

More

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FIRSTS AFTER 40 THE JOYS OF REINVENTING YOURSELF

HOW MUCH \$
IS ENOUGH,
REALLY?
Find your
financial
comfort
zone

AGE- PROOF BEAUTY THIS STUFF WORKS!

- ✕ Best new wrinkle-fighters
- ✕ Top doctors' skin solutions
- ✕ Anti-aging makeup tips

20 THINGS YOU SHOULD KNOW BY NOW

TREATMENTS FOR TOUGH PROBLEMS

PROBLEM: Forehead lines and furrows
Solution: Botox to relax and soften; CosmoDerm (human collagen) to fill. "I like to wait two weeks between these procedures, because by then the Botox has decreased the wrinkles by up to 50 percent," says Debra Luftman, M.D., clinical instructor of dermatology at UCLA.

PROBLEM: Crow's-feet
Solution: Botox to freeze and soften; CosmoDerm to fill. "These wrinkles are caused by facial expressions and respond well to Botox. Then we can add collagen if the deep crease remains after muscle is relaxed," says Luftman.

JODIE FOSTER

Even her mother said she wouldn't work after 40...

"I'm having the last laugh"