



Marie Claire
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Beauty



Travel starts to crack like an old record. The purpose of skin is to act like a barrier. As your face gets drier, it also gets more sensitive." The good news is that you can replenish hyaluronic acid topically. Soaking in serums with a cream will protect against irritation and further moisture loss.

Thinning

Estrogen is slowed or lost, so severe changes will look older. Some women fade. Acne from hormonal acid production, estrogen also affects collagen and elastin levels. And hormonal shifts hit the skin, making it less pliable and more prone to wrinkling. "After age 30 you're losing 1 percent of your collagen a year," says Fields. "Epithelial, growth factors, and retinoids will help

EYES



RECOMMENDATION: Cream For Dark Circle Correction L'Oréal Paris, \$20; L'Oréal Paris, \$20; L'Oréal Paris, \$20.

rebuild the collagen, but elastin is difficult to replace." Elastin is responsible for—you guessed it—elasticity. As skin becomes looser and less flexible over time, "facial wrinkles occur where the skin becomes too big for the blood underneath," explains Kaplan. The first place you'll start seeing fine lines is around the eyes. The periorbital region, where skin is the

FIRMING



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thinnest. When peptide-fortified eye and face creams get no longer enough, Kaplan recommends lasers and injectable fillers to plump out the padding.

Marking Out

In the decade leading up to menopause, testosterone levels drop as much as 50 percent. You'll see less acne, but the thinnest layer of your skin will start to thin and sag. This marks hormone-related bone loss collects facial structure, causing off-balance and increasing skin slackening. Going on and off the Pill makes things worse, warns Fields. "Skin looks more juicy when you're on the Pill, but if you're playing around with it, your face will get dehydrated and dry-watery." However, topical applications of plant-derived estrogens phytoestrogens like soy, green tea, and wild yam are safe and can help firm up the face. "If you start applying phytoestrogens in your 40s," says Boston dermatologist Dr. Sandra Hirsh, "it'd be money that it would help prevent much of the sagging that occurs after menopause."

Once hormone production starts almost to a halt, fields, menopausal skin changes dramatically all over your body. "Forty percent of your collagen is lost in the first five years after menopause. As a result, not only will your face fall, but you'll also see more cellulite—your hetties are gone and your body turns to cellulite," says Fields. "Forty-year-olds still look great, but even Demi Moore will take to quack." Stay tuned for Demi's solution because you know that at age 42, she won't go down without a fight. www.marieclaire.com

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