



New Woman
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Brief: BRAND NEW
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NO SURGERY REQUIRED
ANTI-AGEING SPECIAL

The wrinkle race

HOW QUICKLY WILL YOUR BODY AGE? LET THIS BE YOUR GUIDE TO TURNING BACK TIME (WITH AGE ERASERS FOR EVERY BUDGET)



Hair

Hair doesn't actually age. Instead, 'Hormonal changes cause the hair shaft to thin,' says trichologist David Salinger from the Australian Trichology Centre. Most women get grey hairs at 35, and 50 per cent of us will be entirely (naturally) grey by the age of 50. Bring on the hair dye!

Age delay:

\$ DIY scalp massages will improve circulation and promote growth.
\$\$ Pantene Pro-V Time Renewal Shampoo and Conditioner, \$11.99 each (1800 028 280)
\$\$\$ Regular trims and treatments will keep your hair healthy.

Eyes

Most women will start noticing lines around their eyes at 30. 'The skin here is delicate and subject to gravity, making it a prime target for ageing,' says Dr Warwick Nettle from Silkwood Medical cosmetic surgery clinic.

Age delay:

\$ ModelCo Erase Those Fine Lines, \$65 (02 8354 6700)
\$\$ Dr LeWinn's Line Smoothing Complex Corrective Line Filler, \$79.95 (03 9676 1800)
\$\$\$ Sciton BBL laser treatment, from \$220. Call the Eden Institute of Plastic and Cosmetic Surgery on 02 8814 5800.

Teeth

Discolouration can occur in your late twenties, while receding gums can kick in around 40. 'Vigorous brushing causes loss of bone strength and can lead to that sunken, gummy look,' says cosmetic dentist David Carr.

Age delay:

\$ Colgate Simply White Advanced Whitening Toothpaste, \$4.99 (1800 802 307)
\$\$ Teeth whitening treatments at The Smile Shop offer immediate results, \$890 (1800 802 500)
\$\$\$ 'Porcelain veneers (from \$2000) stop "marionette" lines forming around the mouth,' says Carr.

Skin

Forty-seven is the average age when women believe their looks start to fade. 'Sun and smoking are the two biggest age accelerators,' says Dr Nettle, 'because smoking activates a gene that breaks down collagen in skin.'

Age delay:

\$ L'Oréal Paris ReFinish Micro-Dermabrasion Kit, \$35.95 (1300 659 259)
\$\$ Avon Anew Alternative Photo-Radiance Treatment with Sunscreen, \$49.99 (1800 646 000)
\$\$\$ Medical-grade facial from Silkwood Medical, \$250 or six for \$1200. Call 02 9387 3900.

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Jowls

'The jowl area is particularly vulnerable to the effects of gravity,' says Dr Nettle. 'By your late thirties the well-defined line of the jaw gradually begins to soften, forming the inevitable "turkey neck".'

Age delay:

\$ Garnier Skin Naturals UltraLift Reinforced Lifting Program, \$23.99 (1300 659 259)

\$\$ Prevege Anti-Aging Formula, \$250 (1800 015 500)

\$\$\$ Thermage is a non-surgical procedure that tightens the skin and promotes collagen growth. For more info, call 03 9663 6666.

Breasts

'Breasts naturally sag with age because of their lack of any natural support,' says Dr Nettle. 'Childbirth also speeds up the process. Excessive jogging can have a similar effect.'

Age delay:

\$ Nivea Body DNAge Cell Renewal Anti-Age Body Care, \$12.90 (1800 444 002)

\$\$ Yves Saint Laurent Total Fitness Ultra-Lifting Bust Spray, \$88 (02 9965 9700)

\$\$\$ BRAVA Breast Enhancement and Shaping System, the first non-invasive treatment. From \$2695, call 1800 013 491.

Knees

UV exposure, diets lacking in vitamin C and zinc (which accelerates the loss of skin elasticity) plus the way knees accumulate pouches of fat makes them prime ageing targets.

Age delay:

\$ Exercise. 'Sit on a chair and slowly lift and straighten your leg, turning your toes inwards when your leg is straightened. This will tone the area,' says personal trainer Samantha Drummond.

\$\$\$ Lipolysis: a treatment that can improve the appearance of fatty knees. For more info, go to www.skinmedics.com.au.

Hands

'The skin becomes thinner with age,' says Dr Mark Edinburg of the Eden Institute of Plastic and Cosmetic Surgery. 'Plus women forget to use sunscreen in this area, and hands are extremely vulnerable to sunspots.'

