

FOR WOMEN OF STYLE & SUBSTANCE

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STYLE
STEALS
UNDER
\$100**

**BEAUTY
DO-OVER**
ERASE THE
DAMAGE
OF SMOKING,
DRINKING,
SUN, TATTOOS

**THE
HEALTHY
BREAST
DIET**

**IS IT EVER
TOO LATE
TO FIND FAITH?**
PAGE 106

**➔ WHY
DREAMS CHANGE
AS YOU AGE**

**SUMMER
BOOKS YOU'LL
REMEMBER**
PLUS LOTS OF
GUILTY PLEASURES

**KYRA
SEDGWICK**

**THE CLOSER OPENS UP
ON MARRIAGE, MADOFF AND MAKING
PEACE WITH HER BODY**

JULY/AUGUST 2010

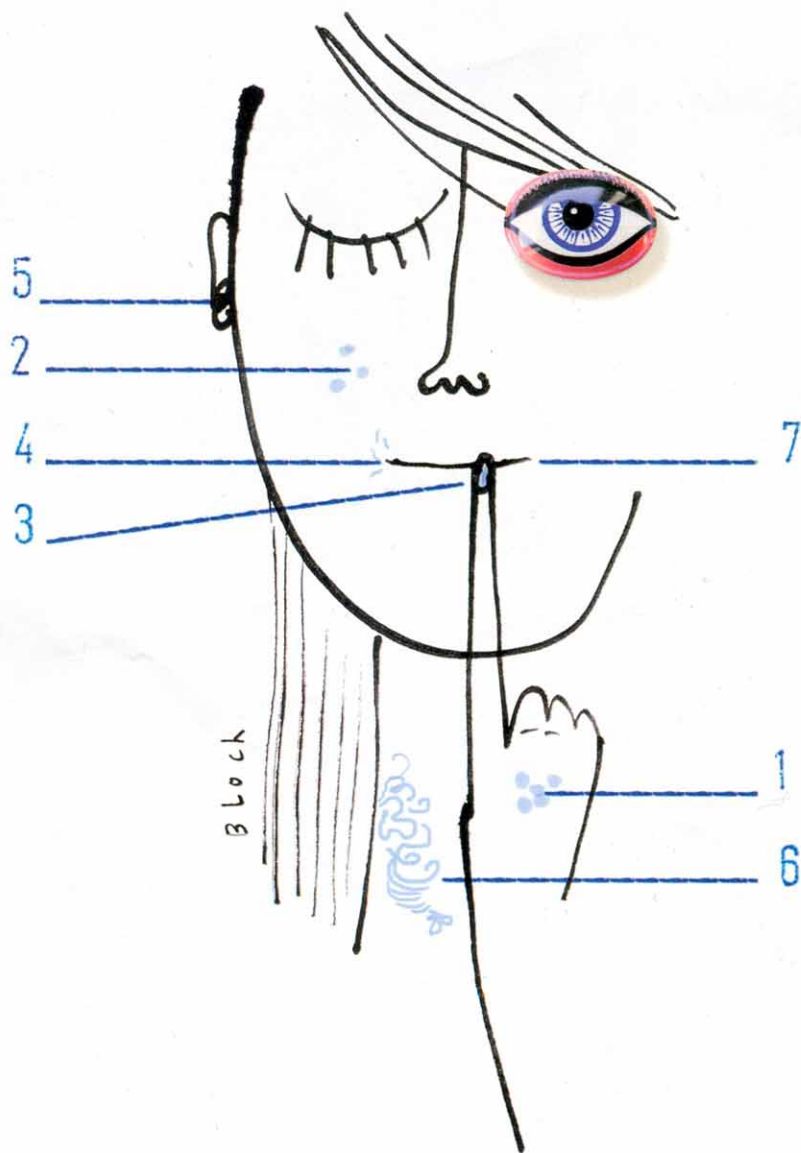


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More

beauty

MIDLIFE BEAUTY
MASTERY



Ch-Ch-CHANGES!

PROBLEM | *The fun you once had is taking its toll*

You *sunbathed*, you smoked, you downed Harvey Wallbangers. *Ah, youth.* But those *good times* came at a price: brown spots, lip lines, weak nails and more. Here, how to *make amends* to your looks

I
SIN | *You worshipped the sun*

PRICE | *Spotty hands*

» **Fast fix** Apply a tinted moisturizer with light-reflecting particles to the tops of your hands. Like a soft-focus lens, the lotion makes discolored areas less apparent. We like Olay Definity Recapture SPF 15; it's available in three sheer shades.

» **Long-term tips** "Pigment-targeting lasers break up melanin in brown spots, causing them to dry up, then crumble off," says Arielle Kauvar, a New York City dermatologist. Prices start at \$400 per session, and you'll need two or three. To maintain results, apply sunscreen daily and exfoliate your hands regularly with the same skin slougher (such as Retin-A) you use on your face. »

Try
OLAY DEFINITY
RECAPTURE
MOISTURIZER AND
SHEER ILLUMINATING
COVERAGE SPF 15
\$30; drugstores



2

SIN | You picked your pimples**PRICE** | Depressed scars

» **Fast fix** Hide uneven texture with a silicone primer; it helps fill in ice-pick scars. We like Dr. Brandt Flaws No More Skin Perfector.

» **Long-term tip** Using a retinoid such as Retin-A triggers collagen production and smooths the skin's surface, says Paul M. Friedman, a Houston dermatologist. For deeper scars, he recommends a fractionated laser like Fraxel re:pair, which vaporizes scar tissue, causing new skin to fill in depressed areas. Cost: \$800 and up.



