



pilatesstyle™

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wrinkle relief

Banish fine lines by adding an anti-aging aid to your beauty regimen

BY JESSICA CASSITY

Sun damage dramatically advances the effects of aging, but even the SPF-devout are subject to changes in the elasticity and luster of the skin. And while growing old gracefully is part of the Pilates promise, an extra step in our beauty routines may help us hold onto that youthful glow inside and out. With more anti-aging products available than ever, we've helped simplify the selection by testing dozens of treatments.



Treatment type	How it works	Our recommendation
Fine Line Filler	This acute form of treatment requires a steady hand. Brush or "draw" the solution onto individual lines to even out the skin, even after makeup application.	Philosophy Fine Line Filler, 35 oz, \$30. philosophy.com or drugstore.com
Night Cream	Enhance your skin overnight with this low-maintenance form of anti-aging relief. To be used on the face, neck and chest, most varieties offer deep hydration while you sleep.	Nature's Gate Organics Oh What a Night Walnut Therapy, 1 oz, \$24.95. nat.com
Mask	Clear 10 to 20 minutes for this extra-intense type of moisturizing treatment. When you wash off a mask (or rub it in, depending on the product), your skin will feel smoother and firmer.	Thibaut Beverly Hills Collagen Gel (use as a mask), 1 oz, \$15. thibautspa.com
Cleanser	To clean and clarify without over-drying, use an anti-aging formula to wash your face and gently exfoliate dead skin cells. Washes that contain circulation-boosting ingredients can speed cell turnover and provide extra refreshment.	Bliss Sleeping Peel Cleansing Cream, 150 oz, \$32. blissworld.com
Micro-Dermabrasion	This type of exfoliant clears away dull, old cells on the skin's surface that can actually increase the appearance of fine lines. Some formulas are applied by hand, while others call for a vibrating micro-dermabrasion applicator to help loosen the dead cells.	L'Oréal Re-Fresh Micro-Dermabrasion Kit with Peel Treatment, 2 oz and 1.7 oz treatments, \$24.95, at drugstore.com
Eye Essential	Specially developed for the thin, sensitive skin around the eyes, this treatment prevents and minimizes lines. Look for a formula that contains tissue-healing ingredients (like vitamin E). Some may also help reduce under-eye circles.	Kiehl's Since 1851 Alysine Eye Cream, 3 oz, \$30. kiehl.com
Glycolic Peel	Once only available through dermatologists and aestheticians, this multi-step treatment goes to the surface layer of dead skin cells that moisturize and promote glowing skin, which will	L'Oréal Re-Fresh Anti-Aging Glycolic Peel Kit, \$24.95, at drugstore.com

Spot Treatment

Designed for more areas than just around the eyes (such as smile and frown lines by the mouth and on the forehead), these products include skin-smoothing ingredients like collagen, which can increase elasticity and hydration.



DHC Extra Concentrate, 5 .2 oz containers \$40, dhccare.com



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