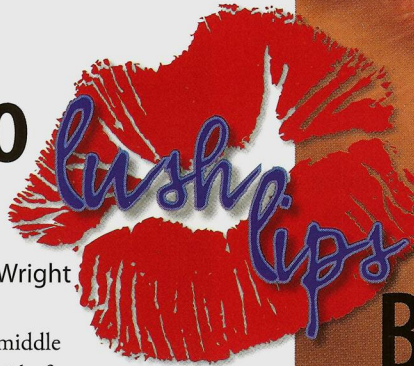


Look around. Lips are back in fashion and *luscious* lips are everywhere.

The Path to



by Dr. Fiona Wright

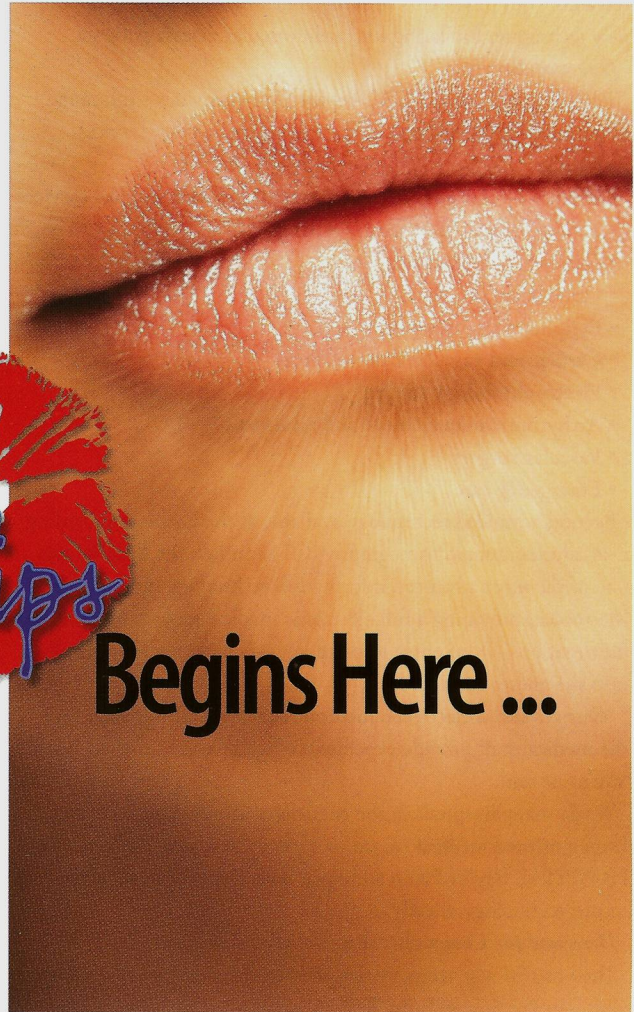
ISN'T IT TYPICAL that during middle age it gets increasingly difficult to get rid of unwanted fat areas on the body, whereas the fat in the lips decreases rapidly and we lose our pout. With aging, our lips lose volume and become narrower and less defined. Our lip levels of oil and water—our natural lip balm—decrease, and add to that the chilly winds of winter and lips can easily start to look a little ragged. But never fear; before you resort to injections of fat from your buttocks, there are quite a few ways to improve the look and condition of your lips.

By using a multi-step approach to lip rejuvenation, you can create natural, long-lasting results and satisfied smiles. Try this four-step approach to restore the youth in lips: 1) *Replenish* 2) *Resurface* 3) *Recontour* and 4) *Redefine*.

1) *Replenish* your lips using advanced skin care products. Using a lip balm with SPF is important during all seasons. A good one to try is RoC Minesol High Protection Lipstick that contains SPF 20. For an ultra-moisturizing experience look for a lip balm containing petrolatum (Aquaphor) or beeswax (Burt's Bees). Moisture balms should be applied throughout the day, after eating, and before going to bed to achieve the best results. Don't forget to check that your lipstick contains condition-enhancing ingredients. Clarins Le Rouge lipsticks have many lip-softening ingredients such as shea butter, wheatgerm oil, and natural waxes.

Applying your lip balm to a smooth surface is also important—so exfoliate your lips with your toothbrush when brushing your teeth. You can also apply lip exfoliating creams that contain salicylic acid (Carmex, Clinique), or for something stronger try Glytone Lip Treatment.

2) *Resurface* the skin to remove the “bar code” lines above the lips. With microdermabrasion, chemical peels or micro laser peels, this exfoliation process will “peel off” the aging skin and allow new skin to regenerate in its place. One of the newest technologies, the *WrinkleLite*, has also been successful in stimulating the growth of



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collagen and reducing these wrinkles.

3) *Recontour* the lips with Botox. If you can stop the wrinkle movement then you can stop the wrinkle! Botox is a great treatment to stop the lips from puckering and masking those unsightly lines. But don't worry, it does not interfere with your daily activities such as smiling, kissing, eating and talking. Botox will only stop the wrinkle movement and stop the lips from narrowing in—creating a new recontoured and full lip. But also remember that by avoiding smoking and not pursing the lips with straws and bottled drinks, you can also slow down the aging process.

4) *Redefine* your lips to create a fuller and more sensuous look. With Restylane and new Juvaderm Ultra Lip Fillers you can replace your volume loss and enjoy a more pronounced mouth or a soft, pouting look with the body's own material. This simple office procedure involves injecting these fillers into the inside of the upper and/or lower lip. The result will make your lips look younger, fuller, and, best of all, you won't have to worry about your lipstick bleeding into fine lines.

Look around. Lips are back in fashion and luscious lips are everywhere. Now with the latest treatments and medical advances you can pucker up and enjoy kissable lips through the mistletoe season and all year long. +