

Goodlooks

AND FASHION NEWS, DEALS, TRENDS

Age-Proof Your Body

Take up to 10 years off with these youth-boosting moves and doctor's-office solutions **By Sally Wadyka**

You lavish your face with sunscreen, anti-aging creams, and even the occasional peel, but your everywhere-else skin is lucky to see a little lotion. “Unfortunately, sun damage on your face *and* body begins to show up as wrinkles, brown spots, and dryness as early as your 30s,” says David Bank, M.D., director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, NY. And you’re not the only one who’s noticing. A recent study of women ages 45 to 65 at the University of Göttingen in Germany concluded that body skin was an important indicator of attractiveness and youth. In fact, the researchers found that when a woman’s arms and chest were on view, she was perceived as younger than when just her face was visible. To take years off your own upper body (and lower body to boot), read on. Plus, the Good Housekeeping Research Institute picks the best SPF moisturizers. →

GOOD HOUSEKEEPING 63

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More Youthful-Looking Hands

1 FAST FIX For the quickest results, moisturize. “Over time, hands lose some of their fat cushioning and the skin gets less elastic,” says Marsha Gordon, M.D., a consulting dermatologist for St. Ives who practices in New York City. “Applying a lotion or cream will immediately plump up skin.” Look for a formula with emollient ingredients, such as shea butter, and humectants like glycerin that help draw moisture to the skin. One that fills the bill: **Fruits & Passion Shea Hand Butter** (\$9, fruits-passion.com; 2).

2 TREAT IT Slather on a retinoid treatment nightly to help increase plumpness over time. Prescription versions such as **Renova** and **Retin-A** (the same formulations you’d use on your face, which cost \$100 and up) are the gold standard for building collagen to make skin look firmer, fuller, and smoother. Or [see your dermatologist for injections](#) of **Radiesse** (costs start at around \$750 per treatment). “This injectable filler is thick and dense, so it adds volume and hides veins and tendons. Results may last for more than a year,” explains Linda K. Franks, M.D., a dermatologist in New York City. Radiesse has not been FDA-approved for use on the hands, but according to Dr. Bank, using it for this purpose is legal and well accepted by the medical community. To minimize pain, an anesthetic is often injected along with the filler. Finally, if brown spots are making you wish you could wear gloves this summer, the best treatments are the same as for your chest ([see right](#))—creams that help fade the spots, and lasers or IPL to zap hyperpigmentation away.

3 PREVENT IT Hands are sun-exposed nearly every day of the year. “That’s why they’re such giveaways of age,” says Dr. Bank. To prevent more dark spots and roughness, apply a hand lotion with SPF several times daily. Try **Boots No7 Protect & Perfect Hand Cream SPF 15** (\$14, Target; 1). Keep tubes where you’re likeliest to spot them—in your purse or desk, beside the sink—and, if possible, reapply every time you wash your hands.



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A Spotless Chest

1 FAST FIX To cover brown spots, try mineral powder foundation. “It adheres better than liquid, and won’t transfer onto clothes as easily,” says Denver makeup artist Michael Moore. It’s often water-resistant, too, so you won’t sweat it off. Still, the best way to avoid staining your clothing is to leave about an inch between the product and the edge of the fabric. Try **Physicians Formula Healthy Wear SPF 50 Powder Foundation** (\$15, drugstores; 3).

2 TREAT IT Help fade spots with daily sloughing. Try **Olay Total Effects 7-in-1 Advanced Anti-Aging Exfoliate & Replenish Body Wash** (\$6, drugstores; 4) with niacinamide, a vitamin B derivative shown to help prevent dark spots from forming. Overnight, try a tone-improving 1.5 percent retinol serum, such as **Peter Thomas Roth Retinol Fusion PM** (\$65, Sephora; 5). **In-office, intense pulsed light treatments (IPL)** cause spots to darken and peel off within a few weeks. Typically, you’ll need at least two sessions, at a starting price of around \$350 apiece. “But if the whole chest area has uneven pigmentation and lots of freckling, the newer Fraxel laser—which can cover a wider area—is the best tool,” says Dr. Bank. On average you’ll need two to three Fraxel treatments, at approximately \$1,000 each. Expect skin to have some redness and flaking for about a week after each session.

3 PREVENT IT Sun protection is the best way to avoid future brown spots. Apply it generously every day that your chest will be exposed. →



Photographs, from top: urbanlip.com; J MUCKLE/STUDIO D (still)

DAILY SUN DEFENSE



Protecting your face with SPF may be a daily ritual, but you probably don't slather sunscreen on your body every morning. Enter SPF body lotions. They claim to provide both hydration and UV protection in one bottle, without sacrificing skin comfort (though they aren't meant to replace your sunblock during prolonged exposure). To find out which ones moisturize best and are most pleasant for everyday use, the Good Housekeeping Research Institute tested six lotions with SPF 15 or higher. In the lab, volunteers' skin-hydration levels were measured before application, after 20 minutes of wear, and again after six hours. These women also used the SPF test product in place of their regular moisturizer for a week. The winner: **Aveeno Daily Moisturizing Lotion SPF 15** (\$9.49, drugstores; 6), which scored well in the lab for hydration and earned the highest ranking from testers for softening skin without a greasy feel. The runner-up, **Kiehl's Creme de Corps Light-Weight Body Lotion with SPF 30 Sunscreen** (\$27, kiehls.com; 7), also proved to be a good hydrator in the lab test, and was a tester favorite for absorption and skin smoothing. Of the Aveeno, one volunteer reported, "It truly lasted. My skin felt like I had just moisturized it at the end of the day."

