

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEWBEAUTY



Flat Stomach, Sexy Arms,
and Firm Thighs: How to
Remove Fat Forever!



30s

40s

50s

SECRETS TO
LOOKING YOUNG
AT ANY AGE...

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A NATURAL APPROACH TO

beauty



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SENIOR BEAUTY EDITOR

A natural approach

I recently had the opportunity to visit the world renowned Tammy Fender Holistic Skin Care practice in West Palm Beach, FL. Expecting the typical spa-like setting, I was excited when I walked through the door of the all-white boho chic center, housed in an old Florida-style home. After examining my skin, Fender—who treats celebrities and socialites—was able to diagnose me based on what was expelled from the extractions! She suggested I incorporate more greens, fresh fruits and vegetables into my diet and cut out excess dairy products and processed foods. I topped off my ultra-relaxing two-hour facial treatment, which included oxygen therapy too, with a refreshing glass of Fender's homemade green juice of kale, cucumber, celery, apple, lemon and ginger.

Going product-free

As a beauty editor, I'm privy to the latest products and treatments, and I take advantage of them. I've always battled against breakouts so when I learned that I was pregnant, I knew I had to put my current skin-care regimen on hold. I've missed experimenting with serums and creams, but not being able to treat my pregnancy-induced acne has been beyond difficult—I've sworn off everything that's known to be effective in preventing blemishes. My daily beauty routine used to consist of products that touted ingredients like salicylic acid and benzoyl peroxide. But for the benefit of my daughter, the only thing that my skin has been exposed to is a thermal water cleanser and a few basic facials.

What I found quite amazing is the short amount of time that it took my skin to revert back to its old ways. On average, you need to give your skin anywhere from a few days to 12 weeks to adapt to these powerful ingredients to let them do their job. But when I went cold turkey, I noticed a major difference in my skin—and not in a positive way—in just a few days.

And while the trend may be to take a more natural approach toward beauty, I can't wait to get my hands back on some serious zit zappers and resume the beauty routines (including my beloved under eye hyaluronic acid injections) that I just can't live without.

Ageless celebrities

Some of today's most recognizable faces blur the line between how old they look and how old they really are. And with the variety of anti-aging options available today, telling the true age of a celebrity can, in some cases, be a guessing game.



It's important to take precautionary measures with your skin in your 30s, to avoid problems later on down the road. The first signs of aging can become apparent, especially around the eyes.



Wrinkles and fine lines can become even more noticeable in your 40s, and many women start to notice changes in their neck and jaw line too. To firm things up, in regards to slack skin, a skin tightening treatment may be able to help.



Some women just keep looking better with age. If your past is starting to creep up on you—think deep wrinkles, thickened skin and discoloration and age spots—talk to your dermatologist or plastic surgeon about which skin-perfecting treatments are best for you.

INSIDE
tip

When it comes to covering up your redness, Cover FX president and co-founder Lee Graff says that foundation plays a very important role. She suggests applying a small amount of mineral foundation, which is immune to bacterial growth, with a brush and then building upon it in blended layers for the desired coverage.

LEFTOVER REDNESS AND SCARS

We've all experienced it: the dreadful remains of what was once a pimple. A single outbreak on your skin can leave you with a red mark that can take anywhere from weeks to months to fully fade away. But using redness-reducing products and in-office treatments like IPL or pulsed dye lasers can help alleviate redness and scarring. And this past April, Portrait Plasma received FDA clearance for the treatment of acne scars. The noninvasive energy-based plasma treatment, which is also used to treat facial and non-facial areas for wrinkles and skin lesions, was found to improve acne scars after just one treatment. *Approximately \$3,400 for full-face treatment*



QUICK FIX

Rich in chamomile and extracts of the helichrysum plant—touted for its ability to reduce inflammation and irritation—**Tammy Fender Intensive Repair Balm** can even be used post-procedure to stimulate the healing process while reducing redness and puffiness. **\$130, tammyfender.com**

04 post-procedure redness

Anti-aging and rejuvenating procedures like cosmetic surgery, laser treatments and even chemical peels can help eliminate the signs of aging, fine lines, wrinkles and sun spots. But keep in mind that they can also leave your skin red for days (and in some cases weeks). "Post-procedure redness occurs when the skin tissues have been traumatized or stressed," says Fender. After a noninvasive procedure, like a light peel, your skin may be slightly red for a few hours to a few days. But if you've undergone something deeper like fractional resurfacing or even facial surgery, you can expect the redness to last upwards of a week. Lymphatic drainage massage can help reduce the redness since it manually removes blockages in the lymphatic system, as well as toxins in the body. If your skin is still red weeks after your procedure, it's best to seek out the advice and treatment of your doctor.



QUICK FIX

Post-procedure redness usually subsides on its own. But a balancing hydrator, such as **Eau Thermale Avène Thermal Spring Water**, can be used during your recovery period to calm and cool redness and inflammation. Sourced in France, thermal spring water is rich in silica and trace elements like iron, magnesium, zinc and copper to naturally soothe and soften. **\$13, call 800.459.8663 to find a doctor's office near you**