

SHE'S GOT THE LOOK!

Tanya Hutchison, 45, a mother of five from Orange County, California, bested thousands of over-35 women on TV Land's *She's Got the Look* to land a modeling contract with Wilhelmina and a shoot with SELF.



Keep your skin forever young!

Wanted: your freshest-looking face. Found: the smartest spot removers, wrinkle fighters and dullness erasers to help you take five years off your skin.

By Mary Rose Almasi

SONJA PACHO: STYLING; ROBIN PAGE: HAIR; DICKEY FOR HAIRRULES.COM; MAKEUP: WADA FOR JED ROOT; MANICURE: LIANG FOR WARREN-TRICOMI.COM; PROP: STYLING; JEN EVERETT; INSET IMAGES: COURTESY OF SUBJECTS; STILL LIFES; DEVON JARVIS; SEE GET-IT GUIDE.



beauty NEED TO KNOW

Think birthdays are all that shout your age to the world? Unfortunately, your skin can make you look older than you are. Testers in a study from the University of Göttingen in Germany estimated that people whose discoloration was digitally removed from photos were five years younger than their true age. When wrinkles were also smoothed, they guessed a 15-year age drop. Luckily, our plans can help you remove your biggest age markers such as spots, lines and dullness. So by your *next* birthday, you can have your youngest-looking skin in years!

SKIN OFFENDER

Overall dullness

Banishing dullness couldn't be easier—or offer more instant gratification. SELF found advice that will have you seeing the light.

Your get-luminous plan

EXFOLIATE WEEKLY Radiance starts with sloughing off dead skin cells. “The cellular turnover cycle that was 28 days in your youth will expand to close to 35 days by your 40s,” says Ellen Marmur, M.D., a dermatologist in New York City. Because new skin equals younger-looking skin, your goal is to speed things up. Sensitive types can try a night moisturizer with alpha hydroxy acids. For normal skin, try a stronger salicylic acid peel or a microdermabrasion kit; use either once a week only.

GET DEWY SKIN Right after you exfoliate is the best time to hydrate. “Your skin’s outer layers make or break your glow factor—if yours are dry, they won’t allow light in,” says Ranella Hirsch, M.D., a dermatologist in Boston. Use a serum with humectants such as hyaluronic acid daily. For extra-dry skin, look for proteins or linoleic acid (in StriVectin Facial Anti-oxidant, \$109), which will plump up skin. Follow with sunblock—derms warn that nothing destroys radiance more than sun exposure.

BREATHE AND RELAX “Chronic stress can produce hormones that damage the skin, robbing it of many of the nutrients it needs to look healthy, and dullness can be the result,” Dr. Hirsch says. Sleep deprivation and crash diets do the same. Test different forms of stress relief to find what works for you.

I TRIED A DOC'S OFFICE FIX

“After one laser treatment, I get so many compliments on my beautiful, radiant skin.”

Lia Hakim, 39, Westchester, New York



Hakim is a former sun worshipper, and her face had the evidence to prove it. She went to Scott Wells, M.D., a plastic surgeon in NYC, to rid herself of the damage.

The treatment Dr. Wells did an aggressive rejuvenation using Lumenis UltraPulse, a fractional ablative laser that zaps off the top layers of your skin to trigger new collagen growth.

The result The single session minimized her dullness and restored plumpness and perkiness to her tone. “My skin really glows—even months after the treatment,” she says.

The cost About \$5,000 for one session, which lasts five years or more. A cheaper fix? Glycolic peels (\$150 to \$250 each).



Party on! Pretty skin is the best gift for yourself.

Feeling glowless? Mica in Aveeno Positively Radiant Daily Moisturizer, \$14, illuminates, while its SPF 30 keeps the sun from taking away your gleam.

Ditch dullness with Avon Anew Dermabrasion System, \$28. Its dial lets you slowly increase your level of exfoliation.

With proteins to tighten skin and vitamin C for luminosity, By Terry Skin-Expert Lift & Stretch, \$65, imparts radiance fast.

Rub off dead surface cells with Zo Skin Health Te-Pads, \$40, which use salicylic acid to unclog plugged pores.

Lock in moisture with Neocutis Hyalis, \$50. The serum has 1 percent hyaluronic acid, which can hold up to 1,000 times its weight in water.