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## SEXY & CHIC

### INSPIRING NEW LOOKS

#### HOW TO GET BOMBSHELL BED-HEAD HAIR

# SPRING FASHION

THE TRENDS YOU NEED RIGHT NOW!

## KRISTEN STEWART

on risk, romance & having no regrets

WHY WOMEN ARE HIGH ON A TRIPPY NEW DRUG

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Botox twice during the same period) does. "There is rarely a time that is too early," Arndt noted in his commentary. "Perhaps a better question is, When is too late?"

**FILL 'ER UP**  
Hyaluronic acid fillers such as Juvéderm and Restylane add fullness to your face and plump out lines so they're less noticeable for six to 12 months; the newly FDA-approved filler Voluma lasts even longer. "Voluma is not only able to restore lost volume but also lifts the skin as well, and clinical studies have shown results can last up to two years," explains Dr. Fredric Brandt, a dermatologist based in Miami and New York City. Although fillers may have been designed for quick results, researchers have found they can also have a long-term effect. Another study published in *JAMA Dermatology* shows hyaluronic acid fillers may lead to collagen growth and stimulate the production of chemicals that prevent the breakdown of existing collagen. In short, a few subtle injections of filler every year can nudge you ahead of the game decades from now, even if you eventually stop treatments and go au naturel.

**GIVE YOURSELF A MASSAGE**  
Working out tones muscles so your body looks firmer, and many experts believe the same holds true for your face. "Aestheticians at the Darphin Paris Institute teach women to apply their face creams with a deep massaging motion," Labassee explains. "Think of it as Pilates for your face." Women in Korea and Japan are also fans of facial massage, she says. The key is to take your time when you put on moisturizer. Start by pressing the heels of your hands along your jawline on both sides of your face, moving up toward the ears. Next, use fingertips to smooth on your cream from the apples of cheeks up and back toward the temples, then from the brows up toward the hairline.

**SLEEP RIGHT**  
Over time, the "sleep wrinkles" caused by mashing your face against a pillow each night won't disappear once you're awake. If you sleep on your stomach, "the compression between the pillow and your skin can cause lines around the eye area that are more distinct than the usual lines caused by aging," says Dr. Julia Tzu, a dermatologist and clinical assistant professor of dermatology at New York University School of Medicine. And side sleepers "can get prominent lines on the side that rests against the pillow, increasing the number of horizontal neck lines." If you can't sleep on your back, consider silk sheets. (Some experts believe the fabric creates less

## INSURANCE POLICY

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1. ALGENIST Genius Ultimate Anti-Aging Cream, \$110. 2. LA MER The Lifting Contour Serum, \$290. 3. BOC Multi-Correction 5 in 1 Perfectant Cream SPF 25, \$29. 4. GARNIER Ultra-Lift Transformer Anti-Age Skin Corrector, \$17. 5. PHILOSOPHY Miracle Worker Overnight Moisturizer, \$68. 6. ORIGINS Plantcription Powerful Lifting Cream, \$60. For information on where to buy, see Shopping Directories.

friction than cotton.) There's also the Illuminage Skin Rejuvenating Pillowcase (\$60). Made of a fabric imbedded with copper oxide, it has been clinically proven to reduce the appearance of wrinkles. And JuveRest (\$180), a pillow invented by a plastic surgeon, is engineered to encourage back-sleeping but also has stepped edges and chin and forehead supports (yes, it looks a little crazy) so your face has less contact with the pillow if you do end up on your side during the night.

**CHECK YOUR BITE**  
"Teeth are our secret antiaging weapon," says Dr. Kevin Sands, a cosmetic dentist in Beverly Hills, who suggests all of his patients wear a night guard, a retainer-like appliance that prevents your teeth from touching. Many people grind their teeth at night, a habit that can shorten them, making the distance between your nose and chin smaller over time. "You're shrinking your face, which also creates wrinkles and jowls," Sands explains. "It can add 20 years to your appearance over time."

**RECONSIDER RUNNING**  
Pounding the pavement can take a toll on your body, face included. "The constant up-and-down force may loosen facial ligaments and cause sagging and drooping in the cheeks, jaw, and jowls," says Dr. Julius Few, owner of the Few Institute for Aesthetic Plastic Surgery in Chicago and New York City. The ideal solution is to get your cardio fix with a nonimpact activity. "Elliptical devices or exercising in a pool or on a bicycle are good substitutions," Few says. If you continue to jog, get a pair of sneakers with extra shock absorption, like Adidas Springblades (\$180).

**ADJUST YOUR EATING**  
Extreme dieting can thin the fat pads in cheeks, lower eyelids, and temples, leaving you with a gaunt look. Few warns. "Aggressive dieting followed by weight increase is the worst. It loosens facial elasticity—and, like with running, ligaments are less likely to return to their natural position, and you chance losing a tight, taut look." That said, make sure you're eating the right things: "As the simple carbs and inflammatory foods like fried fare, candy, and too much booze, and ingest foods rich in protein, vitamin C, and zinc, which your body needs to synthesize collagen," suggests Rania Batayneh, a Portland, Oregon-based nutritionist and author of *The One One One Diet*. She recommends a plant-based diet rich in zinc-packed foods like toasted wheat germ. **mc**

