

**GET
GORGEOUS
HAIR**
THE
PRODUCTS
AND CUT
TO **SEX
YOU UP**

**THE
PERSONAL
STYLE ISSUE!**
THE 25 CHICEST PEOPLE
OF 2008: GET THEIR
LOOKS NOW

300+

**FALL
IDEAS
TO
INSPIRE
YOU**

BEST BOOTS,
SEXIEST SHOES,
AND JEANS
THAT FIT:

**TO
INSPIRE
YOU**

BEST BOOTS,
SEXIEST SHOES,
AND JEANS
THAT FIT:

FIND OUT WHAT

**JENNIFER
LOPEZ**

ON MARRIAGE,
THE TWINS, AND
HER KILLER STYLE

**NOT READY
FOR THE KNIFE?**
25 FASTEST, BEST
ANTIAGING
TREATMENTS

**DEPRESSED,
FRUSTRATED,
CAN'T GET
ANYTHING
DONE?**

IT'S NOT
YOUR FAULT—
HOW TO FIX IT

**DON'T MARRY
A RICH MAN;
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HOW TO GET**



With the help of ELLE's annual turn-back-the-clock guide, not even your dermatologist will know your real age By Nicole Catanese

FRESH HAIR

Can frizz make you look four years older?

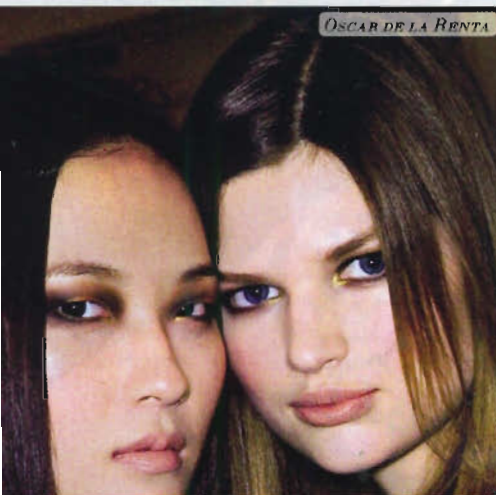
Appearing in the subject line of too many TMZ blog posts not only boosts the insurance premiums for a star's latest film, it might even require hiring an on-set hairstylist trained in damage control. "We call them 'The Young and the Tressless,'"

says one stylist beloved for her ability to make even sparse wisps look full-bodied. "Older actresses actually have healthier hair, since they take better care of themselves." Although strands do get thinner as we age, young Hollywood's constant flat-ironing and blowouts, weekly dye jobs, and Pinkberry diets can lead to early hair breakage and loss.

In a British study published by the Royal Society of Medicine Press Limited, panelists were asked to guess the age of a woman based on viewing just the back of her head. While frizzy and dull hair increased the perception of age, coiffing did make a difference: The same woman, after getting some TLC from a stylist (who simply smoothed away snarls or defuzzed ringlets), was thought to be, on average, four years younger. "Once you think the blow-dry is complete, put in another five minutes," says Richard Joseph, owner of the Richard Joseph SalonSpa in Birmingham, Alabama. "That extra time is the difference between looking good and looking perfect." That same study also found that subjects with locks shoulder-

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(Clockwise from left) Mix KEN PAVES HEALTHY HAIR BOOST UP COLOR DROPS IN HONEY, BROWN, AND RED with your morning

Photo: De la Renta; Imaxtree.com; Sui; Cannizzari & Fortis



HOPE CHEST

Take the plunge into low-cut couture with the help of these décolleté age-defiers

In spite of the country's recent scarf obsession (we even draped them on at the height of summer), designers this fall have fetishized the collarbone. Since the thin tissue of the neck is similar to that around the eye, many skin obsessives have tried to tighten the area by slathering on a crow's-feet cream from the chin down. "That's too expensive," Beer says. "Plus, you can use more potent ingredients on the neck, because you don't have to worry about irritating the eye." Both Beer and

Alexiades recommend simply applying the same daily antiager you use on your face. "You don't need to buy a special neck cream," Beer says. And light-reflecting primers and tinted moisturizers designed to erase the appearance of pores and fine lines can instantly diffuse creases and smooth texture, says Manhattan dermatologist Howard Sobel, MD.

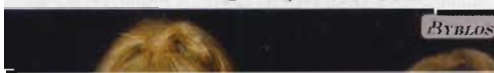
For long-term benefits, new fractional CO₂ zaps a small percentage of skin, causing the surrounding tissue to pull tight, as well as jump-starting collagen production. "It's very impressive for treating a loose neck," says Arielle Kauvar, MD, clinical associate professor of dermatology at NYU Langone Medical Center. "The skin shrinks and tightens before your eyes. It's kind of amazing." This area doesn't heal as fast as the face, so expect a week of rawness, followed by a few more of redness.

The most popular tightening machines, Titan and Thermage, may have some competition this fall, as a new radio-frequency machine could get FDA approval. Alexiades has just completed trials for a new device from Primaeva that injects heat into the skin with needle

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PALM PILOTS

You'll want your hands all over the newest youth-boosting breakthroughs in digital tech Black, navy, and deep purple lacquers don't do aging hands any favors. "Dark polish, especially when it chips, is the worst," says Jin Soon Choi, founder of Jin Soon Natural Hand & Foot Spa in New York City. Choi recommends choosing pale polishes, such as Chanel's Ballerina and Essie's Mademoiselle, which "keep nails looking groomed and clean all the



time" and liberal applications (three times a day) of Sally Hansen cuticle oil. "Think about raw wood versus well-oiled wood," Choi says. "Dry, flaky cuticles and nail beds can make hands look 10 years older." Before you apply polish, press down on your nails. "If the fingernail doesn't turn back to its original pinkish color in a couple of seconds, this may be a sign that you're dehydrated," says nutritionist Lisa Drayer, author of *The Beauty Diet* (McGraw-Hill), out this month. "Since loss of water can lead to brittle nails, it's important to drink lots of fluids." Drayer recommends downing plenty of H₂O and green tea as well as consuming foods rich in essential fatty acids.

Dermatologists now regularly zap the back of the hands with the same antiaging lasers used on the face: intense pulsed light (IPL) to erase brown spots and fractionated CO₂ to even out texture. "A single session of CO₂ will drastically reduce crepeyness and pigmentation," says Kanvar. To minimize lumps and bumps, she injects Radiesse, a thick gel filler, into the valleys around the tendons. Chicago couple of seconds, this may be a sign that you're dehydrated," says nutritionist Lisa Drayer, author of *The Beauty Diet* (McGraw-Hill), out this month. "Since loss of water can lead to brittle nails, it's important to drink lots of fluids." Drayer recommends downing plenty of H₂O and green tea as well as consuming foods rich in essential fatty acids.

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