

**HAIR
BANGS!
THE RIGHT
ONES FOR
YOUR
FACE**

**FASHION
YOUR SUMMER
CLOTHES**

280+

**IDEAS: THE BEST
NEW BOOTS,
BAGS, JACKETS,
AND JEANS**

**HOW TO
PULL OFF
THE 12
HOTTEST
LOOKS**

**FIRST PEEK AT
FALL
FASHION**

**WOMEN
IN MUSIC**

**BEYONCÉ,
CHRISTINA
AGUILERA,
KE\$HA,
ALICIA KEYS...**



RIHANNA!

**ON HER
NEW LOOK
AND HER
NEW MAN**

(and a word about the old one)

**FREE
MUSIC
DOWNLOAD**
SEE PAGE 137
FOR DETAILS

SEX

**YOU'RE
IN LOVE.
SO WHY THE
BAD SEX?
FIX IT NOW**

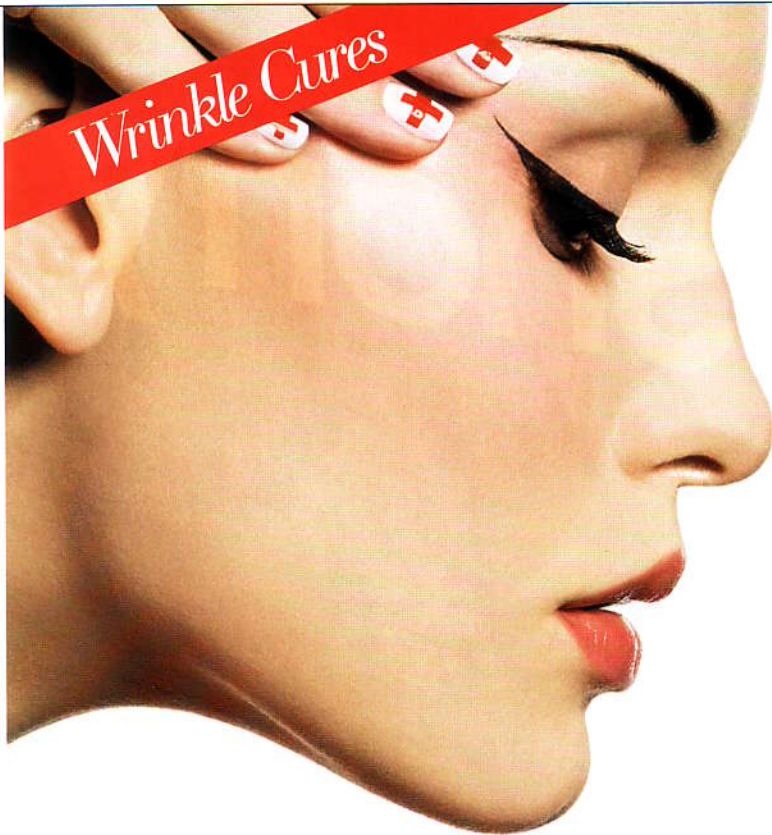
BEAUTY

**ANTI-AGING
BREAKTHROUGHS**
THEY'RE PAINLESS,
AND YOUR
WRINKLES WILL
REALLY GO AWAY

JULY 2010
USA \$3.99
ELLE.COM

02492





+ SHED SOME SKIN

DREAM CREAMS

Our derms' first choice for clock-stopping: vitamin A-derived retinoids. These potent skin-sloughers pack a one-two punch by "smoothing skin and increasing collagen," Berson says. Sensitive types can try rinsing off their retinol after two minutes "to get benefits without irritation," Brandt says. "And then eventually you can work your way up to leaving it on all night." Alternately, try amino-acid peptides, which also encourage cell turnover and promote collagen synthesis but "may not be as potent as retinoids," Brandt says.

THE PEEL SESSIONS



Light, no-downtime chemical peels (including beta and alpha hydroxy acids) "remove fine lines by lifting that outer layer of the skin," says

Florida derm Susan Weinkle, MD. Microdermabrasion strips away dead cells mechanically (without chemicals), making it "good for sensitive skin," says San Francisco dermatologist Richard Glogau, MD.

LASER TAG

NYC skin wizard Dennis Gross, MD, treats his twentysomething patients with a unique collagen-building duo: a chemical peel with a few passes of a pulse-dye Vbeam laser. "If you strengthen collagen one way and then again with a second modality, it gives an extra-strength boost," Gross says. Deeper crinkles require laser resurfacing, which "tricks the skin into thinking it's under heat injury, increasing elastin production," Blyumin-Karasik says.

It happens in a flash. Suddenly (and sadly), you aren't getting carded anymore, and you find yourself obsessing over the tiniest crease. You feel wounded—and in reality, you are. "Fine lines are the result of damage to collagen and elastin," says New York City dermatologist Diane Berson, MD. "Wrinkles show up first around the eyes because we use those muscles for expression and the skin is thinner there." UV exposure also speeds up aging. "The best way to treat a wrinkle is by preventing it in the first place. So everyone should use sunscreen," says NYC and Miami derm Fredric Brandt, MD. Here, more ELLE-tested, doctor-approved options for smoother skin, fast.—*Maura Lynch*

+ GENERAL ELECTRIC

Derms are buzzing about bioelectric potions from Neutrogena, RoC, and Aveeno. "Our cells communicate through electrical pulses," says Miami dermatologist Marianna Blyumin-Karasik, MD. "Bioelectric creams release charges that mimic these cellular messages, telling the skin to make more collagen and elastin."



From top: Neutrogena brought America our first stabilized nonprescription retinol in 1996, and the brand's new Ageless Intensives Anti-Wrinkle Deep Wrinkle Filler combines the proven line-fighter with plumping hyaluronic acid; Olay Regenerist Micro-Sculpting Serum delivers a concentrated blast of the same power peptides found in best-selling Regenerist Cream; in head-to-head tests, at-home DDF Revolve 400X Micro-Polishing system worked better than a professional microdermabrasion machine; the Aveeno Ageless Vitality regimen uses bioelectricity to tighten.

+ TOXIN AVENGERS

Neurotoxin injections (Botox and Dysport) relax the muscles that cause creases, and they work faster than creams "to treat crow's-feet and the fine lines of the upper face," Blyumin-Karasik says. Brandt concurs: "It's such a home-run treatment: You get a guaranteed result, and nothing else works as quickly." (Expect to see significant results in just a few days.) Good news for the needle-phobic: A topical version of botulinum toxin, now in clinical trials, transfers the drug via a peptide-based gel instead of a needle.

+ QUICK FIX

Certain peptides that promote collagen production in the long run (such as those found in Murad Hybrids Eye Lift Illuminator, shown here and at left) can cause a tightening effect on contact; moisture-rich hyaluronic acid, found in Dr. Brandt Lines No More, acts like spackle to smooth away creases while "increasing volume intra- and intercellularly," Brandt says.



Model: Antonio Terron; Neutrogena: Len Laguarda; Olay: Steven Krause