—April Franzino



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A More Toned Butt and Thighs

1 FAST FIX Slathering on a light-reflecting body lotion can help diminish the look of bumps and dimples in minutes. One to try: **Burt's Bees Radiance Body Lotion** (\$9, drugstores; 8). And to some extent—though generally a minimal one—any moisturizer will help disguise bumps simply by plumping the surface.

2 TREAT IT While nothing you rub on your skin will magically melt away cellulite, some products do help in the short term. For the best firming results, look for a product that contains caffeine, such as **St. Ives Cellulite Shield Advanced Body Moisturizer** (\$4, drugstores; 9). "Caffeine causes vasoconstriction, which decreases the fluid content and creates a temporary tightening effect," explains Dr. Franks. More dramatic solutions, typically involving lasers (Vela-Smooth, TriActive, and others), are available at dermatologists' and plastic surgeons' offices. "These devices help to push the bulging fat back into place," explains Macrene Alexiades-Armenakas, M.D., assistant professor of dermatology at Yale University School of Medicine in New Haven, CT.

Though the financial (and time) commitment varies from treatment to treatment, most require an initial series of sessions, occasional maintenance sessions thereafter, and a cumulative cost of \$1,500 or more.

3 PREVENT IT Cruelly, cellulite has the tendency to worsen with age. "This is often due to drier skin, more body fat, and decreased cross-linking of collagen, all of which make the dimpled texture more obvious," says Dr. Franks. But there are a few strategies that may help: Maintain a healthy body weight (yo-yo dieting can make the skin looser) and get plenty of exercise. Walking and stair climbing—or any other activity that targets the glutes—will help build lean muscle mass. Also, avoid salty foods: They cause fluid retention in the deep fat tissues, so dimpling becomes more pronounced, says Dr. Gordon. →



Photographs: From top: Christian Wheatley/stockphoto, J. MUCKLE/STUDIO D (stillis).

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A Leg Up on Unsightly Veins

1 FAST FIX Obscure unsightly veins with spray-on leg makeup or a body-bronzing mist such as **Soap & Glory Glow Getter Face & Body Sun Powder Spray** (\$13, Target; 10). Stand in the tub or shower, as the spray will travel, says Moore. After the first coat, pat legs lightly with a paper towel to take off any excess, then let the spray dry for a few minutes and apply a second coat if you need more coverage. To avoid clothing stains, make sure your legs are completely dry before you get dressed. And though the product is water- and transfer-resistant, you may want to see how it fares with cutoff jeans before you expose, say, your favorite white capris to it.

2 TREAT IT “If you have bulging varicose veins, you should be evaluated by a vascular surgeon,” says Gordon. “They may be a sign of a medical condition, not just a cosmetic issue.” But spider veins—which are small, dilated blood vessels—can easily be treated by a trained physician. A technique called sclerotherapy dissolves veins with a quick injection of saline or glycerin and starts at around \$200 per treatment. (Depending on the area to be treated, the price can top \$1,000.) “The vessels then collapse and disappear within a month or so,” explains Margaret E. Parsons, M.D., assistant clinical professor of dermatology at the University of California, Davis.

3 PREVENT IT Support hose will help keep veins from expanding, but won’t look so hot with your shorts. One alternative is to elevate your feet whenever you can. And exercises such as rolling up onto your toes to work your calf muscles and keep blood flowing (repeated throughout the day) will help, too. Dr. Parsons cautions against sitting with your legs crossed. “The pressure makes the body try to correct the cut-off circulation by creating new blood vessels—and those can become spider veins,” she says.



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Sandal-Ready Feet

1 FAST FIX Painting toes with an iridescent neutral is a great way to make feet look more attractive immediately. Try **CND Colour in Gold Chrome** (\$9, cnd.com for salons; 13). “Golds and other shimmery nudes work with any skin tone or shoe color,” says Margaret Miner, owner of ten20, a nail salon in Boulder, CO. Miner suggests using three long, even strokes for each coat—one down the middle of the nail, and one on each side.

2 TREAT IT “If calluses are uncomfortable and tough to file down, see a podiatrist to have the skin buildup safely removed,” says Marlene Reid, D.P.M., a podiatrist who practices in Naperville, IL. (A pedicurist isn’t licensed to use a blade to trim calluses.) Once they’re under control, use a pumice or foot file regularly to prevent another callus from forming. “Foot files work better on dry skin,” says nail pro Jessica Vartoughian, founder of Jessica Cosmetics. Try **Earth Therapeutics Ceramic Foot File** (\$6, Ulta; 11). Vartoughian also suggests rubbing olive or coconut oil onto rough spots, then donning socks—and leaving the treatment on for at least an hour a day.

3 PREVENT IT Regularly massage in an alpha hydroxy acid-containing cream, such as **Miss Oops Pedicure In A Bottle** (\$18, missoops.com; 12), to control the buildup of skin. And whenever you can, choose supportive shoes (most lace-up athletic sneakers fill the bill) over zero-support alternatives such as flip-flops. Another smart strategy: Use insoles for a comfortable fit. When feet slip around inside shoes, calluses are the frequent result. ■



Photographs, from top, Jonathan Skow, J MUCKLE/STUDIO D (6/11).