

[age-proof your body]

SNEAKY SPOTS THAT AGE YOU

CROW'S-FEET AND FROWN LINES MAY NOT BE THE ONLY THINGS ADDING YEARS TO YOUR APPEARANCE. WE GOT EXPERTS TO SHARE THE LESS OBVIOUS AGERS THAT MAY BE TO BLAME—AND HOW YOU CAN TRULY LOOK 10 YEARS YOUNGER.

By Sally Wadyka
Photography
by James Houston

IT SEEMS LIKE IT HAPPENS WITHOUT WARNING: One day you wake up, gaze at yourself in the mirror, and think, "I look like my mother." But the truth is, aging doesn't occur overnight. "It's the cumulative effect of subtle changes that take place, over time, all over your body," says Darrell Rigel, M.D., a New York City dermatologist and *Shape* advisory board member. But once you're aware of these age indicators, you can head them off at the pass. Peel off the years with our head-to-toe plan.

SNEAKY SPOT TOO-LONG TRESSES

"Anything below the back closure on your bra is probably too long once you hit 40," says Renée Cohen, a senior stylist at Serge Normant at John Frieda in New York City. "All that length drags down skin that's starting to sag."

Turn back time Chop off a few inches for an instant youth boost. And be sure to get regular trims and deep condition weekly, since "your scalp produces less oil as you age, which makes your hair drier," says Cohen. We like **Pantene Pro-V Restoratives Time Renewal Replenishing Mask** (\$5; at drugstores).

SNEAKY SPOT AN UNEVEN SMILE

"Youth is associated with big, bright white teeth," says Irwin Smigel, D.D.S., president of the American Society for Dental Aesthetics. But as you get older, your enamel wears away, leading to chips, yellowing, and stains.

Turn back time To preserve your enamel, brush gently with a toothbrush that has soft nylon bristles and use a toothpaste that doesn't contain silica (a common abrasive), such as **Supersmile Professional Whitening Toothpaste** (\$21; shop.supersmile.com). If your teeth are yellow, try bleaching them at home with a product that contains carbamide peroxide or hydrogen peroxide, such as **Crest Whitestrips Advanced Seal** (\$45; at drugstores). Expect results in



SMOOTH MOVE
This mask has strand-softening panthenol



POTENT PASTE
Use right after meals so stains don't set



STAY-PUT STRIPS
These won't slide off teeth when you talk



MAGIC WAND
Fat bristles ensure every lash gets coated



DITCH DROOPING
A collagen-building cream firms skin

less than a month. Or get a professional lightening treatment (from \$300 to \$600), which works in an hour and lasts a year.

SNEAKY SPOT SKIMPY LASHES

The growth phase of your lashes shortens as you age, and since their color also fades, they may seem to disappear. "The result is that your eyes look naked and not as bright or open as they used to," says Michael Moore, the owner of the Simply Moore makeup studio in Denver.

Turn back time The simplest way to feign a fuller lash line is to improve your mascara skills. "Women often focus attention only on the tips, but you have to cover the entire lash to create thickness," says Moore. To get it right, place the wand at the root of the lashes and then pull it through to the ends three times in rapid succession. (Moore's favorite is **CoverGirl Exact Eyelights**, shown below left in Black Sapphire, \$9; at drugstores.) For a makeup-free solution, talk to your doctor about **Latisse**, the prescription lash lengthener recently approved by the FDA, which delivers longer, thicker, darker hairs in eight weeks.

SNEAKY SPOT HOLLOW CHEEKS

We're all born with full, round faces and plump cheeks. But you lose that volume as your skin's natural support system, collagen and elastin fibers, breaks down.

Turn back time One option is to use a peptide cream, such as **StriVectin Instant Facial Sculpting Cream** (\$79; sephora.com), to help jump-start the production of collagen. For more immediate results, a doctor can use a synthetic injectable filler, such as **Sculptra**, to restore fullness. A single treatment can cost \$500 to \$1,000; results last up to a year.

SNEAKY SPOT PARENTHESES LINES

As gravity pulls down on your cheeks, parentheses-shaped (hence the name) creases form from the base of your nostrils to the outer corners of your lips.

Turn back time "For this area, I like injecting **Juvéderm** or **Restylane**, both of which are made from hyaluronic acid, a substance naturally produced in the body that draws moisture into your skin and plumps it," says Rigel. These fillers can last up to a year and cost between \$600 and \$1,000

IN YOUR 20s & 30s

WHAT TO USE

● **FACE PRIMER** "It fills in fine lines that may be cropping up and makes anything you put on top look smoother," says Sandy Linter, a makeup artist for Lancôme. Try **Laura Geller Spackle Trio** (\$30; qvc.com).

● **ILLUMINATING POWDER** Dust it all over your face to enhance your radiance. Try **Bare Escentuals BareMinerals Hydrating Mineral Veil** (\$19; bareescentuals.com).

WHAT TO LOSE

THE TWEEZERS You don't need to toss them, just pluck judiciously now or you'll have to pencil in your brows by age 40.

HARSH LINERS All your eyes need to stand out is a subtle wash of shadow. We like **Emani Minerals Crushed Mineral Color Dust in Moon Raker** (\$10; buyemani.com for stores).



per treatment. For instant as well as long-term results, try a topical hyaluronic cream, like **Dr. Brandt Lineless Lines No More Filler & Volumizer** (\$55; drbrandtskincare.com).

