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MAGAZINE

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**O's Guide
To Aging
Beautifully**

The Diet,
The Attitude,
And, Of Course—
The Eye Cream!

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(And You've
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Anyone—and
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Depends on It

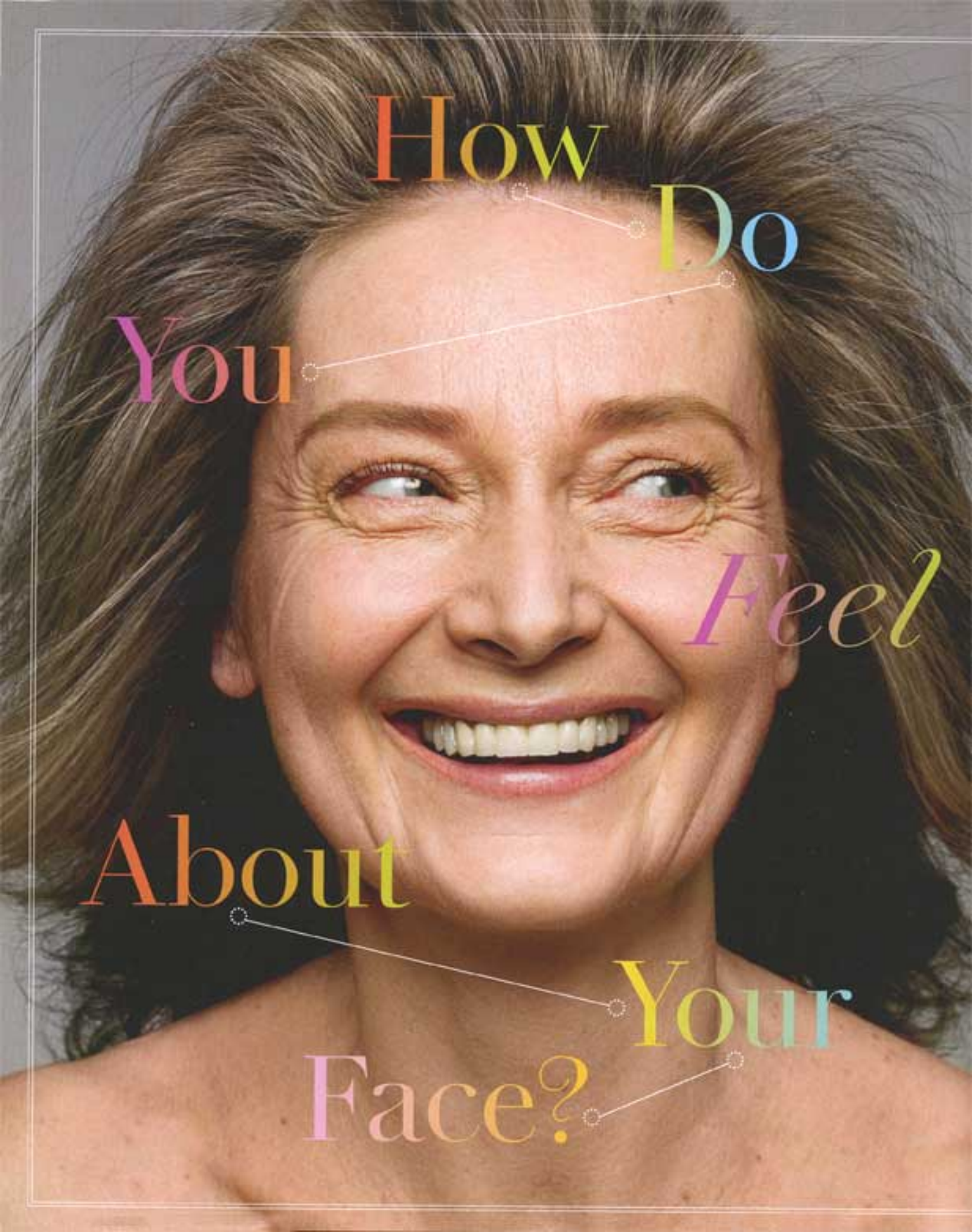
All the Way to 95!

