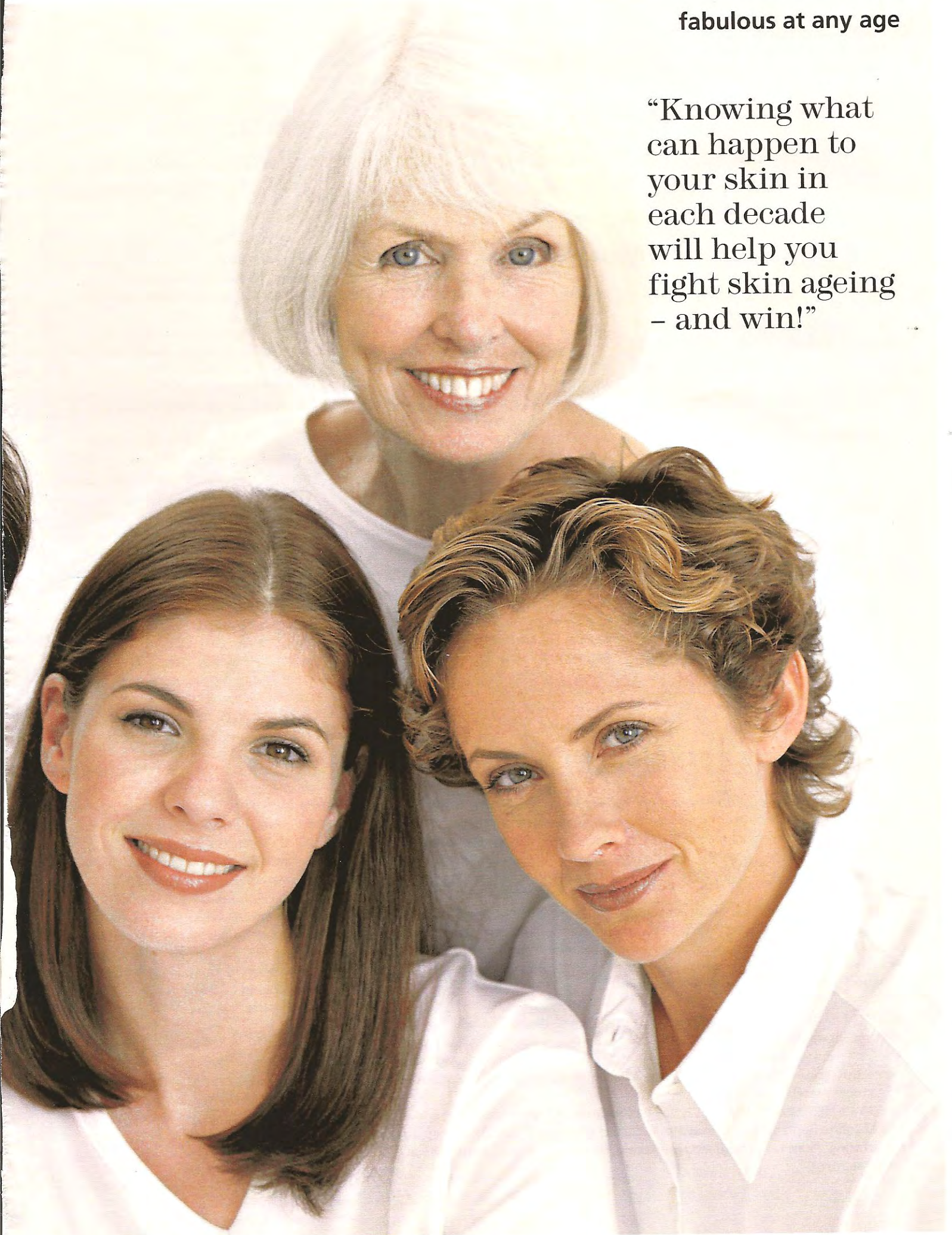


fabulous at any age

“Knowing what  
can happen to  
your skin in  
each decade  
will help you  
fight skin ageing  
- and win!”



fabulous at any age

## Your 40s *when it all starts to hit the fan!*

"In your forties, sun exposure catches up with you, broken and dilated capillaries increase, new lines appear around your eyes, forehead and mouth (if you're a smoker, they'll come fast and furious) and wrinkles settle in for the long haul," says Wendy. Plus, loss of firmness – especially around the jawline – rears its ugly head." Upping your skincare game and serious treatments is part of Wendy's 40-plus plan.

**Your must-do moves:** "Moisturisers should be richer, and you'll benefit from using antioxidant skincare. If you don't already, use a night cream. When we sleep, our body undergoes a natural rejuvenation process and, free from daytime pollutants, the skin easily absorbs products."

**Your try-it-soon treatments:** "Think combo therapy for your future decades."  
+ Botox is brilliant for tackling lines around the eyes, forehead and mouth.  
+ Fillers come into their own for plumping out furrows, creases and shrinking lips.  
+ Medium chemical peels and Intense

Pulse Light treatment can even out skin tone and improve texture.

+ For added hydration, consider a course of Restylane Vital, pure hyaluronic acid injected into parched skin to bring it back to life.

+ To treat lines on the upper lip, Botox and line-filling injections can work miracles, taking a decade off for many women.

+ Non-invasive treatments like Thermage and Titan, which use radio frequency and infrared light, can tighten skin and give a lifting effect to the neck and jowls.

### **WENDY'S HERO BUYS AND TRIES:**

**Antioxidants: Elizabeth Arden Prevage Anti-Ageing Night Cream, R895 for 50ml, with Idebenone – to brighten, tone and soften skin. Nose-to-mouth line fillers: Restylane, [www.conquest.co.za](http://www.conquest.co.za); Evolence, [www.evolence.com](http://www.evolence.com); Juvéderm Ultra, [www.juvederm.com](http://www.juvederm.com). From R2 600 per syringe. Tightening treatments: Thermage, [www.thermage.com](http://www.thermage.com), from R15 000 per treatment; and Titan, [www.cutera.com](http://www.cutera.com), from R2 000. For more info, call Skin Renewal, 011 447 9731.**