

Smart ways to live well

APRIL 2009

Prevention

WALK OFF WEIGHT After 40!

New Plans Ensure
You Lose 5 Times
More Ab Fat!

BEAT THE FAT YEARS!

6 New Ways to Reverse a
SLOWING METABOLISM

HOME MEDICAL Breakthroughs!

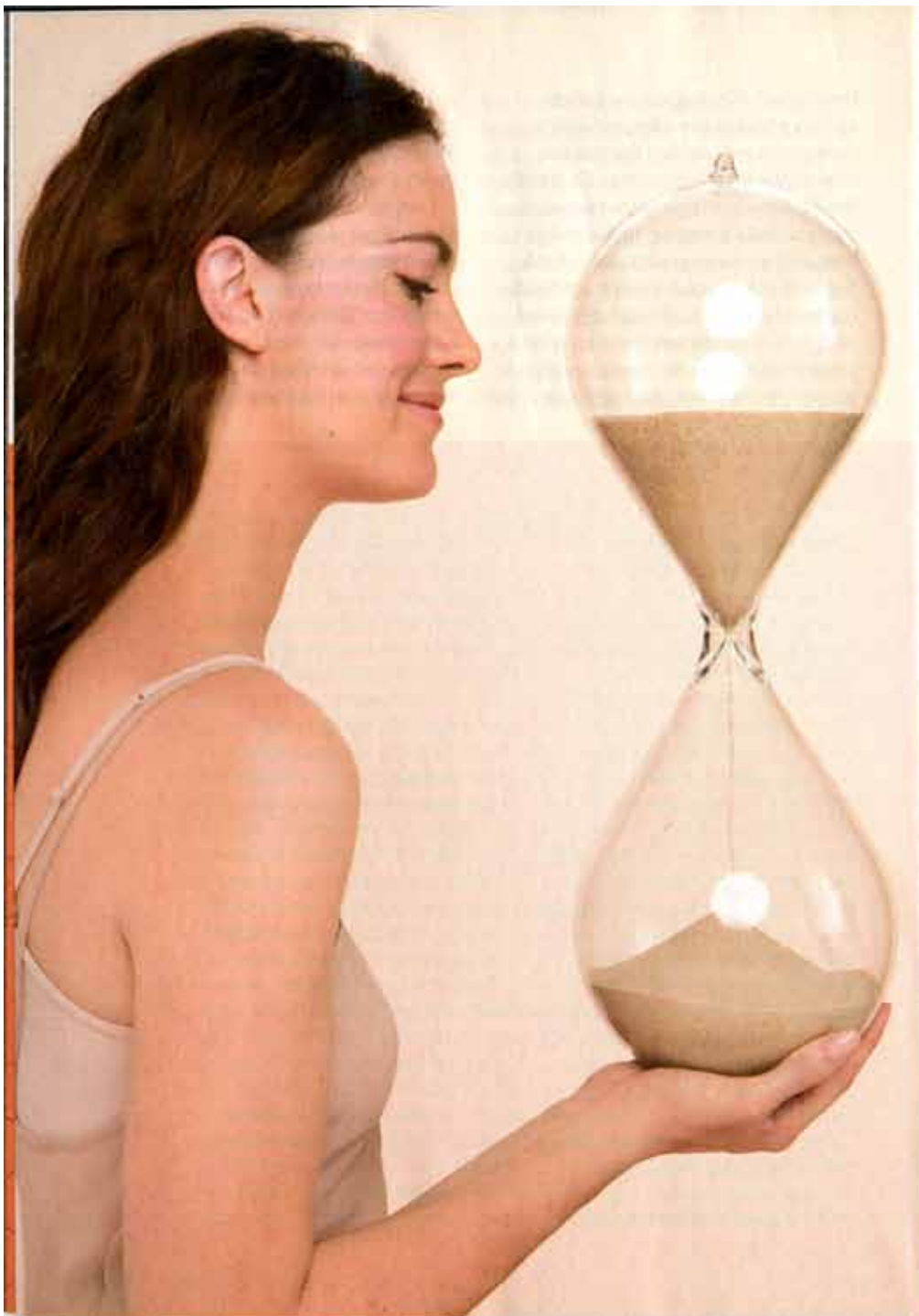
COOK!
Bonus
Meals and
Recipes
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**FOODS
THAT
FIGHT
FAT
AND REV
ENERGY**

