

THE BEAUTY EXPERT

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APRIL 2015

FRIZZ BUSTERS

Sexy, Silky Hair
(New DIY and Salon Treatments)

BOHO-CHIC STYLE

Music-Festival Crib Sheet

Julianne Hough
Rhymes With "Tough"

The Look-Younger Issue

41 Clock Stoppers for Skin,
Hair, Body & Brain
Plus Our Beauty Editors' Anti-Aging Favorites

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Julianne Hough

11 GORGEOUS
HAIR CLIPS
That All the Designers Love

Telling TIME



It ticks; it tocks; it etches wrinkles on your face—or maybe it doesn't. Experts reveal the newest age-defying lasers, lotions, injections, and one really great reason to sweat.

By Patrick Rogers

Color Correcting

Makeup can magnify wrinkles—or it can make you look years younger. Here's how to tip the balance in your favor.

Lay a Foundation

We can't emphasize enough that foundation over wrinkles looks like foundation over wrinkles. You're better off filling in lines with something clear, like moisturizer and primer, before applying foundation. (L'Oréal Paris Revitalift Volume Filler Serum and Revlon Age Defying Wrinkle Remedy Line Filler have small tips perfectly sized for obscuring lines.) "Save foundation for covering uneven pigmentation, like redness and dark spots, and choose a sheer formula," says makeup artist Troy Surratt. "But very dark spots can look ashy under sheer foundation, so tap on a creamy concealer instead." (Try Yves Saint Laurent Fusion Ink Foundation and Kevyn Aucoin The Sensual Skin Enhancer.) When you're finished, "tap a damp sponge on top of your foundation to blend," says Surratt.

Brighten the Eyes

First, put concealer on dark shadows, but do not—we repeat, do not—put it on the puffy areas. Lightening bags makes them look even puffier. "Eyeliner and mascara are musts, since your eyes lose definition as your lashes thin out," says Surratt. "I like using an angled liner brush to push and wiggle dark-brown gel or shadow into the lash lines." If your eyes aren't as lifted as they once were, skip liner and mascara on the lower lash line. You can't go wrong with pretty neutrals, like champagne cream shadow on the lids and a medium brown in the crease, "where shading creates the illusion of firmer eyes," says Surratt.

Color the Cheeks

"If there's one mistake I see all the time, it's pink blush—it's too fake," says Surratt. And stay with us because this sounds really weird, but a shade that's a little muddy in the package looks the most natural on the skin. Choose a cream blush in taupe-y pink for fair skin, warm coral for olive skin, or muted burgundy for dark complexions. Better yet, pick a sheer crayon and you can use it on your lips, too (Clinique Chubby Sticks and Revlon ColorBurst Balm Stains come in a range of colors for all skin tones). —ELIZABETH SIGEL

INGREDIENT ALERT

Micronized hyaluronic acid

Japanese scientists have used nanotechnology to make hyaluronic acid molecules so small that they can penetrate all the way to the superficial dermis, where they expand, reducing the appearance of fine lines. "This is the best plumping result you can get without a needle," says Alster. In tests of a nano-hyaluronic acid, 96 percent of users had a significant increase in skin hydration and over half had improved elasticity and firmness. Find it in Hyalogy Daily and Nightly Eye Cream.

CHIN UP

A double chin doesn't just add a chin; it can also add a few years to your face. Until now, the most effective way to get rid of one was liposuction or surgery. Enter ATX-101. The FDA is reviewing it now, and a decision is anticipated by May 13. If cleared, it will be the first injectable drug approved to destroy under-chin fat cells. The active ingredient in ATX-101 is a patented formula of pure nonanimal, nonhuman-derived deoxycholic acid, a molecule that occurs naturally in the body (a bile acid, if you must know) and destroys fat cells with each treatment.

Here's how it works: A doctor does up to six treatments, a month apart. Each one requires an average of 27 small injections in a grid pattern. Of the 1,500 patients who were treated with ATX-101 in a study conducted by the company behind the drug, 1.4 percent dropped out due to mild to moderate bruising, swelling, numbness, redness, and pain. Study participants reported feeling younger-looking, happier with the appearance of their chin, and less self-conscious. The doctors rating the results in two studies found that 79 percent of patients had at least a one-grade improvement in fat reduction.

Because the skin must shrink to fit when the fat is gone, patients with more loose skin (a.k.a. wattle) than fat are not good candidates, regardless of age.

If approved, ATX-101 could be available by the end of the year. We hope they change the name to something catchier.

—JOAN KROM

INJECTIONS: WHAT YOU DON'T KNOW

Botox

The Old Thinking: Patients fear the toxin will make their forehead immobile. "That's definitely the big concern—and definitely not true," says dermatologist Fredric Brandt.

The New Uses: Doctors use Botox all over the face—on forehead wrinkles, crow's-feet, and the "11s" between the brows—but also off-label on cleavage creases, gummy smiles, and the tip of a droopy nose.

Dysport

The Old Thinking: "People don't recognize the name, so they think it's not as good," says Brandt.

The New Uses: According to Brandt, it disperses widely under the skin, which some doctors prefer for targeting larger regions, like the eye area. And for a small number of patients who develop a resistance to Botox, Brandt finds Dysport is a handy backup.

Juvederm and Restylane

The Old Thinking: Patients worry that they'll get small, temporary bumps when these hyaluronic acid fillers are injected too close to the surface, but that only happens if the doctor is inexperienced.

The New Uses: These fill hollows below the eyes and the creases that run from the edge of the nose to the lips.

Voluma

The Old Thinking: There is no old thinking. This thick hyaluronic acid gel was just approved by the FDA for plumping the cheeks.

The New Uses: It's good for filling sunken temples and the area in front of the ear. "It's really nice for these places where people lose fat, especially in the cheeks," says dermatologist Amy Wechsler.

Sculptra

The Old Thinking: Early adopters complained it could cause permanent bumps, says New York City dermatologist Neil Sadick. But new dosing guidelines have largely eliminated those problems.

The New Uses: Sculptra promotes collagen growth in the temples, the nasolabial folds, and even the buttocks.

Belotero

The Old Thinking: This one is actually true. Belotero is the thinnest, finest hyaluronic acid filler currently available in the U.S., but it's one of the few that doesn't come with an additional numbing painkiller. "So it hurts," says Wechsler.

The New Uses: Its light consistency is good for the edge of the lips, smokers' lines above the lips, and other fine lines, and it doesn't create the blue discoloration when the filler shows through skin.