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THE BEAUTY TIPPING POINT

Christine Lennon

Get rid of wrinkles, cellulite, and more with these anti-aging skin tips

Anti-Aging Fixes

cellulite

wrinkles

a chest full of freckles

thinning hair

stray hairs

acne

red bumps around your nose and mouth

brown spots on your face

A Chest Full of Freckles

Consider these sun spots souvenirs from all those irresponsible spring breaks spent sitting around the pool sans sunscreen. Like wrinkles, they begin making an appearance when you hit the big 3-0.

Preemptive Strike

Daily dedicated use of broad-spectrum SPF 30 or higher prevents sun spots from forming and keeps existing ones from becoming darker.

Turn Back Time

Studies show that retinoids, those all-powerful skin rejuvenators, can zap sun spots. "Your skin regimen for your face can be modified for your chest, which is more sensitive," says Doris Day, M.D., a dermatologist in New York City. "Try applying an OTC retinol product with a moisturizer to clean skin a few nights a week."

"I've had great success removing brown spots with the new AcuTip laser and the Nd:YAG laser," says Beverly Hills dermatologist Peter Kopelson, M.D. Laser treatments can set you back \$500 to \$2,000, "but if you address these brown spots now, at age 30, you're likely to have fewer issues later on if you continue to wear sunscreen and stay out of the sun," says Kopelson.

Intense pulsed light (IPL) therapy can also lift sun-damage spots from the chest or face. It's an in-office treatment that delivers intense blasts of broadband light therapy deep into the epidermis to kill pigmented cells, which then slough off after a week or two. It's slightly less expensive than lasers (around \$500 per treatment), but several sessions may be required to see maximum results.

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