**STAY
CALM
THROUGH
ANYTHING**

**Erase
AGE!**
Beauty
Tricks Take
10 Years
Off Your Face





COUNTDOWN TO GREAT SKIN

Look better and brighter
in a day, week, or month.
Our pro tips will work
with any schedule.

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Photographs by
PAUL SUNDAY

time

was, when you
needed an instant

beauty boost, you slapped
on a clay mask and a few cu-
cumber slices and hoped for the
best. Thankfully, times have changed.

Whether you have a special event on the horizon or need to look spectacular for an important work presentation overnight, there are dozens of high- and low-tech solutions that can smooth wrinkles, reduce redness, and impart a healthy glow. Here's what experts say you can truly accomplish in 1 day, 1 week, and 1 month. Find the timeline that works for your schedule, then choose your main goal; follow the recommended routine, and you'll be wowed by the results!

YOU'VE GOT ONE MONTH

YOU WANT TO SOFTEN WRINKLES AND FIRM SKIN

■ **NIGHTLY**, use an Rx retinoid to target wrinkles all over. "These vitamin A derivatives supercharge cell turnover, so you'll notice fewer wrinkles by the end of the month," says Arielle Kauvar, MD, a clinical associate professor of dermatology at New York University Medical School. Ask your doctor for Atralin, the most moisturizing retinoid, which you can use daily for faster results with minimal dryness or flaking. Caveat: If skin is sensitive or prone to redness, you may be able to tolerate using the cream only every second or third night, at least for the first 2 weeks.

■ **EVERY MORNING**, apply a broad-spectrum SPF 30 to protect fresh cells.

YOU WANT TO LOOK BRIGHTER AND ERASE BROWN SPOTS

■ **EVERY OTHER WEEK**, alternate between using an at-home peel and a microdermabrasion product to fade splotches, reduce fine lines, and boost radiance. "Combining exfoliators is like power washing your complexion," says Briden. Follow directions on the label so you don't strip away too much of your skin's protective outer layer. You may experience some immediate redness, which should dissipate the next day.

■ **EVERY MORNING**, use a broad-spectrum SPF 30 sunscreen to keep fresh cells from repigmenting.

■ **NIGHTLY**, apply an Rx hydroquinone bleaching cream; top with a prescription retinoid to drive the lightener into skin for faster results. Limit use to 2 months.


■ **2 WEEKS BEFORE**, if you can afford to splurge, an in-office peel employing a low level of trichloroacetic acid offers more dramatic results in tone and texture, reaching deeper layers of skin. After about a week of downtime (you'll look badly sunburned), your natural healing response kicks in, replacing damaged tissue with fresh, younger-looking skin. Cost: around \$700.

YOU WANT TO RELIEVE REDNESS

■ **IMMEDIATELY**, shelve aggressive anti-agers such as retinoid-containing creams and glycolic acid peels.

■ **NIGHTLY**, use a cream made with calming botanicals such as licorice extract or feverfew to help control unwanted redness. **TRY Aveeno Ultra Calming Night Cream** (\$14; drugstores).

■ **ONCE (4 WEEKS AHEAD)**, if it's in your budget, try a single Intense Pulsed Light session. Experts say patients average about a 20% decrease in diffuse ruddiness after one treatment. Bonus: Because IPL employs several wavelengths of light to remove unwanted pigment, you'll likely see an improvement in brown spots as well. Side effects include mild redness and swelling that subside within a day or two. ■

 **365 DAYS OF YOUNGER SKIN**
Create your very own customized skin care plan to look your best year-round at prevention.com/perfectskin.

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