

TOO  
STRESSED  
TO LOSE  
WEIGHT?  
THE TRUTH  
ABOUT  
EMOTIONAL  
EATING

FASHION'S  
MOST

AGE OF EXPERIENCE

When New York City-based surgeon Gwendolyn Wexler, MD, meets her first bride, she reads the fine print: The State of Florida (FL) has a statute (B. 603) that, in 1987, she says, he was "intentionally negligent" for the first chemical peeling procedure he performed. Instead of looking off to the side, she says, she was looking at the doctor. "I was shocked," she says, "because he was already 40 years old and he was already a doctor. He had already been a doctor for 10 years. He had already been a doctor for 10 years. He had already been a doctor for 10 years."

SLOW AND STEADY WINS THE RACE: SARAH BERNHARDT FINDS THAT WHEN IT COMES TO PREVENTING AGING, TIMING IS EVERYTHING

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TIME BOMB According to Wexler, prevention should begin as soon as you can legally drink a beer. "You're over 21 and you're given the aging signs," she says. Before you're 30, the best time to begin is before you're 30, she says. "If you're over 30, it's a little bit later, but you're still young enough to start. You're still young enough to start. You're still young enough to start."

DRESSES  
OUR BIGGEST  
GIFT GUIDE  
100+ IDEAS  
FOR HIM  
FOR HOME  
FOR YOU

AGING, EVERYTHING

FULL SERVICE

maintaining a face's volume, not removing it, is the key to youthfulness. Wexler prefers recycling her patients' fat to other fillers, because it potentially lasts longer, with no risk of causing an allergic reaction. She harvests it from the stomach or saddlebags, then injects it right under the skin of whichever facial area needs fullness. Beverly Hills plastic surgeon Babak Azizzadeh, MD, an assistant clinical professor at the UCLA School of Medicine, prefers to insert the fat deeper down, either above or below the muscle, so it is closer to the face's blood supply and has the best chance of lasting.

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THE DRIVE-THRU ASPECT OF NONINVASIVE, LOW-COMMITMENT PROCEDURES, FROM INJECTIBLES TO PEELS, MAKES THEM VERY EASY FOR WOMEN OF ANY AGE TO OVERDO. A CHEMICAL PEEL REPEATED TOO OFTEN CAN LEAVE A PATIENT WITH BROKEN CAPILLARIES. FILLERS CAN FILL TOO MUCH. "IF YOU KEEP BLOATING THE NASAL LABIAL FOLDS," WEXLER SAYS, "IT GIVES THIS AGING MUZZLE EFFECT. YOU SEE A LOT OF WOMEN WALKING AROUND LOOKING LIKE BULLDOGS."

The drive-thru aspect of noninvasive, low-commitment procedures, from injectibles to peels, makes them very easy for women of any age to overdo. A chemical peel repeated too often can leave a patient with broken capillaries. Fillers can fill too much. "If you keep bloating the nasal labial folds," Wexler says, "it gives this aging muzzle effect. You see a lot of women walking around looking like bulldogs." Some patients worry that constant inflation and deflation of the lips from injections will cause their skin to stretch and sag. Fillers have that potential, but, according to Azizzadeh, only when they're not inserted gradually over time and if they're used in unusually large amounts.

FOR HIM  
FOR HOME  
FOR YOU

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