

marie claire

101 MAKEUP MUSTS

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Will you inherit your mother's wrinkles?

Bosnia's abandoned rape babies

Will you inherit your mother's face?

By Carole Braden

Whether she's aged gracefully or looks older than her years, chances are that your mother passed some of her aging characteristics on to you. Mothers and daughters often age alike: It's in their genes. Still, whether your face is line-free, middle-aged, or even longing for a lift, there's a lot you can do to turn back time. Read on and find out how to look younger.

Just as you may have inherited your mom's long eyelashes, perfect breasts, or killer legs, you may also wake up one day to find her crow's feet, eye bags, or lip lines looking at you from the mirror. "People always say, 'If you want to know what a woman is going to look like as she grows older, look at her mother,'" says Dr. Sherrell J. Aston, chairman of plastic surgery at the Manhattan Eye, Ear and Throat Hospital and an associate professor of plastic surgery at New York University. "And frequently, it's true."

Nature and nurture combine to determine how you will age. Inheriting good bone structure certainly doesn't hurt. "High cheekbones and strong jaws and chins give fat and muscle, which slacken with age, a better foundation to hold onto," explains Dr. William Binder, a Los Angeles facial plastic and reconstructive surgeon. Chubby cheeks age well too. "An apple face matures into a full, soft face," says Dr. Patricia Wexler, a Manhattan dermatologist, "whereas a skinny face tends to get gaunt and shrunken."

The color and quality of your skin, also inherited, is another predictor. As a rule, dark skin ages better than fair skin, which more often develops brown spots and deep wrinkles as a result of sun damage. "The more pigment you have, the more natural sun protection you have," says Dr. David Orentreich, another Manhattan



CINDI & SUE KYUNG SHINN

"My mom looks young for her age because of her flawless skin. I hope I age as well, although at 30 she was prettier than I am."
—Cindi Shinn, 30



OLGA & ELAINE CORRALVO

"I never use any fancy skin products—only a natural soap. And I think my face is just fine. I don't want to change anything about it."

—Stephanette Elie, 64



MICHELLE & STEPHANETTE ELIE



LINDA & LAURA EISMAN



GENEVIEVE & GABRIELLE JEAN-BART & VALERIE NZIMANDE



ALLISON & ALICE LLOYD

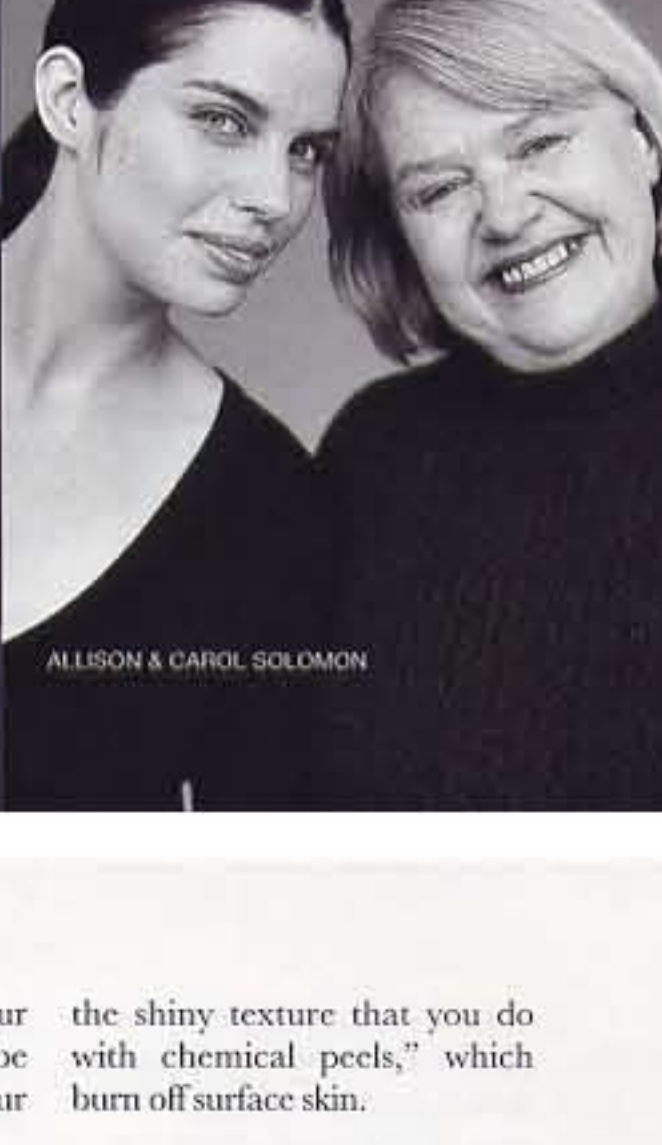
"Within the last few years, I have started to see little lines under my eyes, and I have joked about getting my eyes done. Still, I feel good inside."
—Alice Lloyd, 51

"If I could age like my mother, I'd be more than happy. Aging is a little angst-producing, but as you lose your youth, you gain insight into life."