3

SIN | You wore acrylics—a lot**PRICE** | Weak, dry nails

» **Fast fix** Acrylics deprive nails of oxygen and moisture, leaving them brittle and split prone, says Ji Baek, owner of New York City's Rescue Beauty Lounge. To boost nails' flexibility and prevent breakage, hydrate them daily with an oil like Carol's Daughter Lemon & Jojoba Cuticle Oil.

» **Long-term tip** Keeping nails polished reinforces weak spots and hides yellow tones until new, healthier nails grow in, says Jin Soon, owner of Jin Soon Hand and Foot Spas in New York City.



4

SIN | You smoked regularly**PRICE** | A puckered pout

» **Fast fix** A clear, waxy lip liner helps fill in wrinkles around the mouth, making them less noticeable—as well as keeping lipstick from bleeding into and emphasizing the creases. One to try: DuWop Reverse Lip Liner.

» **Long-term tip** "A hyaluronic acid filler [such as Restylane or Juvederm] will plump out lines immediately—and the results should last up to nine months," says Suzanne Kilmer, a Sacramento, California, dermatologist. Cost: from \$400 per treatment.



5

SIN | You loved heavy hoops**PRICE** | Stretched-out holes

» **Fast fix** Applying see-through Lobe Wonder patches to the backs of your earlobes relieves pressure from heavy earrings, minimizing the pull-down and preventing further stretching or tearing.

» **Long-term tip** "A plastic surgeon can cut out the elongated earring hole, sew up the incision, then repierce the lobe about six weeks later, creating a hole as taut as the original," says Gerald Pitman, a New York City plastic surgeon. Cost: from \$300 per ear.



6

SIN | You got tattooed**PRICE** | Eternal regret

» **Fast fix** There are concealers opaque enough to make a tat disappear; just ask Angelina Jolie. Her pick: Cover Fx Total Coverage Cream Foundation SPF 30. Makeup artist Wanda Longo suggests choosing a cover-up one or two shades lighter than your skin tone to "white out" the darkest ink.

» **Long-term tip** "The latest pigment-targeting lasers erase most tattoos in five 15-minute sessions," says Robert Guida, a New York City plastic surgeon. Cost: from \$500 per treatment.



7

SIN | You drank excessively**PRICE** | Bad breath

» **Fast fix** Alcohol reduces saliva, so bacteria don't get rinsed away. The result? Rancid breath. Years of over-imbibing can make halitosis chronic, says Jeff Golub-Evans, a New York City dentist. To combat bacteria buildup, use alcohol-free products such as Crest Pro-Health Rinse and suck on mints to boost saliva production.

» **Long-term tip** In extreme cases, excess bacteria can lead to gum recession and disease. If you suspect this is the case, see a dentist pronto. ☹



/summer nail trend/
VIOLET TENDENCIES



From periwinkle to plum, this season's prettiest lacquers are all about surprisingly sophisticated purple. Our picks:

- » OPI NAIL LACQUER IN RUM-
PLE'S WIGGIN' (\$9: opi.com for stores)
- » YSL LA LAQUE IN BLACK
TULIP (\$20: yslbeautyus.com)
- » OPI NAIL LACQUER IN FUNKEY
DUNKEY (\$9: opi.com for stores)

Tip: Play up your nails with **ESSIE EJUENATE**, a four-step hand-care system that includes a soak, scrub, treatment and moisturizer (\$18 to \$24: essieshop.com).

EDITOR'S
PICK



Three Bright Ideas
NARS's latest collection of Multiple Tints (\$38 each; narscosmetics.com) may look bold, but on the skin they're quite demure. Each candy-colored gel stick imparts a subtle, dewy (but not greasy) glow. Use it on cheeks to create a healthy flush or on lips for a shiny stain. Available in three limited-edition shades: *Beverly Hills* (watermelon), *Cadaqués* (pink) and *Turks & Caicos* (tangerine).

HEAD-
TO-TOE
glow

Get sun kissed all over with a supersize powder bronzer. The extra-large compact gives you ample coppery color, plus you'll acquire an instant tan sans the odor or drying time of self-tanner. Best bets:

1. JK JEMMA KIDD SHOW STOPPER WATER RESISTANT BRONZER (\$23; target.com)
2. ESTEE LAUDER BRONZE GODDESS EXOTIC BRONZING BLUSH (\$35; estelauder.com)
3. LAURA GELLER BAKED BODY FROSTING IN TAHITIAN GLOW (\$40; qvc.com)
4. RIMMEL SUN SHIMMER MAXI BRONZER IN SUN LOVE (\$8; drugstores)

The actual size of these bronzers is larger than they appear here.



The Bloomer
GENERATION

SWORE YOU'D NEVER WEAR A FLOWERY SCENT? THESE WORLDLY BLENDS MAY SWAY YOU



CHLOE EAU DE TOILETTE (\$65; neimanmarcus.com) lightens Chloé's original rose-based Eau de Parfum formula with a dash of watermelon and freesia.



PRADA INFUSION DE TUBEREUSE (\$100; neimanmarcus.com) cuts über-feminine tuberose with zesty blood orange, creating an aroma that's first nice, then naughty.



ARMANI ACQUA DI GIOIA (\$40; saks.com) boasts jasmine and peony—with a tart citrus twist. The fragrance equivalent of a summer cocktail.



BALENCIAGA PARIS EAU DE PARFUM (\$130; bergdorfgoodman.com) uses violet leaves, not the buds, as its base. The result: an original scent that's both sexy and smart. Just like you.

BIG
DEAL!

NORDSTROM'S ANNIVERSARY SALE starts July 16. For a short time only (sale ends August 1), you can score value-size versions of your favorite products from Kiehl's, Fekkai, Philosophy and more at Nordstrom stores or nordstrom.com.

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