

Plastic fantasia  
Diary of a nose

Where to start  
The best doctors,  
hottest new procedure  
and what it all costs

Look 10 years younger  
with the latest cosmetic  
procedures

# Ageing Cosmetic Every Guide



## In your 50s and up

It's not being a tweener – hormones are once again ruling your life, except this time they don't modify skin. In your post- and postmenopausal, the dead, dry layer of skin thickens, the active layer thins and the skin's melanin slows down. Calcium, which was recently found to be essential to skin's health, is depleted. **Steven Waller MD**

(a dermatologist in Park Avenue's grandest district)

has the missing **Growth Factor Serum**, E115, is packed with cellular repair ingredients like CoQ10, vitamins A, C and E and marine-derived peptides – it's like a double espresso for sagging skin. **Estée**

**Lauder Re-Nutrie Re-Creation Day/Night Cream** SP18, E200, not only contains the best

of the Lauder lab's anti-aging ingredients, but concentrates on reinvigorating the calcium cycle. Normally calcium moves from the bottom of the

skin to the superficial layer, triggering it to produce moisturizing lipids and to repair itself, but as we age the process slows down, making skin dry and

creaky. **Crème de la Mer's Lifting Face Serum and Lashifier**, E210, contains rare blue algae

taken from a special lake, which has a network of proteins that stimulate the skin's building blocks, encouraging collagen and elastin. **Yves Saint**

**Laurent Line Expert Intensive Anti-Wrinkle Serum**, E43, has the same goals. Botox – to

counteract muscle contractions and to smooth deep-expression lines. **La Prairie Complex**

**Anti-Age**, E95, primarily fights DNA-damaging information caused by sun and pollution. It

forms a bio-chemical skin patch that releases moisture throughout the day plus a potent cocktail of peptides, vitamins, retinol, sun-slaying

beta-hydroxy acids and energy-boosting plankton. **Guerlain Orchidee Imperturbable**

E200, uses orchid molecular extracts to keep skin-cell membranes healthy, boost regeneration and protect against DNA damage. Lighten liver

spots with **Clarique Derm White Intense Brightening Complex**, E45, formulated by dermatologist in Asia where skin clarity is a primary concern. It contains the aptly named Blackstart yeast Extract. Keep eye area in peak, pore-pinned condition with **Elizabeth Arden Plump Perfect Eye Moisture Cream** SP18, E25, which tightens by delivering a

**Clarique Intense**  
**Steven Waller MD Growth**  
**Factor Serum**, E115  
**Skincare Line Expert**  
**Intensive Anti-Wrinkle**  
**Serum**, E43  
**La Prairie Complex**  
**Anti-Age**, E95  
**Arden Plump Perfect Eye**  
**Moisture Cream**, E25  
**Crème de la Mer's Lifting Face**  
**Serum and Lashifier**  
**Serum**, E210  
**Estée Lauder Re-Nutrie**  
**Re-Creation Day/Night**  
**Cream** SP18, E200

will bring punch of Argireline, a neuropeptide that, by relaxing muscle contractions and reducing