

Eye doctor

Your eyes may be the windows to your soul, but they're also the windows to your age-and, as you get older, home to crow's-feet, dark circles, and puffiness. What to do?

FOR FINE LINES

A new study by Case Western University shows that, when applied to the skin, white tea (an antioxidant three times more powerful than its green cousin) helps maintain your skin's immune system, which can reduce wrinkles. Try Origins A Perfect World for Eyes Firming Moisture Treatment-it contains white tea and plenty of hydrating ingredients.

FOR PUFFINESS Applying gentle pressure under your eyes, says dermatologist Daniel Piacquadio, M.D., will help drain swollen tissues better than a cold compress will. Try an undereye patch like Yves Rocher Serum Vegetal de Shiitake Eye Lift Treatment Patches or Earth Therapeutics Hydrogel Under-Eye Recovery Patch.

FOR DARK CIRCLES Since genetics is to blame, there's no permanent fix for undereye discolorations-but they can be temporarily masked. Aesthetician Renee Rouleau, owner of a skin-care spa in Dallas, recommends gently massaging eye cream in circular motions to "wake up" circulation. Then, says celebrity makeup artist Maria Verel, apply a powder foundation-in a shade that matches your skin tone-to the darkened areas only, and, finally, pat over those areas with a slightly damp sponge. This will give better coverage and alleviate the dreaded chalky look created by some concealers.



Ice? No dice. Try an undereye patch.

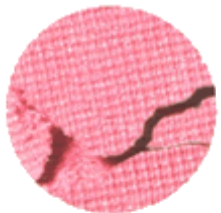
Color counts

The latest in color therapy, from makeup guru Laura Mercier: hues that take years off your face. Here's the scoop on...

Cheekier cheeks Skin a little sallow?

Dust a rosy pink, pink-brown, or peach blush onto the apples of your cheeks (the fleshiest part). Try, from top left: Maybelline Brush Blush in Berry Sorbet, L'Oreal Feel Naturelle Light Softening Blush in Mauve, or Cover Girl Cheekers Blush in Pretty Peach. Avoid overly orange hues, which can emphasize the skin's yellow tones.

Younger lips To mimic the natural, healthy look of younger lips, apply a creamy lipstick or sheer stain in a pink, raisin, or berry shade. Try, from top right: Clinique Different Lipstick in Pinkberry Stain, Elizabeth Arden Exceptional Lipstick in Wild Winterberry, or Bobbi Brown Lip Tint SPF 15 in Cherry. Think twice about gloss, which can feather into any lines you may have above your upper lip.



Turn back the hands of time

Constantly exposed to the elements, the skin on your hands ages faster than that of other body parts. For the best below the-wrist fixes, we assembled a panel of not-the-usual suspects.

The manicurist

Avoid long pointy nails, which can make hands look drawn and gaunt, says Maria Rodriguez of Salon Mario Russo in Boston. A short "squoval" shape-square across, round on the edges, and a quarter inch past the fingertips-is far more flattering.

The hand model

To hide age spots, says former hand model Dani Korwin, now the owner of the Parts Models agency, use a concealer brush to dot a heavy skin-tone foundation over darker areas (try Dermablend Cover Creme). Blend in, then set with pressed powder.

The scientist

Vaseline research scientist Brian Dobkowski recommends a hand cream containing sunscreen and alpha hydroxy acids, which have exfoliating properties to make skin appear smoother. Try Cellex-C Hydra Hand Cream.

The dermatologist

Use prescription-strength Renova cream for six months, says Sorin White, M.D., of New York City's Skin Clinic, and your hands will be plumper, spots will be lighter, and fine lines will be finer. To avoid dilution, apply the cream at night without other products.

The plastic surgeon

For deep wrinkles, **Robert A. Guida, M.D.**, in private practice in New York City, recommends light, repeated CoolTouch II laser treatments, less irritating to the skin than one aggressive session.