**The Prettiest
Skin of
Your Life**

PAGE 228

**The "Did You
Lose Weight?"
\$35 Bathing Suit**

PAGE 118



How Do

You

Feel

About

Your

Face?



Pretty pleased, we hope. But if you wish your complexion looked a little fresher, or your skin felt a bit firmer, you have more options than ever—from makeup and creams to needles and lasers to scalpels and sutures. How far should you go? Your face, your call.

BY JENNY BAILLY

PHOTOGRAPHS BY PHILIPPE SALOMON

Easy Does It

MAKEUP AND CREAMS

A retinoid cream will help your skin build collagen and soften lines around the eyes and on the forehead. Prescription formulas (brand names include Retin-A and Renova) yield improvement in two to three months; an over-the-counter retinoid (retinol) will also smooth lines, though results are less dramatic.

COST: \$46 for 20-gram tube of generic tretinoin (brand name Retin-A); \$21 for Neutrogena Rapid Wrinkle Repair Night.

Slightly arched brows make your lids look more lifted. Tweeze any hairs below your browbone, then dip a stiff, slanted brush into a brow powder (two shades lighter than your hair color) and fill in your arches with short, feathery strokes.

COST: \$7 for Sally Hansen Raine Some Brows Slant Tip Tweezer; \$14 for Nys Eyebrow Kit.

The fat pads under your eyes thin with age, creating shadows. A creamy concealer one shade lighter than your skin tone helps illuminate your under-eye area.

COST: \$33 for Mally Beauty Cancellation Conditioning Concealer.

Nasolabial folds (the lines running from the corners of the nose to the corners of the mouth) are the result of volume loss in your cheeks. They'll be less noticeable if you create the illusion of higher cheekbones: Blend a cream blush above the apples of your cheeks.

COST: \$10 for Revlon Cream Blush in Berry Flirtation.

There's no cream that can lift or tighten a sagging jawline. But here's a surprising solution: Invest in a new haircut. A chin-length style that's slightly shorter around the face than in the back will give your face a lift. A few shorter layers at your crown create height that offsets drooping in your lower face.

COST: \$50 to \$500 for a great haircut.

You can fade brown spots with a lotion containing hydroquinone. A 2 percent concentration is available over-the-counter; for more significant lightening, your dermatologist can prescribe 4 percent. (Both concentrations yield results in about a month.) Supplement the lotion with a retinoid cream to speed cell turnover and slough away surface pigment.

And if you don't want the spots to return, sunscreen is a must, every day, rain or shine.

COST: \$29 for Glytone Fading Lotion; \$10 for 28.35-gram tube of prescription hydroquinone; \$10 for Coppertone Oil Free Flaming Sunscreen SPF 75.

The Middle Way

NEEDLES AND LASERS

Botox can soften the grooves between your brows and across your forehead. If the lines are deep, your doctor can also inject a hyaluronic acid filler, like Restylane, in the lines to achieve total smoothness.

COST: \$400 for Botox; \$600 for Restylane.

Botox injections can make your crow's-feet disappear. Results are noticeable within a week and last at least three months.

COST: \$400.

A hyaluronic acid filler with a very soft consistency (like Juvéderm Ultra) can be injected in the tear troughs to plump sunken areas under the eyes. You see results immediately, and they last up to a year.

COST: \$600.

Injecting a hyaluronic acid filler (like Juvéderm UltraPlus and Perlane) in the cheeks will lift that area and soften the nasolabial folds. Results last six months to one year. Injections of your own fat sometimes last longer but require a two-part procedure—the fat must first be suctioned from your thighs or buttocks.

COST: \$600 for hyaluronic acid filler; \$1,500 for fat transfer.

Fillers can add definition to a softening jawline. Calcium-based Radiesse works well in this area; Juvéderm UltraPlus and Perlane are also effective. Results last up to six months.

