

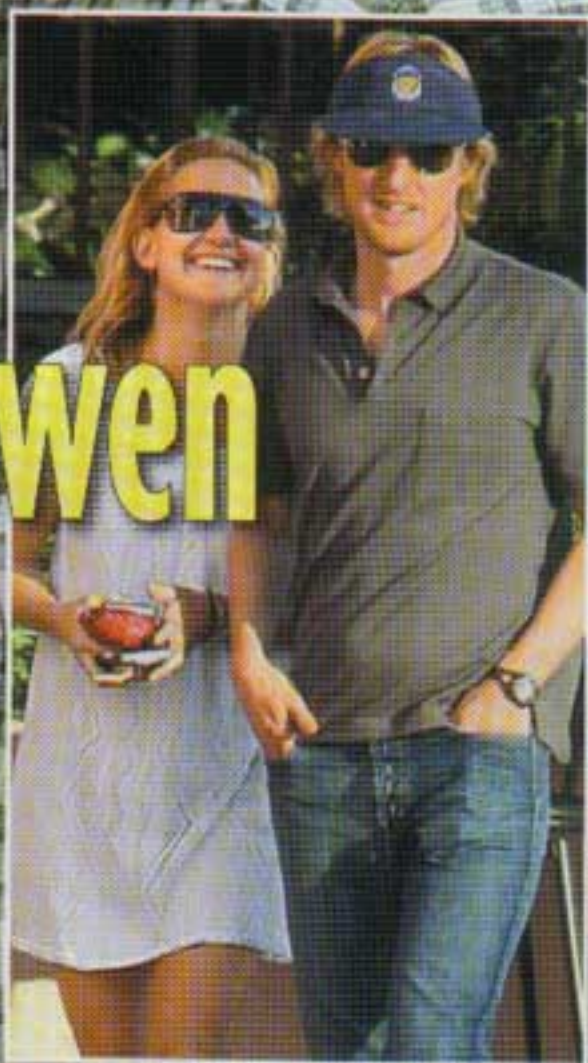
# Star

Showdown  
in Miami!

Jen, Kate & Owen

# LOVE TRIANGLE!

Jealous Kate races to  
Miami set as Jen falls  
for co-star Owen



Dancing with the  
Stars Scandal

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- Insiders



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# StarBeauty Look *YOUNG*

## Say Bye-Bye To Fine Lines

### FROM THE DOCTOR

#### Injections

❖ There are two kinds of injectables used to eradicate wrinkles: muscle relaxers (currently Botox is the only FDA approved one) and fillers (e.g., Restylane and Juvéderm), explains Dr. Katz.

❖ Botox is injected into the muscles surrounding wrinkles, usually in the forehead and around eyes. Fillers are injected into the actual wrinkled areas to fill them. Typically, according to Dr. Rizk, fillers are used to soften marionette lines and deep furrows between the brows, and to plump lips.

