

# THE CENTER

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

OUTLET: INSTYLE  
DATE: MAY 2014

BEAUTY AT ANY AGE

## Stop Frowning!

Deep thinking and moody moments can leave their mark—in the form of furrowed “11s”—right between the eyes. To head off residuals nobody wants, follow our by-the-decade advice

### 30s

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Depending on your genes and sun exposure, this decade may see fine lines developing between your brows. To keep deeper creases at bay, wear a layer of vitamin C antioxidant serum under your sunscreen (or try the all-in-one SPF product, right). Such vitamin-packed formulas stimulate the production of wrinkle-fighting collagen, says Mount Kisco, N.Y., dermatologist David Bank, and slow the decline of cell turnover. At night slather on an OTC



inMedica  
el Complex .25,  
inmedica.com.  
Professional-C  
SPF 30, \$70,  
for physicians.

TAP box to see each age range

20s

30s

40s

50s+

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### 40s

Garnier Skin Renew  
5 Sec Blur Instant  
Smoother, \$17, all  
drugstores. Radical  
Skincare Advanced  
Skincare, \$17, all  
drugstores.



TAP box to see each age range

20s

30s

40s

50s+

Creases may be gaining some traction now, especially if you've been slacking on defensive antioxidants, SPF, and retinol. The solution? “Kick it up a notch to improve cell renewal and collagen function,” says Dr. Bank. Upgrade your



TAP image or headline to go directly to the story



Botulinum toxin is injected with a needle to smooth persistent lines “by relaxing the underlying muscle action that causes them,” says Dr. Bank. **Results** The leveling can take a few days and last upward of three months. Consistent use may have cumulative benefits, “as you’re training muscles to not move in a certain way,” says Dr. Shamban. **Cost** \$400 and up per session. **Pain factor** Just a needle prick. **Downtime** Zero. You may see temporary bruising, says N.Y.C. dermatologist Doris Day. **For more info** Botoxcosmetic.com.

TAP box to read about each procedure

FILE DURES

## INSTA-SMOOTHERS

**FREEZE THE MUSCLE BOTOX**

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IN-OFFICE PROCEDURES

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Botox

Fraxel Dual