

# THE 40s

40 MAY BE THE NEW 30 BUT SADLY, NO: WE CAN'T TURN BACK TIME. WE CAN CATCH AND CORRECT MANY SKIN ISSUES, HOWEVER, SLOWING THE AGING PROCESS DOWN NOW AND IN THE FUTURE.  
BY RACHEL NAUD

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Any previous sun damage continues to show up in the forties, in the form of pigment spots and fine lines. Damage done during this decade is more difficult to counteract, and, therefore, the skin needs even more protection against free radicals and pollutants, as well as more encouragement to produce collagen and turn over skin cells, via in-clinic treatments and spa grade products. It's also now that you may notice signs of decreased elasticity around the eyes and jawline, as well as a deepening of fine lines, especially around the eyes, forehead and nasolabial folds.

## How much time do you have?

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### NO DOWNTIME:

To improve fine lines fast, try the GM Collin Botinol facial, a one-hour-long treatment that minimizes superficial and deeper expression lines. It combines strong anti-aging actives (such as Retinol) with five peptides to relax and reduce the appearance of expression lines and wrinkles. A series of four treatments once per week (to be done two to four times a year) are recommended, as well as a once per month maintenance treatment. The facial, which can be found in spas and medi-clinics around Canada that carry GM Collin products (call 1- 800-361-1263 for information), ranges in price from \$150-\$200 per treatment.

## TRY IT AT HOME

For ultimate results, couple the Botinol facial with take-home products such as GM Collin's **Bota Peptide 5 Concentrate** (\$132, at skincare professional's offices). With its advanced formulation of five peptides, the product reduces wrinkles by up to 85 per cent after 28 days of application morning and evening.

## CAN'T GET AWAY FOR A FACIAL?

Rejuvenate your look with help from high-quality, all natural products that are proven to deliver significant anti-aging results. Dr. Baumann Cosmetics Canada is renowned for its line of products that are truly skin-compatible, meaning no ingredients are used that can't be found in the skin's genetic makeup. Once you discover what your skin needs from a professional, the Dr. Baumann line has hundreds of products to choose from. For daily use, choose a cleanser/toner (\$40), liposome (\$130 - \$150) and a moisturizer (\$85 - \$95; at skin care professional's offices; dr-baumann.ca). "We guarantee within five weeks you'll notice a marked change in the condition of your skin for the better," says Ron Franks, president of Dr. Baumann Cosmetics Canada.

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### ONE DAY DOWNTIME:

If cellulite has plagued you for years, you may be ready, by the time you turn 40, to say goodbye to it forever. CelluTite, which works with Body Tite technology, is a new way to improve the appearance of cellulite after just one treatment. "CelluTite uses radio frequency (RF) to safely release dimples, firm skin and reduce bulges [associated with cellulite]," says Dr. Dimitrios Motakis, MD, PhD, FRCSC, a Toronto-based plastic and reconstructive surgeon.

"Even though in very advanced cases, some irregularities may remain, in most cases the patients wish they had done the procedure earlier," adds Dr. Motakis. "There may be some swelling right afterwards, but the the results are usually immediate and slowly improve over two to three months." CelluTite is a minimally invasive procedure that can be performed under local anaesthetic with sedation, making it safe for most patients. Patients are able to resume regular activities right after the procedure, but should refrain from rigorous exercising for a few weeks, until the swelling and discomfort have subsided. The approximate cost is \$4,000, but this increases if multiple areas are being treated.

Another option is Cellulaze, a new, minimally invasive procedure that targets cellulite with a laser. The treatment is performed under local anaesthetic, and also thickens and adds elasticity to the skin. Toronto-based plastic cosmetic surgeon Dr. Sean Rice, BA, MD, M.Sc., FRCSC is one of the only doctors in Canada to offer Cellulaze, and says patients will see the final results

of the \$4,500 procedure three to six months after treatment. Recovery time is minimal, although the area will be sensitive—comparable to pins and needles if touched—for one to two weeks. Results should last for at least two to three years, if a healthy weight and lifestyle are maintained.

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### A WEEK OR MORE:

As any woman who has had children can tell you, pregnancy can wreak havoc on your body. That's why many fortysomethings with a week to spare are treating themselves to the ultimate "push present": a "Mommy Makeover." This breast augmentation/lift/tummy tuck combo contours the body to bring it back to its pre-baby state. Performed under general anesthetic, the 2.5-hour procedure involves lifting and augmenting breasts. Next, an abdominoplasty (tummy tuck) is performed—pockets of extra skin and fat are removed from the middle and lower abdomen. The muscles of the abdominal wall are then tightened. At the same time, liposuction maybe performed to contour "love handles". The end result is a slimmer and more contoured abdominal appearance.

The "Mommy Makeover" costs between \$15,000 to \$20,000, and results are noticeable right away. Patients are advised to rest for about a week and to stay clear of the gym for at least six weeks. Bruising and swelling are common and women will feel an uncomfortable dull pain for at least one week, which can be controlled with medication. Results are permanent, as long as a healthy lifestyle is maintained. ☺