

Get gorgeous skin all over!

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## Get smooth, soft skin— all over

Erase any and all signs of aging from the neck down with the most effective treatments out there.

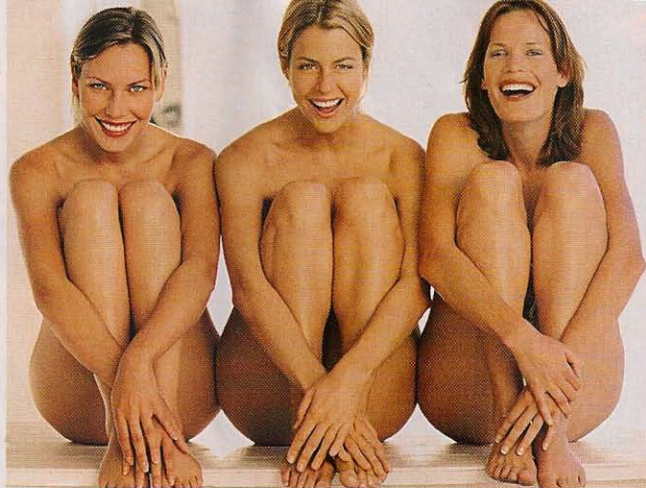
*By Michele Bender*

ADMIT IT. When it comes to antiaging treatments, you focus on your face—while the rest of you gets a quick rinse in the shower. And that's too bad, because the same things that happen to your face as you age (wrinkles, brown spots, sagging) can show up on your body, too. Plus, the cold, dry air of the approaching winter months can make them even worse. Here, how to treat these issues and get back that youthful glow. ➔

Turn back the clock—  
and get your skin  
into shape with a few  
simple solutions.



## The latest solutions for a wrinkle-free you



Try Softsoap Nutra-Oil body wash (\$3.99; drugstores) to hydrate elbows and knees.

**Problem: Flaky elbows and knees**

**Solutions:** "As you age, your skin can't hold on to moisture as well," says Katie Rodan, MD, associate professor of dermatology at Stanford University. Look for a body wash that contains humectants like silicone, glycerin, oils, shea butter, and/or petrolatum. Moisturizers should contain an alpha hydroxy acid or lactic acid to slough off dry cells. For very dry skin, your doctor can prescribe a moisturizer with higher amounts of lactic acid to exfoliate rapidly.

**Problem: Sagging skin at the knees, elbows, and belly**

**Solutions:** "Lax skin results when the connective structures of the skin become thinner and less supportive as you age," says Kenneth Beer, MD, associate professor of dermatology at the University of Miami. Sun damage makes exposed areas even saggier. Moisturizers with collagen and elastin can plump skin up so it looks smoother. But for even better results, consider treatments like Thermage and Titan (\$1,000 and up) that use infrared light to stimulate collagen production and tighten skin.



Lighten spots with Jason Natural Product Ester-C C-Lite Skin Tone Balancer (\$20; health-food stores).

**Problem: Brown spots on your arms and legs**

**Solutions:** Another not-so-attractive result of years of sun exposure, brown spots are best treated with the spot-fading chemical hydroquinone, available over the counter and by prescription. (Recent small studies suggest a link between the ingredient and cancer, but derms like Rodan say it's safe for short-term use.) Alternatives include products containing soy, vitamin C, or kojic acid; results may take a few months. A faster option is the Q-Switched Nd:YAG laser. After just one or two treatments in your dermatologist's office (\$300 and up per session), any spots will be gone for good.

**Problem: Wrinkled hands**

**Solutions:** Thinner skin and fat loss can leave hands looking less than youthful. Banish wrinkles with the Portrait Plasma treatment, which uses plasma energy to stimulate collagen production. You can have four to six lighter-intensity treatments (they start to yield results after the second or third appointment) or a more intense single treatment (it leaves skin looking red and sunburned for 7 to 10 days). If fat loss is the issue, you can try an injectable filler called Sculptra: It takes four to six weeks to see the full effect, one to three sessions (costing \$1,000 and up per treatment) are required, and the results last two to four years.

**Problem: Creases on your neck and chest**

**Solutions:** While you can use over-the-counter or prescription retinoids to smooth fine lines in these areas, deeper wrinkles require more attention. Dermatologists are now recommending the same Portrait Plasma treatment (see "Wrinkled Hands," above, for a description) they use on your hands to get rid of the crepey look on your décolletage. For lines around the neck, try Botox injections (\$300 and up), which smooth wrinkles for three to four months. ❗



To hide wrinkles, try Nivea Body Sun-Kissed Firming Moisturizer (\$6.99; drugstores)



Vaseline Intensive Care Active Firming Deep Smoothing Lotion (\$4.99 to \$5.99; drugstores) gives skin a lift.



Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 70 With Helioplex (\$9.99; drugstores) prevents future sun damage on hands.