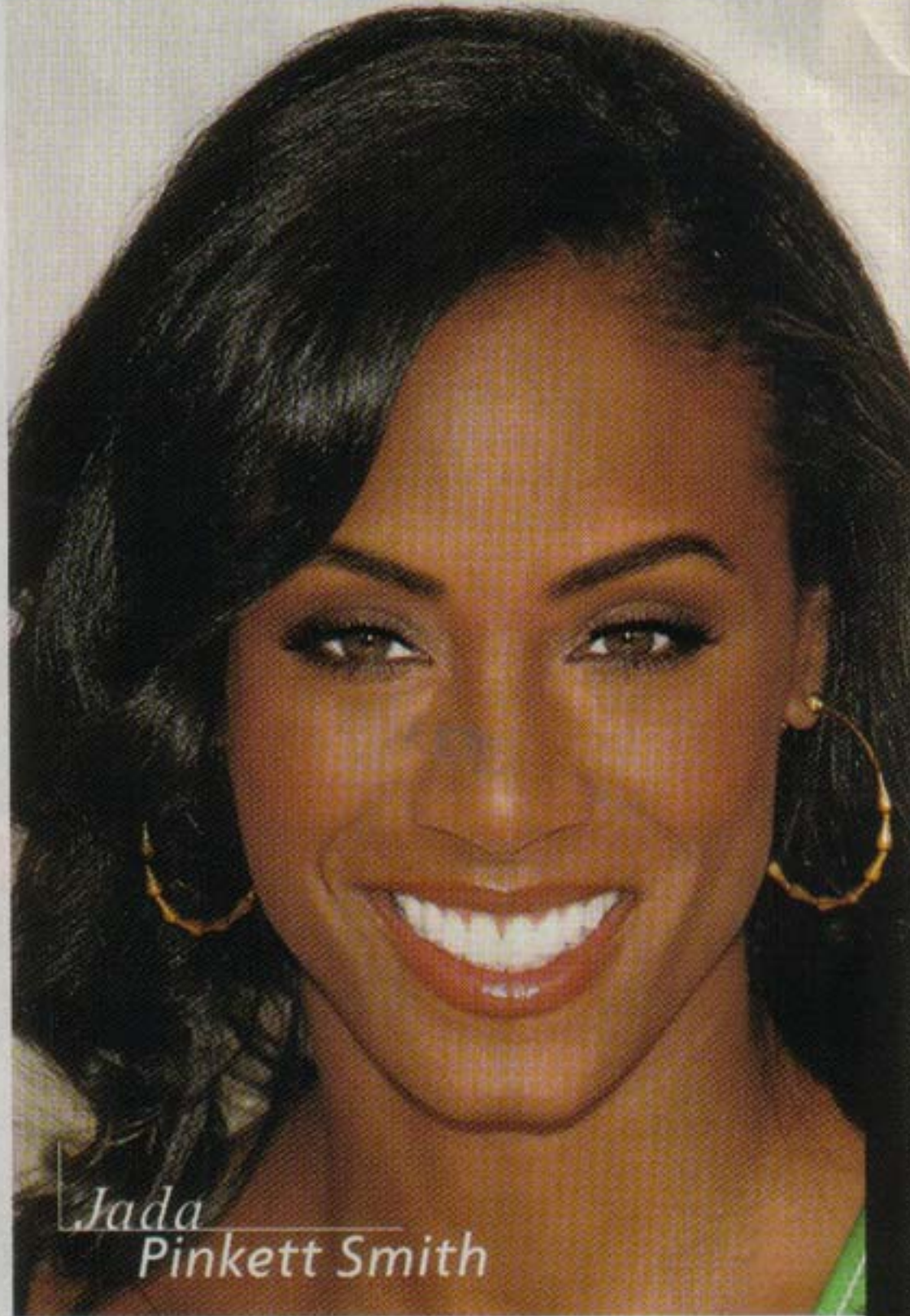
❖ The downside of injectables? They are costly and do require commitment: Botox treatments last about three to four months, while fillers can last anywhere from six to 12 months depending on the type used. Either injectable will run you upward nos of \$500 per treatment. "Frozen forehead" and "fish lips" can result from inexperienced docs who inject with too heavy a hand — so make sure you see a reputable dermatologist or plastic surgeon.

### AT-HOME ALTERNATIVES

❖ If you don't have the cash or the time to run to the doctor's office, topical wrinkle-smoothing products are perfect for you! Many visibly reduce the appearance of fine lines and wrinkles temporarily and are affordably priced.

❖ The first signs of aging often begin to appear around the eyes, so seek out special serums to help firm up this delicate area. Got lines on your forehead and some around the mouth? Try face creams that claim to help fill them in temporarily. Instead of getting lip injections, opt for lip-plumping glosses.

❖ The best way to look young is to not get wrinkles in the first place! The sun is a major cause of premature aging. Use a face wash that leaves a shield of sunblock behind, so you're never unprotected.



