

Smart ways to live well

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Prevention

Michelle Obama

Happy And Healthy At Any Age!

"Life really gets good when you're 40 or 50."

FEEL AMAZING!
75 Tricks Inside

FLAT BELLY FOODS!

- Cure Cravings
- Speed Metabolism
- Beat the Bloat

ALL-DAY Energy!

NATURE'S CURES

- ★ Lower blood pressure
- ★ Stop stress in seconds

SPECIAL EXPERT ISSUE

65 BEST HEALTH TIPS
for women

Prevention.com

THE
EXPERT
ISSUE

Beauty BY THE BOOK

A new crop of how-to tomes written by top derms and makeup artists is brimming with smart, look-younger advice. We flipped through the pages (so you don't have to).



■ BY KARYN REPINSKI

■ PHOTOGRAPHS BY CHARLES MASTERS

apples of cheeks and over the bronzer. Opt for a sheer shade with peach undertones if you're fair; use more intense hues of coral and sienna if skin is darker.

SURPRISING SOLUTIONS

Moisturize acne-prone skin. "Acne medications are often drying, so you may need more moisturizer, not less, when you're fighting breakouts," says Wechsler. Otherwise, overdryness may trigger inflammation, which causes more acne.

Just be sure to buy a lotion that's labeled *noncomedogenic* or *oil free*.

Fight flaky skin with a dandruff shampoo. Even if you don't have dandruff on your scalp, it can show up on the oilier skin on your forehead, between your eyebrows, and in the creases beside your nose. The simplest way to control these pink, scaly splotches: Three times a week, apply dandruff shampoo to the affected areas for 5 minutes, then rinse. "To be most effective, the active ingredient needs time to get into the follicles where the yeast that causes the condition resides," says Houston dermatologist Paul M. Friedman, MD, coauthor of *Beautiful Skin Revealed*.

AGE-DEFYING BUYS

Try a cream with GABA. Gamma-aminobutyric acid is a peptide that temporarily relaxes the facial



muscles responsible for crinkling, so your lines are less obvious for about 12 hours. "Ninety percent of my patients who apply a skin-smoothing peptide look younger 10 minutes later," says Boston dermatologist Jeffrey Dover, MD, author of *The Youth Equation*. **TRY: 24.7 Skincare Targeted Wrinkle Treatment** (\$30; CVS).

Hide lines with a highlighting pen. "These amazing innovations contain light-reflecting particles that optically smooth wrinkles—including crow's feet, forehead furrows, and smile lines—to make them less visible," says Jones. Use after your foundation (or apply the cream by itself if you don't wear base), dabbing just inside the entire length of the crease. Then pat along the highlighted area to blend. **TRY: Mary Kay Facial Highlighting Pen** (\$18; marykay.com) or **GloMinerals Glo-Brightener Highlight Concealer** (\$16; gloskincare.com). ■