

# O

THE OPRAH  
MAGAZINE

**INSIDE THE  
OPRAH SHOW**  
Her favorite guests,  
biggest shocks,  
happiest moments  
—what Oprah was  
*really* thinking

## AGE BRILLIANTLY!

From your 20s to your 80s+...

- Live a love-filled life
- Learn something thrilling
- Knock someone's socks off
- Get smart about money
- Be your healthiest, most beautiful self

What scares women about getting older? *Everything!*  
Why not to worry, page 299

- The truth about **DATING** Again
- Why Weight Watchers **STILL** works

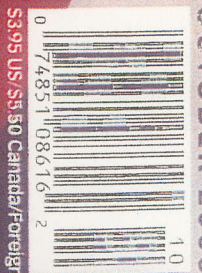
## NORA EPHRON ON BEAUTY MAINTENANCE

What it takes  
to stop time from  
marching all  
over your face

## SKIN SAVERS: THE 4 ESSENTIALS

**3. RETINOIDS:** To undo damage, this family of vitamin A derivatives, which includes both prescription Retin-A and over-the-counter retinol products, is still considered the collagen-building, line-smoothing gold standard. Prescription options now include Retin-A Micro (which encapsulates the Retin-A for less irritation) and Renova (a cream-based moisturizing formula), as well as Tazorac, Avita, and Avage. Among the over-the-counter options, dermatologists are partial to RoC Retinol Correxion, \$20, and Neutrogena Healthy Skin Anti-Wrinkle Intensive Serum, \$17. "Even with [less potent] over-the-counter products, you should notice a smoothing of fine lines and often improved pigmentation within four to six weeks," says Debra Luftman, MD, clinical instructor of dermatology at UCLA.

**DR. PHIL:**  
A hostile in-law,  
crippling shyness,  
a good goodbye



0 74851 08616 2

OPRAH.COM

OCTOBER 2005

\$3.95 US/\$5.50 Canada/Foreign