

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

ANNIVERSARY ISSUE

ANTI-AGING MAKEOVERS

Look younger with
the top age-fighting
products of 2008

BOTOX ALTERNATIVES

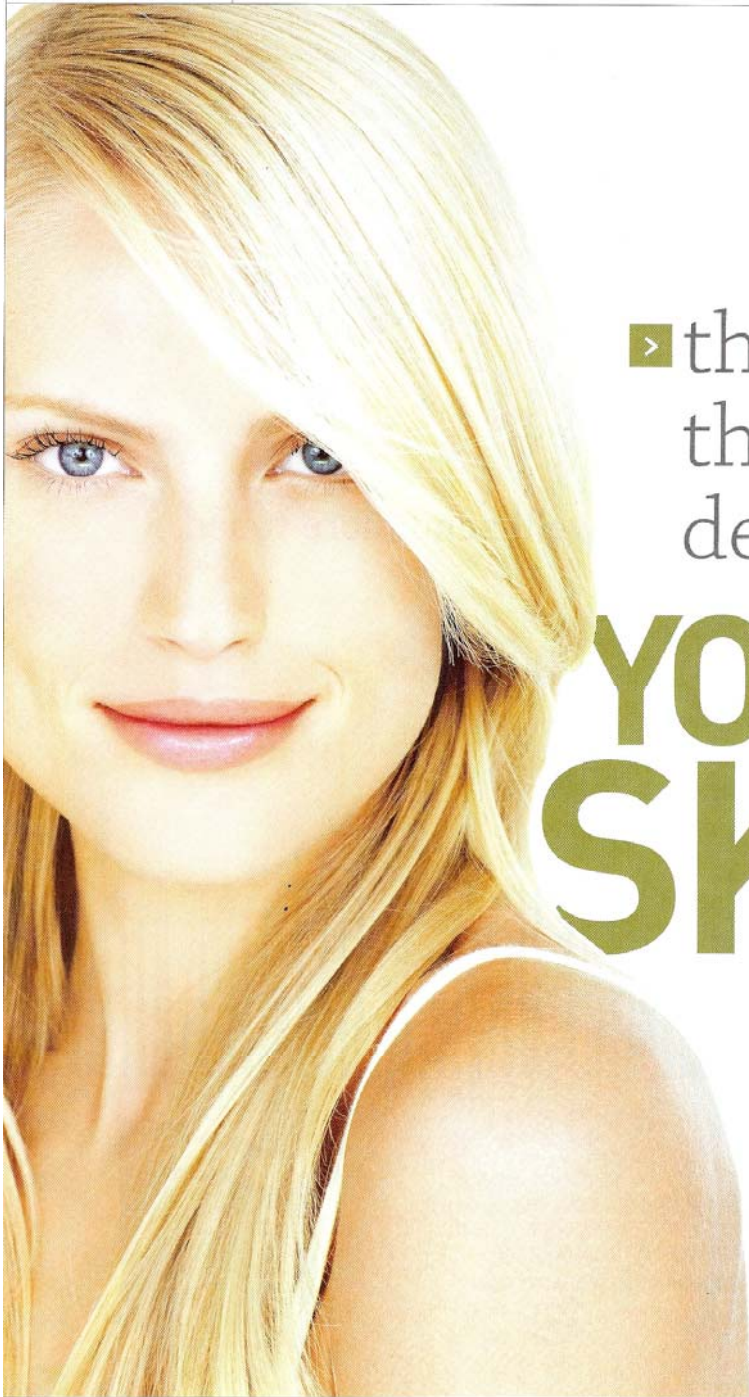
Is there a better
way to get rid
of wrinkles?

CELEBRITY SECRETS

Liposuction or diet
and exercise?

* CAN YOU ACHIEVE
**AGELESS
BEAUTY?**





▸ three
things that
destroy

YOUNG SKIN

THERE ARE THREE CHEMICAL PROCESSES TAKING PLACE IN YOUR SKIN RIGHT NOW THAT ARE RESPONSIBLE FOR THE VISIBLE SIGNS OF AGING. WHILE THEY CANNOT BE STOPPED ALTOGETHER, "THEIR EFFECTS CAN BE DIMINISHED," SAYS NEW YORK CITY DERMATOLOGIST ARIELLE KAUVAR, MD. HERE, LIFESTYLE CHANGES AND PRODUCT PICKS TO HELP KEEP THESE AGING PROCESSES UNDER CONTROL.

CAUSED BY THE ENVIRONMENT
WHAT IT DOES CAUSES THE CELLS TO "RUST"
LEADS TO DULL, LIFELESS SKIN

As we age, the skin's antioxidant defense system weakens, losing its capacity to fight the oxidative stress caused by free radicals. These naturally occurring free radicals are unstable and cause DNA damage in cells throughout the body—including the skin—leading to inflammation and deterioration of the cells.

