

Pro Care: If you have consistent redness, see a dermatologist for a proper diagnosis – you may have rosacea. But if your skin is just extra sensitive, topical antibiotics such as metronidazole work well to calm it down. “We have also been performing intradermal Botox where we inject low doses into the skin to reduce flushing and oil production,” notes Brandt. Aesthetica Clinic in Dubai offers botox from Dhs700. If you suffer from broken blood vessels, lasers are effective. “They work like a smart bomb by targeting the blood vessels and destroying them,” says Hirsch.

2 PLUMP AGEING LIPS

When you reach your 40s, you may notice that your lips are beginning to flatten and sag.

At Home: Lip plumpers such as DuWop Lip Venom, Dhs59, which uses micro-injected collagen to swell your pout, are a great temporary fix to make your lips look fuller. If you can't tolerate the sting, try products that inflate with moisture, like Darphin Age-Defying Lip Balm, Dhs170, which has a peptide for long-term plumping.

Pro Care: For an Angelina-like pout, fillers are your best solution. “Restylane is a stiffer gel that outlines the lips, while Juvéderm is softer and goes into the whole lip [both costing between Dhs2,900 and Dhs3,700 each],” says Brandt. “Applying a topical anaesthetic will alleviate pain.”



And also awaiting FDA approval in the US is Evolence Breeze. “It's going to be a great filler because it moulds in a beautiful, natural way,” says Hirsch.

3 ERASE DARK CIRCLES

“Under-eye issues usually result from different factors: genetics, thin skin and lack of sleep,” says Perricone.

At Home: Several ingredients are required to treat and will help relieve, but not fully cure, the problem. “Look for products that contain caffeine, which will cause vasoconstriction so you don't get pooling of the blood [one of the reasons your circles are dark],” advises Brandt. “Peptides and retinoids will stimulate collagen to thicken skin over blood vessels and soften lines.” Try Cosmedicine

Eye Specialist, Dhs170. Dubai-based anti-ageing specialist Dr Naina Sachdev says: “It is particularly important to use an eye cream that is suited to the thin skin around the eyes. Look for one that's rich in antioxidants, plus a skin lightening agent and soothing agents to prevent puffiness.” Try Shiseido Benefiance Eye Serum, Dhs275, or Olay's Regenerist Eye Serum, Dhs68, which contains ingredients that address the adrenal glands under the eyes, helping to reduce dark circles.

Pro Care: The most effective way to treat dark circles is with fillers. “When you inject Restylane [costing between Dhs1,900 and Dhs3,700 per syringe] into the orbital area, you fill in the groove where the circle appears and cover it by thickening up the tissue,” explains Brandt.

BENEFIANCE
EYE SERUM,
DHS275,
SHISEIDO



4 BANISH AGE SPOTS

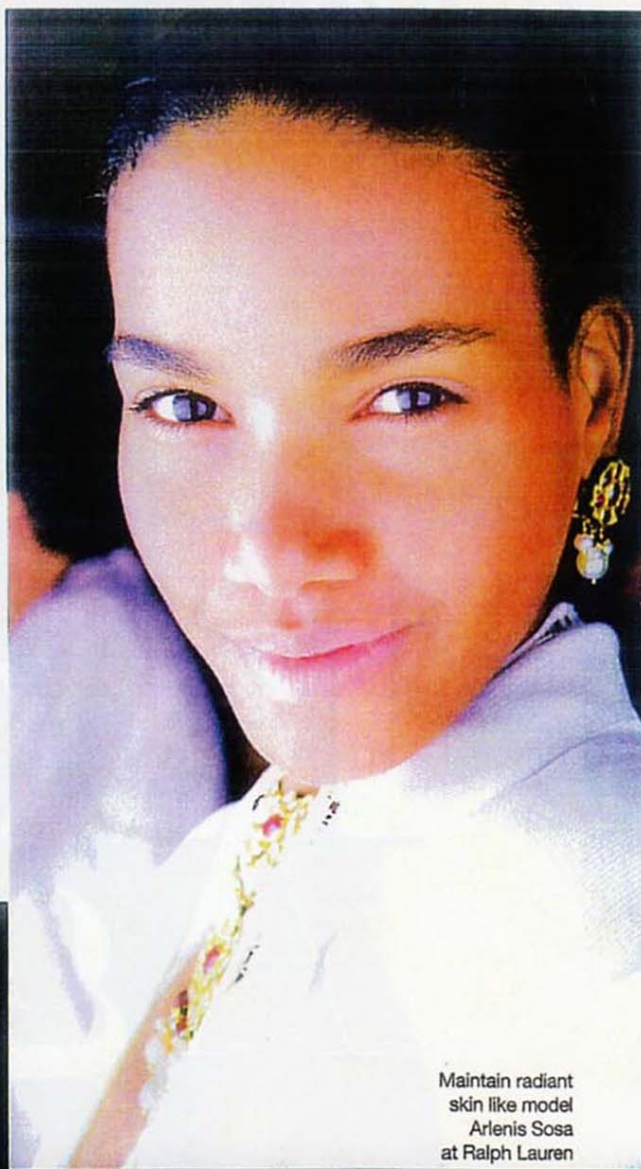
Although the name suggests otherwise, “age spots are a direct result of sun exposure,”

says Brandt. Olay principal scientist Dr Sian Morris, who is based in Dubai, says: “Lentigines, which are flat, brown discolourations of the skin, usually become noticeable as we age, especially on the back of the hands, neck and face.”

At Home: As always, sunscreen is the key for prevention. Make sure you use one with antioxidants like Estée Lauder Daywear Plus Multi-Protection Anti-Oxidant Lotion SPF 30, Dhs140. Fade any existing marks with a brightening ingredients such as glucosamine or vitamin C, such as Clarins White >

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