SNEAKY SPOT BROWN SPOTS

In a recent study, people with spots were perceived as older than their nonspotted counterparts. "They're signs you've spent years in the sun," says Leslie Baumann, M.D., a Miami Beach dermatologist.

Turn back time Protect yourself from new spots by using a broad-spectrum sunscreen with an SPF of 15 or higher every day. To lighten existing spots, use an exfoliating product, such as **Origins Brighter by Nature Skin Tone Correcting Serum** (\$40; origins.com), with beta-hydroxy acid, daily. For areas of discoloration that won't budge, add a spot treatment that inhibits tyrosinase (an enzyme that triggers the release of pigment) to your regimen. The most powerful one is hydroquinone, which can be found in prescription-strength creams, such as **Lustra**. Once splotches have faded, Baumann recommends nightly use of a

HAIR: LISA RAQUEL/SEE MANAGEMENT FOR REDKEN; MAKEUP: ANJIE PARKER/ARTMIXBEAUTY.COM FOR DIOR; MANICURE: ANA MARIA/ARTISTSEBITYMOTHYPRIANO.COM; STILL LIFE: NICOLA GROSELL

IN YOUR 40s & 50s

WHAT TO USE

● **CONCEALER** Choose one with wrinkle-filling polymers and yellow undertones to mask blueness.

Try **Physicians Formula**

Line Erase Rx (\$10; at drugstores), with hyaluronic acid.

● **NAVY EYELINER** For instantly brighter eyes: Line your upper lids with a navy pencil. "It defines without being severe and makes the whites of the eyes really pop," says Michael Moore, owner of the Simply Moore makeup studio in Denver. Try **Neutrogena Nourishing Eyeliner** in Twilight Blue (\$8; at drugstores).

WHAT TO LOSE

● **DARK, BLUE-BASED LIPSTICK** "Anything deep plum or blood-red makes lips look drawn instead of full and fresh," says Linter.

product with skin-brightening ingredients, such as niacinamide. Try **Olay Professional Pro-X Discoloration Fighting Concentrate** (\$42; at drugstores).

SNEAKY SPOT VISIBLE HAND VEINS

You naturally lose muscle mass and fat in the hands with age, and because the already thin skin there also becomes thinner, your veins bulge.

Turn back time "In addition to causing spots, the sun saps moisture from your skin, which can make veins seem to pop out even more," says Oscar Hevia, M.D., a cosmetic dermatologist in Miami. He recommends applying a high-SPF hand lotion after every washing. We like the **Sally Hansen Salon Hand Care Two Step Renewal System for Hands** (\$8; at drugstores), which includes a hand cream with an SPF of 20, and **Ellen Sirof Hand Perfection Night Solution** (\$75; handperfection.com), which delivers lasting hydration. For a longer-term solution, a dermatologist can inject a filler, like Sculptra, to replace lost volume.

SNEAKY SPOT CRACKED HEELS

Few things are more unsightly than dry, weathered heels. "But with proper, regular care, it's exceptionally easy to keep this area healthy looking," says Rigel.

Turn back time To soften skin, Rigel recommends slathering on an emollient lotion, such as **Aquaphor Healing Ointment** (\$6; at drugstores), nightly before bed. And in the shower, remove rough patches using a pumice stone topped with a dollop of granulated scrub; we like **Molton Brown Unwind Island Sand Foot Exfoliator** (\$30; moltonbrown.com). For more aggressive exfoliation, one of the newer foot shavers, such as the **Dr. Scholl's for Her Smooth My Sole Micro File** (\$10; at drugstores), can help you score silky soles instantly.

SALLY WADYKA is a freelance writer in Boulder, Colorado, and a contributing editor to *Shape*.

"two weeks to a younger me!"

IT ALL STARTED WHEN I WAS GETTING my makeup done for a photograph. "You'll need extra cover-up for my dark circles," I joked. "Those aren't circles," the makeup artist replied, "they're shadows cast by the fat pads under your eyes." Instantly, I became self-conscious about my "fat bags"—and intrigued by the idea of getting

blepharoplasty (surgery to remove said baggage).

I decided to consult New York City aesthetic plastic surgeon Paul Lorenc, M.D., author of *A Little Work: The Truth Behind Plastic Surgery's Park Avenue Façade*. "You're only 42! Too young to have those bags," he said. His suggestion? Get rid of the them (but not completely

or my eyes would look sunken), as well as some skin from my upper lids. After speaking to anesthesiologist Tim Vanderslice, M.D., I booked the surgery! A month later, I'm thrilled with the results. I really do look younger and better rested. Go to shape.com/eyesurgery for pictures and details.

—JANET LEE, DEPUTY EDITOR



→ **POWER PLUMPER**
This fills creases on contact



← **GLOW GETTER**
Exfoliating acids help even your complexion



→ **SPOT CHECK**
The tapered tip allows for precise placement



← **TOP TUBE**
This formula doesn't leave fingers greasy

→ **SUPER SCRUB**
Soften tough spots anywhere with this rub



← **RAZOR'S EDGE**
This safely removes rough, dead skin