—Cindy Capobianco, 27



IRIS & CINDY CAPOBIANCO



ALLISON & CAROL SOLOMON

Furrows and Frown Lines

Why they appear
Horizontal furrows develop if you raise your eyebrows when speaking, and vertical frown lines appear if you scowl while you concentrate or sleep. These expressions begin to show up as permanent lines or wrinkles after age 40.

How to prevent them
"Use the old trick of putting a tape over your forehead," sug-

MOMMIE DEAREST

dermatologist, thicker, oilier skin ages better than thinner, drier skin.

Facial expressions, if not hereditary, are undeniably familial. "Just as people in the same family have similar speech patterns," they have similar facial expressions, which often cause mothers and daughters to wrinkle in the same places.

One factor you can't blame on genetics is lifestyle. "The way we develop our bags and jowls and neck wrinkles is significantly influenced by sun, stress, weight gain and loss, and smoking," notes Dr. Larry Schoenrock, a plastic surgeon practicing in San Francisco and Santa Rosa, Calif., and a clinical professor in the department of otolaryngology at the University of California, San Francisco. Skin care and exercise regimens can help delay or reverse the aging process. "Start caring for your skin as a teenager," recommends Georgette Klinger of the Georgette Klinger Skin Care Salons. She also suggests drinking water, exercising, and using alpha hydroxy acid products.

It's never too late to slow the aging process. Whether you're an untouched twenty-something or looking more like Mom each time you glance in the mirror, read on to learn why we wrinkle and what to do about it.

Why they appear
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How to prevent them
"Use the old trick of putting a tape over your forehead," sug-

gests Dr. Wexler. You'll feel your forehead squint, so you'll be less likely to frown or raise your eyebrows in your sleep.

How to get rid of them
Furrows can be plumped with injections of your own body fat, at an average cost of \$637, or filled with collagen injections, for about \$300-\$400. Frown lines are best treated with tiny injections of botulinum toxin (Botox), which paralyzes frowning muscles, preventing grimacing and resulting lines. Botox costs about \$500 per treatment. All of these procedures must be repeated every three to six months. For more long-term results, doctors recommend removing the outer layers of skin with laser resurfacing, which costs a minimum of \$1,500 per area. After treatment, skin is raw for a week and looks sunburned-pink for two to three months, but it heals care of your new skin, should last five years or longer.

Crow's Feet

Why they appear
Everyone gets these, sooner in the sun, and wear your prescription glasses if you're near-sighted," says Dr. Wexler. Also, suggests Klinger, start using eye cream at a young age, "as character lines form with every smile and change of expression."

How to get rid of them
Once crow's feet develop, they can be treated temporarily with fat, collagen, or botox injections. Laser resurfacing is more permanent, works especially well in the eye area, and costs about \$2,500. With laserabrasion, says Dr. Schoenrock, "the skin becomes very smooth, and you don't get

the shiny texture that you do with surface peels," which burn off superficial skin.

Eye Bags

Why they appear
"People with eye bags have parents with eye bags. Sometimes you can even see them in very young children," notes Dr. Laurence M. David, a cosmetic surgeon and founder of the Institute of Laser Cosmetic Surgery in Hermosa Beach, California.

How to prevent them
"There's no prevention if they're genetically predetermined," says Dr. Aston. You can sometimes shrink them by getting enough sleep, elevating your head at night, and avoiding alcohol and salt, which cause water retention. "Ice cold cucumber slices and tea bags also help draw water out," Dr. Wexler says.

How to get rid of them
Only plastic surgery can eliminate eye bags, which develop when fat collects below the eye and protrudes. The surgeon removes the fat with an incision made under the eye (blepharoplasty) or inside the lower lid (transconjunctival blepharoplasty, which leaves no scars). The cost: \$1,600 to \$2,500.

Lip Lines

Why they appear
"Besides sun damage, smoking causes these—repeatedly pursing your lips around a cigarette," explains Dr. Daniel Piacquadro, assistant professor of dermatology at the University of California, San Diego School of Medicine. Also, nicotine deprives your skin of oxygen, so it loses elasticity and wrinkles all over.

