

# MORE MARCH 2006 ISSUE HIGHLIGHTS

## -More Editors Available for Interviews-

*Exclusive Guide to Ageless Eyes; Diane Lane on Having it All; and The Search for the Work We Love*

### **EXCLUSIVE GUIDE TO AGELESS EYES** -- Page 118

Top dermatologists, makeup artists and skincare gurus weigh in on the best methods to minimize circles, bags and lines.

**Crow's Feet**-- Eye area wrinkles can be exacerbated by sun damage.

- What you can do- Try a wrinkle-relaxing cream with collagen-boosting properties.
- What your doctor can do- Dermatologists are prescribing idebenone, also known as, Prevage MD, or a combination of vitamin C and alphahydroxy acids plus a retinoid, like Retin A or Renova to apply at night.
- Varying your routine is recommended to avoid developing a tolerance.
- The fastest approach is a combination of Botox and laser peels. The peel improves the appearance of sun damage around the eyes, while Botox keeps the wrinkles at bay for three to four months.
- New and Recommended: Patricia Wexler M.D. Dermatology Deep Wrinkle Eye Repair (\$30) has GABA wrinkle-relaxing formula plus line-smoothing peptide argireline; Lancôme Résolution Eye With D-Contraxol (\$49) reduces fine lines with yeast plus argireline.

**Bags** -- Morning puffiness is a sign of aging, but also the result of water retention, made worse with salt, alcohol and lack of sleep.

- What you can do- Apply a gel or eye cream with yeast, caffeine and cooling complexes to reduce eye bags. To combat puffiness and wrinkles, try using a puff reducer in the morning and a wrinkle solution at night.
- What your doctor can do- Blepharoplasty, or surgery to remove excess skin on eyelids, plus surplus fat can also be repositioned to more hollow areas.
- New and Recommended: Avon New Clinical Eye Life(\$28) has yeast extract, caffeine and botanicals for lids and hydrating cream for under the eyes; Nutriv Ultimate Lifting Eye Crème (\$100) reduces puffiness with plant extracts and can be applied under makeup.

**Circles** -- Darkness underneath the eyes can be hereditary, but also results from a decrease in collagen and elastin.

- What you can do- Use vitamins K and C in addition to copper and peptides which boost collagen. This combination will leave eyes looking fresh.
- What your doctor can do- Dermatologists are using Fraxel laser treatments in conjunction with Restylane injections to thicken skin and conceal blood vessels. Results last for a year or more. Treatment is \$1,000 per Fraxel session (two to three treatments are needed) plus \$750 to \$1,000 per syringe of Restylane.
- New and Recommended: Makeunder Eye Transformer From Alcone Cosmetics (\$15) is a tinted eye cream, best for fragile, thin skin; M.A.C. Studio Lights (\$15 each) sheer colors in banana (to cancel red tones), apricot (to conceal blue) and pale pink (to counter brown).

**Saggy Lids** -- Exposure to sun accelerates the results of aging and breaks down collagen and elastin resulting in droopy lids.

- What you can do- Wear big sunglasses with UVA/UVB lenses to protect against the sun's damaging rays. A firming cream with yeast, argireline and hyaluronic acid will improve skin's appearance.
- What your doctor can do- Brow lifts can reposition brows and lids. The process is performed endoscopically to pull the outer corner of the brow back with minimal scarring. Bruising is expected for two weeks.
- New and Recommended: Biotherm Light Catch Moisturizing Illuminating Concealer (\$17) reduces puffiness and can be applied with a brush tip, click-pen applicator. Shades #20 and #30 are ideal for darker skin tones; Clinique All About Eyes Concealer in Light Petal (\$16) brighten with light-reflecting

compounds and also tightens lids.

### **THE SEARCH FOR WORK WE LOVE -- Page 62**

You may have always dreamed of following your passion and doing what you love, but where do you begin? *More* provides helpful suggestions to help you discover your passion.

#### **Little Girl Passions Grow Up...**

- Your passion may be right in front of you, it just needs to be realized.
- Following your passion may result in financial sacrifices. For example, you may have to pay for your health insurance or work without paid vacations.
- Don't be afraid to take a chance.

#### **Passion Doesn't Have to Pay...**

- Think about activities that come easy to you or topics you can't stop discussing.
- Times you received compliments about being particularly good at something may help you realize what you love.
- Following your passion may not produce a business model.
- Start small by volunteering for your 'passion job.'
- Some passions may be more rewarding when you do not pursue them as an occupation.
- The time is now. Finding your passion during midlife helps you determine what works with your lifestyle and what does not.

#### **What Stands In Your Way...**

- Other areas of your life, such as the state of your marriage or your desire to have children, may be hindering you from pursuing your passion.
- Discover what is holding you back and make a change for the better.

#### **Finding New Ways to Measure Success...**

- While money is important, it is not the only way to gauge your achievements. Determine what makes you happy, ie. helping your customers, and make sure you are putting forth your best effort toward that goal.
- The personal reward could make up for the financial trade off.

### **DIANE LANE -- Page 106**

Sultry Oscar-nominated actress Diane Lane, 41, has two movies coming out this year: *Fierce People* (April) and *Killshot* (Nov) with Thomas Jane, Mickey Rourke and Justin Timberlake as an upstart assassin as well as a family life in full swing. She talks to *More* about:

#### **Why she quit acting at 19:**

*"There's a persona to being an actress that could send anyone to a shrink...In movies, a woman's worth is directly correlated to her sex appeal, and that gets my hairs up, and I just start getting eeech!"*

#### **Why she wouldn't have plastic surgery:**

*"I feel like you're apologizing if you have plastic surgery, apologizing for nature and history and experience. I take comfort that aging happens to everybody. Yes, it bothers me when I have line or puffiness or droops. But it connects me to the human race."*

#### **On being away from family while shooting movies:**

*"I'm having the most maternal experience these days. I'm watching the teenager take over from the child in both my daughter (Eleanor, 12) and stepdaughter. But separated by this distance, all I can do is advise over the phone. I'm a puddle of mush. I go into fabulous denial about how uncomfortable I feel being away from home. So I do it again, then go, 'Wait a minute Diane. Don't you remember how awful that separation felt?'"*

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