



EXCLUSIVELY FOR YOU

B

eauty at Every Age

20s

Break bad habits

Stop visible veins in their tracks by maintaining a healthy weight and elevating your legs above the level of your heart for 10 to 15 minutes three or four times per day. Also, "avoid standing for prolonged periods or sitting with your legs crossed at the knees," says Macrene Alexiades-Armenakos, M.D., Ph.D. (212-570-2067), a Manhattan dermatologist who specializes in leg veins. Another preventive measure, suggested by New York City aesthetician Susan Ciminelli (888-3-DAY-SPA): Take calcium and magnesium supplements to encourage robust blood circulation.

Hilary Swank

20s

habits in their healthy legs. Your heart is three feet away. Also, prolonged sitting with your legs crossed at the knees," says Macrene Alexiades-Armenakos, M.D., Ph.D. (212-570-2067), a Manhattan dermatologist who specializes in leg veins. Another preventive measure, suggested by New York City aesthetician Susan Ciminelli (888-3-DAY-SPA): Take calcium and magnesium supplements to encourage robust blood circulation.



Demi Moore



Hilary Swank

40s

Banish spider veins

One of the realities of aging is spider veins, where blood pools in the veins and becomes visible through your skin. If this condition worsens, see an experienced dermatologist about sclerotherapy, an in-office treatment in which an irritating solution (either saline or a detergent) is injected into each vein, causing it to collapse, become scar tissue and disappear. Patients must wear a support garment or an Ace bandage for about three days afterward. Several sessions may be necessary, costing about \$300 to \$800 each. There is also a similar laser procedure, but some patients report that veins reappear; laser treatment, however, is slightly more comfortable than sclerotherapy. For varicose veins, doctors may be able to pull the veins out of the skin through tiny incisions. Speak with your physician.

50s+

Tone and support

Flawless skin in a flash

Concealer is a must. Use it on a brush to camouflage dark circles, capillaries around your nose and other spots you need to cover. Then dab a sheer liquid stain, like L'Oréal Pinch of Colour (top, \$7.95), on cheeks for a natural-looking flush. "You can apply it with a cotton swab in under a minute," suggests L'Oréal consulting makeup artist Collier Strong. Warm your complexion in a snap by dipping a fluffy powder brush in a medium-toned bronzer or blush, such as Lancôme Blush Subtil in Bronze Glow (bottom, \$25.50), and dust it over your cheekbones, forehead and chin.

If there's time: When you can't reapply makeup or if your skin needs a pick-me-up, spritz on an antioxidant-laced hydrating freshener like Susan Ciminelli Seawater (\$55).

30s

Tackle trouble spots

"Adding weight-bearing exercises to will help keep legs toned, strong and firm," says fitness expert Tracy Kacy, who recommends front and back leg lifts for each leg. Even with exercise, knees often remain a trouble spot, so self-tanner for making legs look smoother might want to try a more permanent solution. "It makes a visible difference back in skirts within three weeks," says surgeon Thomas W. Loeb, M.D. (212-570-2067).



ALL STYLING BY JANE ROSE FOR JEFFREY
STYLING: TONYA STANLEY FOR JEFFREY