

# an easy way to look younger FAST

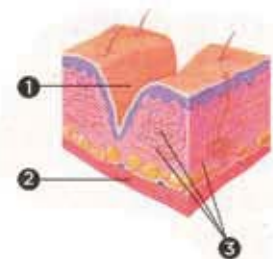
Erase fine lines around your eyes—and take years off your LOOKS. BY HOLLY C. CORBETT

While spending a day at the beach or flashing a big, scrunchy eyed grin are surefire ways to boost your spirits, both contribute to the fine lines we refer to as crow's-feet. But don't let that put a wrinkle in your fun.

Follow this simple plan from Elie Levine, M.D., co-director of Plastic Surgery & Dermatology of NYC.

### The basic facts

Crow's-feet (or expression lines) are a result of repetitive motions, such as smiling or squinting, that tighten the orbital muscle around the eye. When this



### YOUR SKIN

1. crow's-feet
2. orbital muscle
3. collagen and elastin fibers

muscle tenses, it pulls on your skin and makes it crease. Over time this breaks down the collagen and elastin fibers that support your skin, causing the lines to deepen.

### What to look for

**Your age** As you get older, collagen production slows, which means the skin around your eyes becomes thinner and less resilient (picture the creases that result from folding a sheet of paper in the same spot over and over).



**EXPERT STRATEGY** Using retinoids and wearing sunscreen will slow the development of crow's-feet, and applying a hydrating cream will plump the area so they're less prominent. **The bottom line** If creasing is still bothering you, consult a dermatologist about Botox Cosmetic. "It typically takes three to five small injections to relax the muscles so that wrinkles aren't as visible," says Elie Levine, M.D. The cost: \$250 to \$500 per session for results that last four to six months.



Shield your eyes with SPF and sunglasses

**Sun damage** Ultraviolet rays from the sun (or tanning beds) trigger the release of free radicals in your skin. This process also breaks down collagen and elastin fibers and eventually turns faint, barely there lines into full-fledged wrinkles.

### Simple solutions

**Try retinoids** Dabbing on a cream that contains a vitamin A derivative boosts cell turnover so skin appears smoother. One to try: Murad Intensive Wrinkle Reducer for Eyes (\$90; murad.com), with retinyl palmitate.

**Cover up** While many daily moisturizers contain broad-spectrum sunscreen (which blocks ultraviolet rays), some may irritate eyes. So it's smart to use either a facial moisturizer indicated for use around eyes or a separate eyes-only sunscreen. Try Cetaphil UVA/UVB Defense Facial Moisturizer SPF 50 (\$14; at drugstores), with micronized titanium dioxide, or Clarins Sun Wrinkle Control Eye Contour Care Ultra Protection SPF 30 (\$26; us.clarins.com), with antioxidants.