



# 3 EXPERTS ON... SAGGING SKIN

Skin can lose elasticity and head south with age, but our pro tips for keeping your face looking and feeling firmer will help you defy gravity

## THE DOCTOR says:

"Lax skin can be the result of gravity; heredity; body changes like repeated weight gain and loss; and environmental factors such as sun damage that cause the breakdown of the elastin and collagen fibers that give it structure. The best noninvasive professional treatment for tightening sagging skin is a laser like the Nd:YAG, which heats the deeper layers, encouraging collagen production. You'll see improved firmness and plumpness with one to two treatments (about \$500 each)."

— Gerald Imber, M.D., cosmetic surgeon at Weill Cornell Medical Center in New York City



## GH BEAUTY LAB says:

"Applying a broad-spectrum SPF 30+ sunscreen all over your face each morning can slow down skin sagging by preventing UV rays from degrading collagen and elastin. For an extra layer of defense, choose a serum or SPF that contains antioxidants like vitamin C. To help *rebuild* lost collagen and elastin, look for products made with **peptides**, which are the skin fibers' building blocks, and **retinoids**, which stimulate their production. Use daily for three to six months for optimal results."

— GH Beauty Lab Director Binur Arol, Ph.D.

## MAKEUP ARTIST says:

"Highlighting your cheeks instantly makes your face look more lifted. For a subtle effect, blend a concealer or foundation one shade lighter than your skin tone along the high points of your cheekbones to draw the eye upward. For more drama, try a cream or powder highlighter, whose shimmer will reflect extra light. To visually lift the eyes, shape them by gliding a soft eyeliner pencil in a thin line along the lashes, starting at inner corners and extending up slightly at outer corners." — Victor Henao, director of global makeup artistry at Estée Lauder

### TOP LAB PICKS | ANTI-SAG STARS



#### LIFTING HIGHLIGHTER

A creamy formula with finely milled reflective mineral particles, **Philosophy Instant Miracle Worker Lift & Light Stick** (\$30, Ulta) comes in a handy stick to glide on skin.



#### POWER SPF

Protect against sagging with GH Seal star **Mary Kay TimeWise Repair Voku-Firm Day Cream Broad Spectrum SPF 30** (\$52, [marykay.com](http://marykay.com)), which has antioxidant vitamin E and peptides.



#### FIRMING TREATMENT

Beauty Lab evaluations showed that GH Seal star **No7 Lift & Luminate Triple Action Serum** (\$34, Target), with both retinol and peptides, visibly increased skin's firmness.

**SAVE SMARTER**

**Set up a flexible health spending account.** It's pretax money, so it's like having a 15%- to 25%-off coupon every time you see a doctor or fill a prescription.