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beauty | great at any age



From left: L'Oréal Paris Collagen Remodeler Contouring moisturizer SPF 15, \$20; at drugstores.

3 Wrinkles form
After age 20 skin moisture can decline up to 10 percent per decade, says David Bank. Dry skin is looser and more prone to fine lines.

The Good News Products that increase collagen production, such as L'Oréal Paris's (left), can help slow the formation of fine lines and wrinkles. For more dramatic results, try an in-office procedure, such as fractional laser resurfacing (see below).

4 Veins look bigger
Regardless of changes in body weight, with age we lose fat from the back of the hands, making underlying veins bulge and look darker.

The Good News According to Beverly Hills dermatologist Harold Lancer, genetics determine when and how quickly the fat in your hands decreases, but professional treatments (see below) can help restore volume.

going pro

Spot On ... Spot Off

Using diode lasers, or light treatments, such as Intense Pulsed Light (IPL) and Advanced Fluorescence Technology (AFT), a dermatologist can zap those dark spots in one or two sessions. Spots will darken and then flake off within a week.

Lasts Indefinitely, though new spots could form. **Costs** About \$500 per treatment.

A Firm Offer

Visit your dermatologist for fractional resurfacing treatments, like Fraxel or Pixel, and within a week skin is tighter and firmer (spots are lighter too). The suggested three to five treatments trigger new collagen production. Skin continues to tighten even after treatment stops; full benefits can take six months to be fully visible.

Lasts Indefinitely, though it will not prevent future signs of aging. **Costs** About \$800 per session.

Pleasantly Plump

Injections of Perlane, a hyaluronic acid filler, or Radiesse, made of calcium hydroxyl crystals, restore fullness to hands. Effects are immediate; bruising or slight swelling could last a few days.

Lasts About six months for Perlane, up to one year for Radiesse. **Costs** \$1,500 for both hands.

Beam Me Up!
Laser and light beams can be used to rejuvenate aging hands.



—written and reported by Alysia Poe