Age delay:

\$ Ella Baché Bodysaver SPF 30+, \$36 (1800 789 234)

\$\$ Pevonia Botanica Youth-Renew Caviar Hand & Foot Cream, \$76.50 (1800 069 116)

\$\$\$ IPL (Intense Pulsed Light) treatments can break down the appearance of sunspots and smooth out the skin tone.



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ANTI-AGEING SPECIAL

Win five years off your looks!

TURN BACK THE TIME WITH OUR ULTIMATE ANTI-AGEING PACKAGE, WORTH OVER \$3000

One lucky reader wins...

MINUS 1 YEAR

\$750 WORTH OF BEAUTY

Yep, every skin-firming, bust-enhancing product we featured on pages 88 and 89 (13 all up) will be yours, to help you on the path to peachier, perfect skin...

MINUS 6 MONTHS

A LUXE FACIAL...

Gatineau is offering an amazing Defi Lift 3D Radiance Lift facial, plus \$500 worth of homecare – total prize value \$630. The Defi Lift facial is the gentle alternative to cosmetic surgery, combining high-tech formulas with traditional massage techniques to give the very best results. Expect to see a luminous complexion, smoother fine lines and skin that's regained its suppleness and elasticity after just one session. Call 1800.037.076 for your closest Gatineau stockist.

MINUS 1 YEAR

PERSONALISED DIET PLAN

Receive an initial consultation at your nearest Cohen's Lifestyle Clinic (there are 17 nationwide), plus a prescribed eating plan with the aim of helping you lose weight fast, worth \$690 in total. With thousands of devotees around the world, the thing that makes the Cohen's Lifestyle philosophy so popular is the fact it's a balanced eating pattern, created just for you, based on your specific profile and needs – no injections, diet pills or 'miracle' tonics involved. Visit www.cohens.com.au or call 1300 264 367.

MINUS 1 YEAR

INSTANTLY RADIANT SKIN

Head to the renowned Eden Institute of Plastic and Cosmetic Surgery in Sydney and you'll meet with a professional aesthetic nurse, who will perform a customised skin evaluation and provide recommendations for advanced skin rejuvenation using the Sciton BBL and Nd: YAG medical-grade laser. You also receive a series of non-invasive facial rejuvenation treatments, using the Sciton BBL and Nd: YAG laser, to the value of \$440. It's one of the first of its kind in NSW and can be used to treat a range of skin issues including fine wrinkles, acne and sun and age spots and skin rejuvenation. For more info on The Eden Institute, call 02 8814 5800 or visit www.edeninstitute.com.au.

MINUS 1 YEAR

A MEDICAL-GRADE FACIAL...

With a reputation for being a first-class plastic and cosmetic surgery practice, Silkwood Medical uses cutting-edge CosMedix products to give noticeable results after just one treatment. Your medical-grade facial, worth \$250, includes a rich vitamin infusion to nourish and replenish the skin – essential for anyone wanting to reduce fine lines or wrinkles, refresh the appearance of dull or lifeless skin or address specific problems like dehydration and acne. For more on Silkwood Medical, call 02 9387 3900 or visit www.silkwoodmedical.com.au.

MINUS 6 MONTHS

SIX-MONTH SUPPLY OF GOJI

Loved by Hollywood starlets and health professionals alike, Freelifes Himalayan Goji Juice is a nutritional super-tonic that's packed with amino acids, trace minerals, antioxidants, vitamin C and anti-fungal, anti-bacterial and anti-inflammatory compounds, to deliver wellbeing and anti-ageing benefits. Women in Himalayan tribes have been drinking it for years, and can credit their long lives (100 years give or take) to the beneficial Goji berry. One lucky reader will score eight bottles, worth a total of \$510. Call 07 3395 8883 for stockists.

How to enter

To win this amazing prize, simply head to the Win section of newwoman.com.au, enter the codeword 'NWANTIAGE08' and tell us in 25 words or less your best anti-ageing tip. May the anti-ageing force be with you!

Terms and conditions

Terms and conditions apply. Open to residents of Australia only. Competition closes August 7, 2007. Flights are not included; getting to each appointment is the responsibility of the winner. For full terms and conditions, visit newwoman.com.au.

For more info

Head to newwoman.com.au to see the full range of beauty products up for grabs. Don't forget to fill in our Body Survey while you're there...