

PHILADELPHIA

Beauty | Notebook

Defy Your Age

Each decade shows in the skin around your eyes. Here's how to deal.

By Jennifer Goldstein



Great Giveaways

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OCTOBER 2007

20s

Dr. David Bank, author of *Beautiful Skin: Every Woman's Guide To Looking Her Best At Any Age*, calls the 20s "a very forgiving decade." Your main goal should be to prevent future damage by using an eye cream with sunscreen.

SPF 20 (\$45, Nordstrom). The only problem you may encounter is darkness under your eyes due to genetics or, perhaps, a few too many late nights.



30s

During your 30s, multiple signs of aging set in. Philadelphia dermatologist Dr. Susan F. Taylor says you might have freckles and discoloration due to past sun damage. To treat this problem, try an eye cream with glycolic acid, such as Mario Badescu Glycolic Eye Cream (\$20, 3000 BC). And once the 30s arrive, your visage may start to lose elas the eye area. The sol, acid such as Dermal

BY GLENN HARRIS/PR PHOTOS; NAOMI WATTS PHOTO BY SCOTT ALAN/PR PHOTOS

"AHA helps to reverse sun damage and can also stimulate collagen production," Bank says.

HOT Spots: The BEST Eats in wn!

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