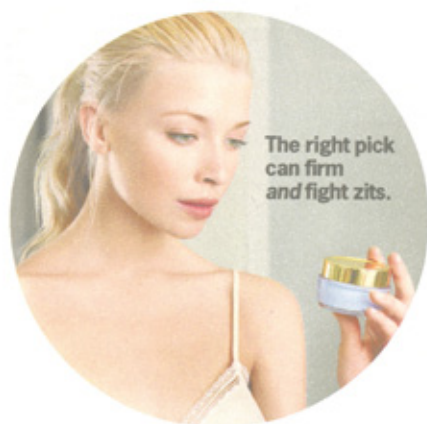


BEAUTY BOOK



The right pick can firm and fight zits.

TIP Good news: You can knock out acne and aging with the same product. A retinol cream or prescription retinoid like Retin A

TRUE OR FALSE?

Fine lines will be less noticeable if you exfoliate more often.

FALSE. Lines actually will be more visible if you overdo it with at intense peels. Aggr can tear your skin a ness and sagging. When used in mode it gives you a nice g



Aveeno Positively Ageless Daily Exfoliating Cleanser, \$8.99

without pummeling your face. "Stick

AGE: 35

IT'S TYPICAL TO HAVE: Deeper wrinkles on the forehead, around the eyes, and between the brows.

KEY FIX: A highly concentrated serum packed with peptides. Or see a dermatologist for a prescription retinoid, like Renova.

TRUE OR FALSE?

Chowing c

TRUE. Sugar, skinny jeans or when proven affects our information in s to wrinkle uneven ton anything you want-rich food balance it ou

ARE N

25

TO en tone posture s, broken (s). spot treat- de dark a lotion in C to damage



COSMOPOLITAN
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His Girlfriend Wish List
Do You Have These 9 Surprising Traits?

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Lancôme High-Resolution Eye Collaser-5X, \$59



Olay Definity Night Anti-Spot Treatment, \$24.99



Kinerase Extreme Lift Face

SOURCES: SOREN WHITE, MD; DORIS DAY, MD

Extreme Lift Face