

Turning Back Time

TACKLING 4 TELLTALE SIGNS OF AGE YOU MAY BE OVERLOOKING

You've heard the expression "Black don't crack." Go ahead and call it good genes—there's actually science to back why wrinkles don't appear as early in most African-Americans as they do in other races. However, crinkle-defying genes don't mean you can pass on an aggressive anti-aging skin-care regimen. According to skin-care expert Ken Simpson, "Visible signs of aging are 20 percent genetics and 80 percent environmental." The reality is, you have quite a bit of control over the way your body responds to getting older. Don't let holes in your defense give away your age. Here is a game plan to fight the signs of aging from every angle using the latest high-tech treatments and affordable at-home solutions. —EW



HERE ARE 4 SIGNS OF AGING TO LOOK OUT FOR:

1 | MOLES

The scientific term is dermatosis papulosa nigra (DPN). These pesky raised bumps, commonly found in Blacks, are produced as our skin's hereditary response to sun damage. They often serve as the earliest sign of aging, starting in your 20s.

LOW-TECH SOLUTION

The best way to avoid getting them is prevention with a daily sunscreen. **Avon Anew Solar Advance Sunscreen Face Lotion SPF 45 (\$34; 1-800-For-Avon for a sales rep)** is made with the breakthrough RepairShield technology and repairs sun damage at the cellular level to diminish existing moles.

HIGH-TECH SOLUTION

Removal procedures and prices vary based on the surface area and the region of your body. Although 99 percent of moles are noncancerous, Susan Evans, M.D., a Beverly Hills-based dermatologist, says DPN can be linked to high blood sugar levels and colon cancer.



2 | BAGS

There are two ways to end up with those bloated sacks that settle under the eyes: skimping on your ZZZ's and unfortunate genetics. "Fluid starts to accumulate around the eye area and, as time goes on, skin becomes weaker from sun damage and loses its elasticity, resulting in a lasting bulging area," says Evans. They can add years to your face.

LOW-TECH SOLUTION

Brew bagged green tea, chill the bags, then place on eyelids for 15 minutes. "They are a natural diuretic that help create a tighter surface area and reduce puffiness," says Simpson.

HIGH-TECH SOLUTION

Clarisonic Opal Sonic Infusion System with Anti-Aging Serum (\$245; Sephora) is an effective at-home tool that utilizes pulse technology to optimize the performance of your favorite eye cream. Pair it with **Skin2Skin Revitalizing Eye Gel (\$42; skin2skincare.com)**.



3 | PEACH FUZZ

One of the most upsetting signs of aging is unsightly hair growth caused by hormonal imbalance, commonly seen on the chins of women approaching menopause. "Waxing or plucking damages the skin and can result in dark marks, which adds insult to injury because skin is left in an awful condition, and the hair still comes back," says Evans.

LOW-TECH SOLUTION

Sally Hansen Pure Scent-Sation Hair Remover for Face (\$8; drugstores) is an odor-free depilatory infused with aloe that removes hair without irritating delicate facial skin.

HIGH-TECH SOLUTION

Beauty blogger Felicia Walker Benson favors the **no! no! Hair Pink Removal Device (\$270; my-no-no.com)** because it safely removes hair anywhere on the body. The technology works on every skin tone and hair color combination—unless you've gone gray.



4 | TURKEY NECK

The neck is a commonly forgotten spot in the fight against aging, yet it is the first place to look when gauging age because it's more prone to deep grooves, sagging and uneven skin tone than your face.

LOW-TECH SOLUTION

"Always extend your skin-care routine to your neck and décolletage," says Evans. Look for products rich in peptides and antioxidants that lift, tighten and smooth crinkly skin. See transformative results in just two weeks using **Dr. Evans Cosmetics Papaya Renewal Antioxidant Peptide Neck Cream (\$39.98; hsn.com)**.

HIGH-TECH SOLUTION

"Statistically, there has been an increase in the number of Black women trying facial fillers and Botox," says Evans. If you're ready to seek extra help, a popular procedure to consider is the "Nefertiti Lift," which involves injections along the jawline that relax the neck so it won't create wrinkles.