COST: \$700 for Radiesse; \$600 for Juvéderm or Perlane.

To improve moderate sagging, some doctors also recommend a noninvasive tightening procedure, like Thermage or Titan. After these treatments, effects peak around six months and last one to two years.

COST: \$1,000 to \$2,000 per treatment (Thermage requires one session; Titan requires three).

A 15 to 35 percent hydrogen peroxide gel, followed by exposure to blue light, whitens teeth in the dentist's office.

At-home whitening now works almost as quickly with good results.

COST: \$1,500 for professional whitening; \$55 for Crest 3D White 2-Hour Express Whitening Strips.

A series of three to six monthly chemical peels or microdermabrasion treatments helps lighten dark spots and smooth rough patches.

COST: \$150 per treatment.

Three to five monthly intense pulsed light (IPL) treatments even out diffuse freckling and redness.

COST: \$500 per treatment.

Concentrated dark spots can be zapped with a Q-switched laser; after one treatment, scars (formerly dark spots) fall off in about two weeks.

COST: \$200 to \$600 (depending on size and number of dark spots).

No Holds Barred

SCALPELS AND SUTURES

Botox is your best bet for smoothing forehead lines, but surgery is necessary to **reposition a drooping brow**. A browlift can be performed one of three ways (see glossary, next page); all of the procedures require anesthesia. Downtime is about five days; bruising and swelling may not completely subside for several weeks. **COST:** \$400 for Botox; \$3,000 for browlift.

One treatment with a fractional ablative laser can dramatically **smooth deep lines around the eyes**. The procedure requires pain medication, and you'll have red, flaky, swollen skin for several days afterward. The nonablative version of the fractional technology involves only mild redness and swelling but requires three to five treatments (at 30- to 60-day intervals), and won't completely efface deep lines. (Both lasers can also be used all over the face.) **COST:** \$1,500 for fractional ablative laser; \$1,000 for fractional nonablative laser (per treatment).

Eye lid surgery (blepharoplasty) **removes excess sagging skin above and below your eyes**, and in many cases the under-eye fat pads can be repositioned to plump up hollows in your tear troughs. If that's not possible, some surgeons also inject fat (harvested from the patient's thighs or buttocks) under the eyes. Blepharoplasty calls for anesthesia; downtime is about four or five days (with potential bruising and swelling for weeks). **COST:** \$2,000 for blepharoplasty; \$1,500 for fat transfer.

A facelift can **smooth deep lines and add fullness to the cheeks** by repositioning sagging fat pads and tightening underlying tissue. The surgery may also minimize hollowness under the eyes. Many surgeons now perform "short scar" facelifts, cutting from the temples (behind the hairline) down in front of the ears, stopping just behind the earlobes. If you also want to **tighten your jawline**, the incisions can continue up into your hairline behind your ears; the surgeon will reposition underlying tissue and remove excess skin in the lower face. The procedure is performed under anesthesia; downtime is a week or two, and bruising can last over a month. **COST:** \$7,000.

The Skinny on Skin Treatments

From topical solutions to major surgeries, here's exactly what we're talking about when we talk about...

Retinoids:

Topical vitamin A derivatives that **boost collagen to reduce fine lines and speed cell turnover to even out discoloration and smooth skin**. Prescription retinoids include tretinoin and tazarotene; the over-the-counter retinoid is retinol. Retinoids may cause some dryness and flaking while your skin gets acclimated (summer's skin-softening humidity can ease the transition).

Hydroquinone:

A topical ingredient that **inhibits the pigment-forming enzyme tyrosinase, to lighten discoloration**. A 2 percent concentration is available over-the-counter; doctors can prescribe 4 percent for more dramatic lightening.

Chemical peels:

An acid solution is painted on the face to **lift away the upper layers of skin, improving texture and discoloration**. A basic, light peel most commonly uses glycolic or salicylic acid and causes mild, temporary redness. Four to six monthly treatments are generally recommended.

