

SELF

\$9,400
WORTH OF
FREEBIES
INSIDE!

SPECIAL STEP-BY-STEP HANDBOOK

DROP 10 POUNDS

56 Slimming
Meals That
Rev Your
Metabolism | Burn 120
Calories
Without
Even Trying

GLOWING SKIN, SHINY HAIR

Solutions for Every Type

STRESS LESS ABOUT MONEY

Enjoy a Fatter Wallet,
Happier Relationships

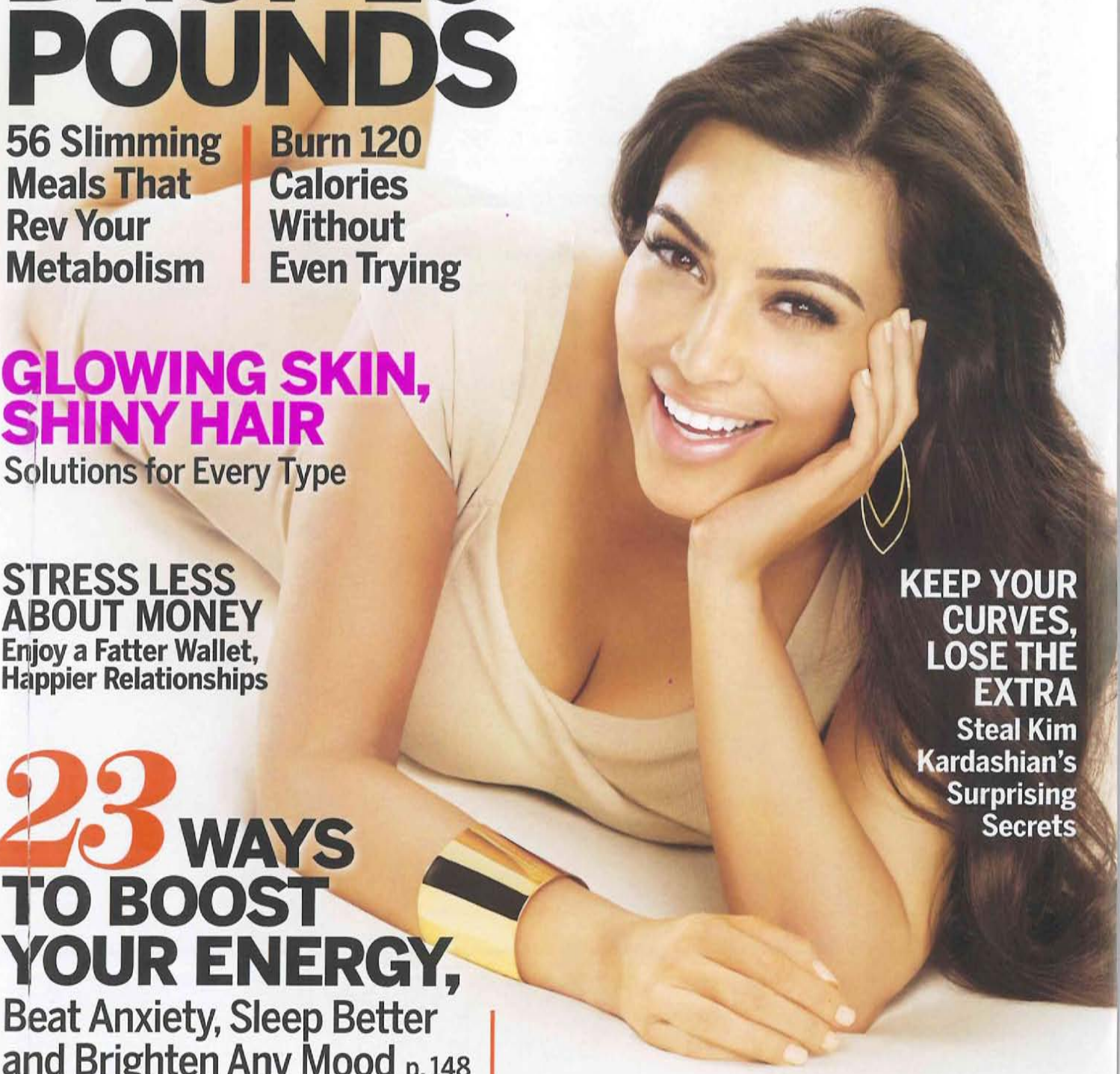
23 WAYS TO BOOST YOUR ENERGY,

Beat Anxiety, Sleep Better
and Brighten Any Mood p.148

Healthy Recipes
Made Simple
Diet-Friendly & Delicious!

KEEP YOUR CURVES, LOSE THE EXTRA

Steal Kim
Kardashian's
Surprising
Secrets





Nervous? Ask for a numbing cream before getting an injection.

Smooth wrinkles

Consider these options if you've already tried... Vitamin A creams (such as Rx retinoids or ones with retinol) and alpha hydroxy acids, such as glycolic and lactic, which help soften wrinkles by stimulating new collagen growth; and, of course, broad-spectrum sunscreen, to fight off the free radicals and sun damage that cause lines in the first place.

For fine lines "If you begin using Botox or other freezers as soon as you notice subtle expression lines and continue as you age, you can absolutely prevent certain wrinkles from forming," says Dennis Gross, M.D., a cosmetic dermatologist in New York City. There's also nothing better for treating movement-related lines you already have: "Even in your 30s, you usually end up with 100 percent smoothing," says Patricia Wexler,

M.D., associate clinical professor of dermatology at the Mount Sinai School of Medicine.

WHAT CAN I EXPECT? You will feel a slight pinch from the needle; injection sites might be red and puffy for a few hours.

BOTOX
Sessions
1 every 3 to 6 months
Cost
\$300–\$1,100/session
Downtime
0 days
Ouch factor
 ☹️☹️☹️☹️☹️

For noticeable creases Do needles make you cringe? A series of light peels or laser treatments can erase lines by boosting collagen production. You can also try subablative rejuvenation, which uses radio frequency energy to heat skin, tricking it into producing more collagen.

WHAT CAN I EXPECT? When the device is used on the mildest setting with a numbing cream, pain from subablative rejuvenation is minimal. Your skin will be pink for a few hours afterward, and you'll have to go back for several follow-up treatments.

SUBLATIVE REJUVENATION
Sessions 3 to 5
Cost \$350–\$1,500/session
Downtime
Up to 2 days
Ouch factor
 ☹️☹️☹️☹️☹️

For deeper wrinkles When lines are deep enough to feel with your fingers, derms may opt to inject a hyaluronic acid–based filler, like Restylane or Juvéderm, to bulk up the area directly under wrinkles. You'll need a treatment every 6 to 12 months, but some fillers stimulate your own collagen production, helping stretch the time between injections, says David Bank, M.D., a dermatologist in Mount Kisco, New York.

WHAT CAN I EXPECT? Most hyaluronic acid fillers have pain-killing lidocaine mixed in—ask for these, as they are much less uncomfortable. You can go back to work when done, but you may experience a day or two of swelling, along with some bruising. Skip the gym for two days; raising blood pressure can exacerbate swelling.

FILLERS
Sessions
1 every 6 to 12 months
Cost
\$700–\$1,400/session
Downtime
2 days
Ouch factor
 ☹️☹️☹️☹️☹️