WHAT IS OXIDATION?

Just like cutting an apple causes it to turn brown, oxidation affects your skin in a similar manner. Antioxidants such as vitamin C prevent this from happening by protecting the cells. To see for yourself, cut an apple and rub lemon juice on it. Just like it preserves the apple, it can help protect your skin.

01
FREE-RADICAL DAMAGE



HOW ANTIOXIDANTS FIGHT FREE RADICALS

Free radicals are unstable extra electrons that seek out other extra electrons from healthy cells, damaging them and creating more free radicals in the process. Antioxidants bind to free radicals before they can cause this damage.

CAUSES

UV radiation is one of the major creators of free radicals.



Free-radical-fighting serum

When looking for topical antioxidant products, look for an offering with a variety of active ingredients for maximum protection. The label of **Sircuit Skin Sircuit Addict Firming Anti-Aging Serum** reads like a veritable laundry list of antioxidants with d-alpha tocopherol (a potent derivative of vitamin E), resveratrol, green tea, grape-seed extract and more to shield your skin from a slew of external aggressors. \$115; sircuitskin.com

According to Dr. Kauvar, "You cannot prevent free-radical damage, but you can reduce it. Vitamin C, vitamin E, idebenone and sunscreen are helpful, as is a healthy, antioxidant-rich diet."



LIFESTYLE CHANGE

If you're unsure about which fruits and vegetables are high in antioxidants, just look at the color. The darker or more vibrant the fruit or vegetable (think spinach, berries, tomatoes), the more likely they are to be high in antioxidants that protect your cells inside and out.



Protect from premature aging

Prescriptives Anti-AGE Advanced Protection Lotion SPF 25 uses a patented ProGlyco Preventative Complex to prevent the harmful byproducts of glycation from forming. To further protect the skin, this daily moisturizer also contains SPF 25 and antioxidants, such as resveratrol, grape-seed extract and vitamin E, to ward off free-radical damage. \$60; nordstrom.com

02

GLYCATION



"Glycation only happens when free radicals are present, which is another reason why antioxidants are essential for maintaining healthy, youthful-looking skin," explains Dr. Kauvar.

CAUSED BY TOO MUCH SUGAR IN YOUR DIET
WHAT IT DOES BREAKS DOWN SUPPORT STRUCTURE
LEADS TO LOSS OF FIRMNESS AND ELASTICITY

Our bodies metabolize the sugars we eat for energy, but the excess that isn't burned as fuel can play a role in the deterioration of the skin's youthful appearance. When blood sugar goes up rapidly, sugars can bind to collagen, making the skin stiffer and more brittle.



LIFESTYLE CHANGE

Cutting back on refined sugars is the best first step. Increasing your intake of soy may help as well, since soy isoflavonoids have been found to trap excess sugar molecules and prevent them from having a detrimental effect on the skin.

03

MMPs: COLLAGEN-EATING ENZYMES

"MMPs help keep collagen levels in balance," says Dr. Kauvar. "Without these enzymes, damaged collagen and elastin would accumulate and lead to skin blemishes."

CAUSED BY THE NATURAL ANATOMY OF THE SKIN
WHAT THEY DO DESTROY SKIN'S SUPPORT STRUCTURE
LEAD TO SAGGING SKIN, LINES AND WRINKLES

In youthful skin, there's a higher level of collagen production and a lower level of collagen breakdown. But as we age, collagen production declines and collagen-destroying MMP enzymes increase, causing the breakdown of the skin's underlying support structure. UV light and inflammation have been found to stimulate the production of these naturally occurring MMP enzymes, but you can help keep them in check with topical retinoids and bioflavonoid antioxidants such as grape-seed extract, as well as green- and white-tea extracts.



LIFESTYLE CHANGE
 MINIMIZE UV EXPOSURE

Since UV exposure is the main contributor to premature aging as a whole (as well as the proliferation of MMPs), sunscreen is an absolute must. Be sure to select a product that includes broad-spectrum protection to block both UVA and UVB rays.

wexler

patricia wexler M.D.
 dermatology
 SKIN BRIGHTENING DAILY
 MOISTURIZER SPF 30
 1.6 FL OZ

Enzyme inhibitor

Dermatologist Patricia Wexler, MD, is on a quest to stop MMPs, so she's incorporated a topical MMP inhibitor (MMPi) into her **Skin Brightening Daily Moisturizer SPF 30**. In vitro testing of this MMPi technology has found it to inhibit free-radical activity caused by UV rays by 80 percent, which should help preserve the skin's youthful characteristics. \$39.50; bathandbodyworks.com