Microdermabrasion:

Tiny aluminum oxide crystals are sprayed against the skin to **buff away dead cells, improving texture and removing surface pigmentation**. Skin may be pink for a few hours afterward. A series of four to six treatments is usually suggested.

Botox:

A purified injectable form of botulinum toxin that **blocks the nerve impulses that cause muscle activity—and the resulting expression**

lines. After it's injected (you feel a pinch), lines disappear in about a week; results last three to four months. (Many dermatologists now also use Dysport, a newer FDA-approved botulinum toxin comparable to Botox in effectiveness and longevity.)

Hyaluronic acid fillers (Restylane, Perlane, Juvéderm):

Synthetic sugars **injected into the skin to plump lines and restore lost volume in the face**. Restylane and Juvéderm are now mixed with anesthetic lidocaine, so injections cause minimal discomfort. Results are noticeable immediately and last about six months. You may have slight swelling for a day or two; bruising is also possible.

Radiesse:

A filler made up of calcium-based beads that can **recontour the cheeks and jawline**. You see results right away, and they last up to a year. You may have slight swelling for a day or two; bruising is possible.

Fat transfer:

Fat harvested from one part of the body (usually the butt or thighs) is used to **recontour the face**. Results generally last about six months to two years. You may experience a couple of days of swelling and bruising.

Fractional ablative laser (brand names include Lumenis DeepFX or ActiveFX):

A laser with a pixilated beam vaporizes small portions of the epidermis to **smooth deep lines, improve pigmentation, and generate some skin tightening**. The treatment is painful; doctors offer injectable

anesthesia (to numb the nerves in your face), an oral narcotic (like Percoset), and a topical numbing cream. Skin is very red, swollen, and flaky for five days afterward.

Fractional nonablative laser (brand names include Fraxel Dual or Palomar Lux 1540 Fractional):

A laser's pixilated beam targets collagen and pigment beneath the surface of the skin. It can **soften fine lines and treat diffuse freckling**. Three to five treatments (at 30- to 60-day intervals) are usually recommended; a topical numbing cream and ibuprofen prevent discomfort. Skin is red and peeling for a couple of days afterward.

Intense pulsed light (IPL):

Pulses of light are delivered to the skin to **reduce hyperpigmentation and redness**. Three to five sessions are usually suggested. The treatment is virtually painless (you may feel some warmth); skin could be red for a few hours afterward.

Q-switched laser:

Emits beams of red light that are absorbed by melanin to **fade brown pigmentation**. The treatment feels like rubber-band snaps; each spot darkens and falls away after about two weeks.

Thermage:

Radiofrequency energy heats lower layers of skin, **tightening collagen**. Requires some over-the-counter pain medication; only one treatment is necessary, and there is no downtime. Results peak after six months and last one to two years.

Titan:

An infrared laser heats lower layers of skin to **tighten collagen**. Treatments are painless, and most effective in a series of three. There is no downtime; results peak after six months and last one to two years.

Blepharoplasty:

Surgery in which **excess skin is removed from the upper and/or lower eyelids**. The procedure is performed under general anesthesia or intravenous sedation. Downtime is about four or five days; some bruising and swelling could last for several weeks.

Browlift:

Plastic surgeons usually use one of three techniques: An endoscopic browlift **repositions tissue beneath the skin** through three to five small (less than an inch) incisions along the hairline. A coronal browlift **raises the brow, and removes extra skin**, through an incision made from ear to ear, several centimeters behind the hairline. A lateral temporal browlift **cuts away excess skin** through two incisions (of about an inch and a half), made just behind the hairline. General anesthesia or intravenous sedation is required for all procedures. Downtime is about five days; swelling may not completely subside for several weeks.

Facelift:

Through incisions made along the hairline and around the ears, a surgeon **cuts away excess skin and lifts underlying tissue**. General anesthesia is recommended; downtime is at least one week (often two), and bruising and swelling may not subside for a month or more.

Our Expert Panel

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For details see Shop Guide.