particularly on the left hand, which sits in a UV spotlight every time you drive. Fortunately, damage that took years to accumulate can be obliterated in a single "pigment targeting" laser treatment, says Fredric Brandt, MD, a cosmetic dermatologist with practices in Miami and Manhattan. "These lasers, namely the Q-switched ruby or alexandrite, pinpoint and instantly destroy pigment in flat brown spots, leaving behind redness that takes one to two weeks to heal," Brandt

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explains. Single treatments start at about \$500. A less costly skin-tone-evening option: in-office chemical peels (\$150 and up). “They remove the tired top layer of dead cells, slightly lightening dark spots and smoothing the skin,” says Haideh Hirmand, MD, a Manhattan plastic surgeon.



You've got: Wrinkling, crepiness

Best bet: Skin-tightening lasers and Rx retinoids

A series of fractional laser sessions (Fraxel varieties are the most common) can help tighten lax, wrinkled hands by heating the skin, which restimulates and boosts production of collagen and elastin, says Roberta Sengelmann, MD, an associate clinical professor of dermatology at the

University of California, Irvine. Each visit will set you back \$500 to \$1,000, and you can expect results to last three to four years. Another, less pricey option: prescription retinoids (yes, the same ones you use on your face), which should cost no more than \$200 for a tube that will last for months. So which ones work best? Because retinoids (particularly those geared toward acne, such as Retin-A or Tazorac) can be drying for the first three months of use, dermatologists usually suggest you go for the most moisturizing formula you can find—Renova and Refissa are frequently recommended; top them off with an intensely hydrating cream such as **Garnier Nutritioniste Moisture Rescue Gel-Cream** (\$8;

ulta.com) or a rich oil such as **Bobbi Brown Extra Face Oil** (\$60; bobbibrown.com).



You've got: Prominent veins and bones

Best bet: Skin-plumping injections

As we age, the already-thin skin on our hands can become downright transparent, making the bones and veins that lie beneath even more obvious, says Patricia Wexler, MD, a Manhattan cosmetic dermatologist. Her most requested fix: Radiesse, a synthetic filler, injected into the skin for an instant plumping effect. “I like to mix in the numbing ingredient lidocaine to minimize pain because hands do contain a considerable number of nerves. The lidocaine also thins out

the filler, which would otherwise be a bit too thick for this area of the body,” Wexler explains. In most cases, one or two treatments, spaced about eight weeks apart, will do the job, and results last up to 18 months. Average cost: \$650 to \$1,000 per treatment. For even longer-lasting results, Wexler uses fat injections, a relatively new technique. Fat cells are typically taken from the patient’s hips or thighs, frozen for a period of time, then injected into the hands on a monthly basis until the desired look is achieved. Cost: \$1,200 to \$5,000 for the complete treatment (including the fat removal and storage). Once the process is completed, you can expect the hands to stay plump and smooth for up to three years. ☺

Shopping List

AT-HOME HAND IMPROVERS **1** | **Brighten dull skin** L'OCITANE SHEA BUTTER ONE MINUTE HAND SCRUB (\$22; loccitane.com) uses organic sugar to slough off dead skin cells. **2** | **Conceal dark spots—instantly** DERMABLEND LEG AND BODY COVER FOUNDATION (\$27; dermablend.com) camouflages dark areas for up to 16 hours, thanks to a water-resistant formula. **3** | **Relieve parched hands** BLISS GLAMOUR GLOVES (\$48; blissworld.com) have an oil-infused gel lining to soothe and smooth cracked hands. **Fade dark patches** NIA24 SUN DAMAGE REPAIR FOR DECOLLETAGE AND HANDS (\$55; nia24.com) employs licorice, bearberry and Pro-Niacin to lighten sunspots. **4** | **Smooth slack skin** SALLY HANSEN FIRING HAND CREME (\$6; drugstores) is packed with peptides (said to boost collagen production). The promise: tauter skin in a month. **5** | **Blur the look of discoloration** STILA ILLUMINATING TINTED MOISTURIZER SPF 20 (\$32; stilacosmetics.com) contains light-diffusing particles and subtle shimmer to minimize the appearance of mottling without looking mask-y. **6** | **Protect against aging UVA/UVB rays** NEUTROGENA PURE & FREE LIQUID DAILY SUNBLOCK SPF 15 (\$13; drugstores) is a super-lightweight lotion that shields hands from further damage.

