

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

SPECIAL EDITION

ANTI-AGING SECRETS

Top plastic surgeons,
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DR. BASIL PAKEMAN as featured in this issue

REGARDLESS OF THE SEASON, YOU SHOULD WEAR

SUNGLASSES

LOOK YOUNGER

"Squinting is a natural reflex to the sun that uses muscles that cause crow's-feet as well as the furrows between the eyes to develop. Years of squinting can hasten wrinkles, but wearing sunglasses is beneficial for the health of your eyes and the health of the skin, too. Botox is an option for treating the crow's-feet and frown lines," says Washington, DC, oculoplastic surgeon Kevin Perman, MD.



YEAR-ROUND, ESPECIALLY WHEN THE SUN IS AT ITS STRONGEST FROM 10^{AM} TO 4^{PM}

Sunglass lenses create a barrier that shields the eyes and surrounding skin from the sun's harsh UVA (which cause aging) and UVB (which cause burns and cancer) rays. "Failure to protect the eyes from ultraviolet light can contribute to eye diseases like macular degeneration and early cataracts, as well as pterygium, a growth that occurs on the outside of the eye," says New York City ophthalmologist, Basil Pakeman, MD. "Regardless of the season, it's recommended that you wear sunglasses year-round, especially when the sun is at its strongest: from 10 a.m. to 4 p.m. After surgery to the eye or eye area, it also is important to wear sunglasses to lessen the amount of light that enters the eye," says Dr. Pakeman. According to the FDA, which oversees sales and manufacturing of sunglasses in the United States, it is essential to always wear sunglasses with lenses that block 99 to 100 percent of both UVA and UVB rays to ensure maximum protection.

KEEP YOUR
(eyes)
LOOKING YOUNG