Jada Pinkett Smith



**TRY** Freeze 24.7 Ice Shield facial cleanser with sunscreen SPF 15, \$48, [freeze247.com](http://freeze247.com). 24.7 Skincare targeted wrinkle treatment, \$40, CVS/pharmacy stores. LipFusion XL, \$50, Nordstrom stores. Peter Thomas Roth Un-Wrinkle Eye, \$100, [peterthomasroth.com](http://peterthomasroth.com)



Mary-Louise Parker



# g e r This Spring

Renowned plastic surgeon Sam Rizk, M.D., and famed dermatologist Bruce Katz, M.D., talk about the latest office treatments. Plus, *Star* rounds up the best at-home ways to stop the clock.

## Rejuvenate Your Complexion

### FROM THE DOCTOR

#### Chemical Peels

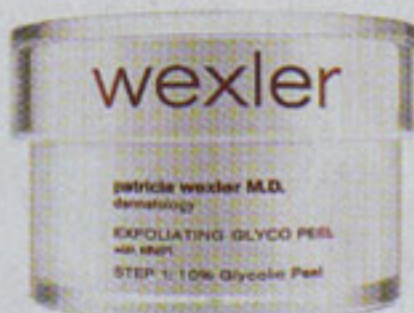
❖ Peels thoroughly exfoliate skin, leaving the complexion glowing and more youthful-looking, explains Dr. Katz. Generally, glycolic acid or trichloroacetic acid is applied to the face for a period of time. (The longer the peel is left on, the stronger the exfoliation.)

❖ Glycolic peels are recommended a few times per year and are about \$200 a pop. The effects of trichloroacetic acid (a.k.a. TCA) peels last a full year but cost on average \$1,000 per treatment, says Dr. Rizk.