How to prevent them
Stop smoking. Dr. Narins says, "Don't smoke, and you'll never have lines as bad as someone who does." Janet Sartin, of the Janet Sartin Institute of Skin Care in Manhattan, suggests smoothing this area with a rich face cream. "Then dab a thin

Jowls and Double Chins

strip of cotton with mineral or peanut oil, and stretch it over the area. Leave it on about 10 minutes. Do this twice a week."

How to get rid of them
Only a doctor can erase lip lines. "In the early stages, they can be treated with collagen injections, but the best way is with laser resurfacing or chemical peels," notes Dr. Narins. The newer technology of laser resurfacing costs approximately \$2,000; a peel is approximately \$1,000.

Why they appear
Both are hereditary. When the skin loses elasticity, pads of fat in the cheeks are flattened and pulled downward by gravity, forming jowls. Double chins, says Dr. Narins, are caused by a fat buildup in the neck that may come more from heredity than obesity. "You sometimes can see it in young, thin people."

However, it can also be caused by weight swings, warns Dr. Wexler, "which stretch the skin."

How to prevent them
Maintain your weight and care for your skin. "Most people get jowly at some point," says Dr. Orentreich. "When they don't, it's because they have a very defined bone structure."

How to get rid of them
Jowls can be corrected with a face-lift, which pulls drooping skin and fat pads back up, to the tune of \$4,300 plus up to two weeks' recovery. Double chins can easily be fixed with liposuction. With local anesthesia, says Dr. Narins, "it's an easy procedure, and the fat doesn't come back." It takes less than a week to recover and costs about \$2,000.

AMERICAN WOMEN: HOW YOU FEEL ABOUT AGING

In a 1995 survey of 1,001 women 16 to 60 and older, respondents said they'd like to look young and attractive no matter what their age. But they accept the aging process, rather than obsessing about it, and they say that with the years come more self-esteem and happiness.

It's true: With wrinkles comes wisdom.

- When asked, "How do you feel when you look in the mirror?" 77% say they are "Happy with what I see."
- 97% say they want to look the best they can for their age.
- 7 in 10 say they define the "end of youth" as the age of 65.
- 96% of women answer the question "Does beauty equal youth?" with a resounding "No."
- 37% chose Katharine Hepburn and another 10% chose their mothers when asked who they most hoped to age like.

From the 1995 Clinique Truth/Beauty Survey

happens most often to fair, thin-skinned people and those with weak jawlines and chins.

How to prevent them
Use sunscreen on your neck as well as your face. Also, "if you have a weak chin, you can get a chin implant," suggests Dr. Binder. An implant of silicone elastomer (a rubbery, solid material that doesn't break down) inserted through an incision in the mouth augments the chin and jawline. "You may still get a little 'turkey gobbler' as you get older," Dr. Binder says, "but it certainly won't be as severe." Chin implants cost about \$1,200.

How to get rid of them
Laserabrasion or a chemical peel can remove lines and tighten skin, although, according to Dr. Narins, "the best solution is a neck lift," which costs approximately \$4,300 and involves several weeks' recovery.

Age and Sun Spots

Why they appear
"They are 100 percent due to sun," says Dr. David, although people who inherit fair skin are more susceptible.

How to prevent them
Stay in the shade. Use sunscreen. Never burn. The only way to prevent age and sun spots is to avoid sun damage.

How to get rid of them
You can remove them with laser resurfacing, which costs about \$4,000 for the entire face, or with a chemical peel, which runs about \$1,850.

Wrinkles make many women look wise and beautiful as they grow older. So no matter how your mother or grandmother has aged over the years, and regardless of what may lie in your own face's future, it's important to remember that a few lines won't make you old or unattractive. "Have a positive attitude and smile," says Janet Sartin. "That's what will show." □

"The idea of aging depresses me. To stay young-looking, I'll take any and all steps, from tummy tucks to eye-lifts. But no face-lifts—they look fake."

—Leah Jaffe, 28



LEAH & JEUNE JAFFE



JUDY & ADINA KLEIN

Neck lines and wrinkles

Why they appear
They're usually caused by damage from sun exposure, which

TOP TO BOTTOM: DAVID CHANDELKOR/PHOTOS; MARGARET SHERIDAN/CELEBRITY PHOTO; SCOTT DOWNIE/CELEBRITY PHOTO; ALBERT ORTIZ/CELEBRITY PHOTO; DAVID BRITTON/CELEBRITY PHOTO