

Best Beauty | Get Flawless Skin at Every Age

40s

Big issues: freckles becoming brown spots, deeper lines and wrinkles, and the shocking sudden loss of firmness



Michelle Pfeiffer

cause sagging,” Brandt says. “The fillers plump deeper lines, and when injected above sagging areas, they help create a support structure on which to lift and redrape skin.” Some bruising and swelling may remain for up to a week, and results can last six months or more. Reloxin, a new form of botulinum toxin, is expected to be FDA approved during the second half of this year. “It may work faster than Botox, and it seems to spread a

redness, swelling, and crusting that can last up to two weeks.

BLAST BROWN SPOTS with a pigment-specific Q-switched ruby or Nd:YAG laser (\$250–\$1,000 per session). You’ll probably need one or two sessions, and they cause some stinging. Redness, swelling, and scabbing can take up to two weeks to heal.

TREAT MELASMA (diffuse discoloration) with prescription bleaching creams like Tri-Luma or Lustra-AF. Apply directly onto dark areas to avoid bleaching the surrounding skin. Be sure to use sunblock on newly lightened skin, as melasma can recur with sun exposure.

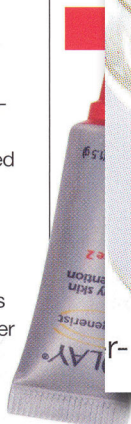
FADE SERIOUS SPOTS with hydroquinone. A series of 200 treatments over 200 days. There’s a risk of redness and irritation. ▶

ATHOME
TREAT MILD DISCOLORATION with over-the-counter lightening creams containing kojic acid, vitamin C ascorbate, or salicylic acid, ingredients that boost cell turnover. Try Ole Henriksen Sheer Transformation Creme

RESURFACING with a non-ablative laser (\$600–\$1,000 per session) or another laser (up to \$1,000 per session). These treatments are performed with or without topical anesthetic and may cause hot pinpricks with redness. Three to four sessions are recommended, and redness and swelling can last several days. Many

derms are bullish about Fraxel re:pair, a new fractionated CO₂ laser. “I am seeing great things with this,” says Dr. Brandt. “It tightens skin, improves texture, and reduces wrinkles.”

Ole Henriksen Sheer Transformation Creme (\$45)



vention (\$24.99)



Model Contouring
 urizer for Face and Neck
 (99) contains an alfalfa
 it said to increase natu-
 agen production, aiding
 ining less-than-crisp
 contours. Olay Regene-
 Day Skin Intervention
 helps lift sagging skin
 end of peptides and
 moisturizers.

CARE

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