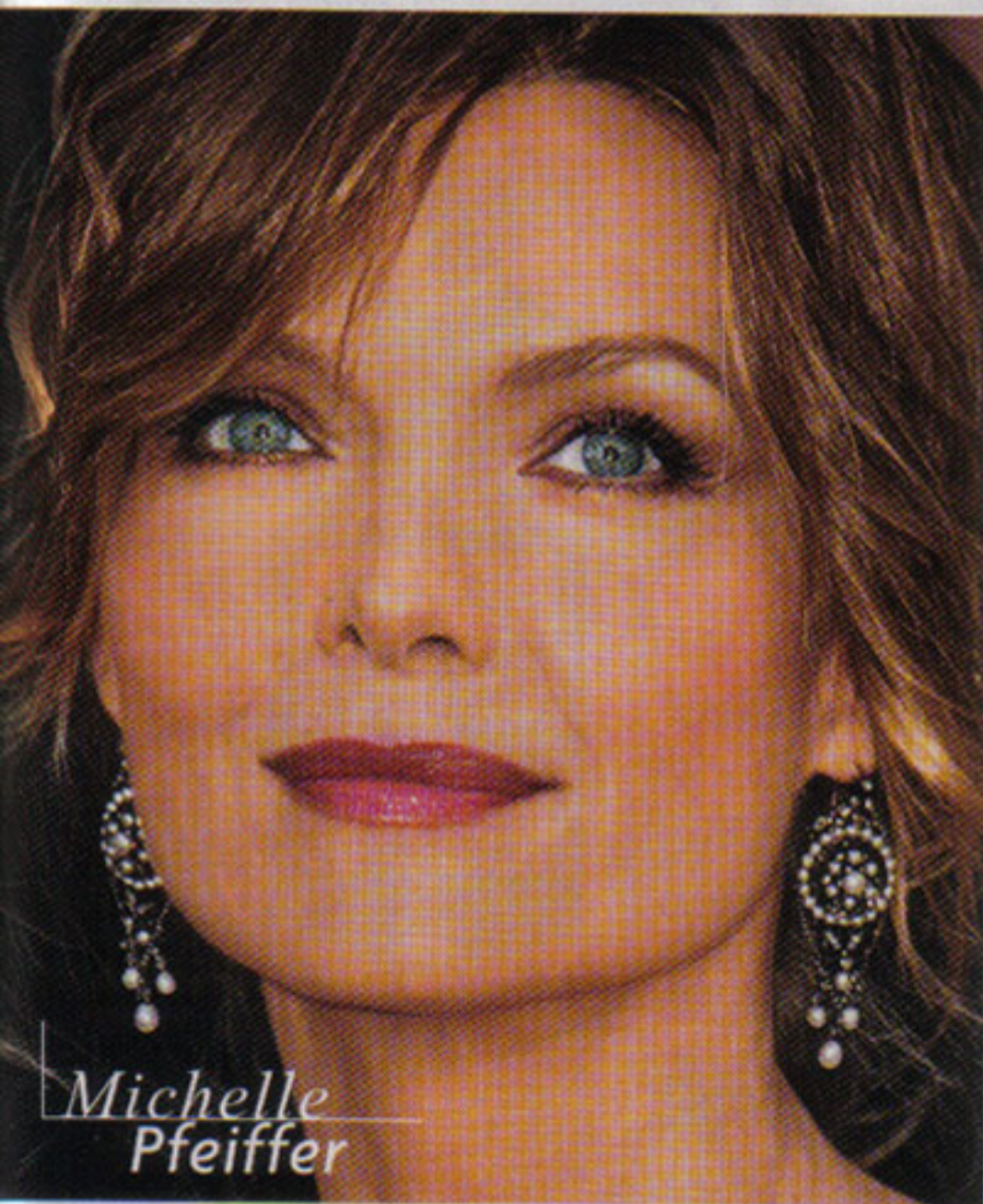
### AT-HOME ALTERNATIVES

❖ There are many at-home peel systems available. Though they are not nearly as strong as those offered at the doctor's office (they have a much lower percentage of acid), you can see results when used as directed over time.

❖ If you have sensitive skin, skip the peel! Instead, use a gentle, circulation-boosting cleansing tool to aid in exfoliation.



**TRY** Patricia Wexler M.D. Dermatology Exfoliating Glyco Peel system, \$60, bathandbodyworks.com. Olay Regenerist microdermabrasion and peel system, \$25, drugstores. Dove SkinVitalizer, \$10, drugstores.



Michelle Pfeiffer

\* To consult with Dr. Sam Rizk, Director of Manhattan Facial Plastic Surgery, call 212-452-3362. To consult with Dr. Bruce Katz, Director of the Juva Skin & Laser Center, call 212-688-5882.

## Tighten And Brighten Skin

### FROM THE DOCTOR

#### Lasers

❖ Think of wrinkles as little valleys in a mountain of skin, explains Dr. Rizk. Lasers bring the mountains down to the same level as the valley — removing the appearance of wrinkles and yielding smoother-looking skin.

❖ There are two main types of anti-aging lasers: ablative (like Erbium and CO<sub>2</sub>) and nonablative (like Fraxel and Affirm). According to Dr. Rizk, ablative lasers are one-shot, effective procedures for wrinkle reduction and tissue tightening but require serious postprocedure downtime (up to 10 days). Nonablative lasers, says Dr. Katz, are great for improving skin texture and ridding skin of discolorations, like sun damage and age spots. Several treatments are required to see results, but posttreatment recovery time is just a few hours.

### AT-HOME ALTERNATIVES

❖ In-office laser treatments are very effective regardless of the type you choose, but they're not exactly affordable. (We're talking thousands!) Thankfully, there are now skincare products on the market that reportedly mimic the results. Some of our favorite brighteners and tighteners are below!

**TRY** Garnier Nutritioniste Skin Renew anti-sun-damage daily moisture lotion with SPF 28, \$13, drugstores. dr. brandt laser lightning night cream, \$110, sephora.com. KMMD Tighten and Lighten eye cream, \$64, kennethmarkmd.com in April.

