

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

# NEW BEAUTY

## BOTOX BREAKTHROUGHS

the new discovery that goes  
beyond erasing wrinkles

**stars**  
**WITHOUT MAKEUP**  
the secrets behind their  
amazing transformations

**\$1,000  
WRINKLE  
CREAMS**  
ARE THEY  
WORTH IT?

5 WAYS TO GET THE  
**SEXIEST  
BODY**  
POST-PREGNANCY


THE SECRET SURGERY:  
**LOOK YEARS  
YOUNGER**  
IN 60 MINUTES OR LESS

natural.

gwyneth paltrow's organic  
approach to beauty. lose inches  
and drop pounds in minutes:  
exotic spa treatments that  
deliver a better body.  
dramatic age-defying  
hair makeovers.







## 2 hormones that can be activated by the right skin care

01

**MELATONIN:** When applied to the skin, the hormonal components are absorbed and accrue; when enough melatonin has gathered, it works to strengthen the skin by renewing the cells. The body does not require large amounts of topical melatonin to work and make a difference; small concentrations can have an effect on the skin.

02

**DHEA:** When DHEA is used on the skin, it is first absorbed before enzymes in the skin recognize it and convert it into either an anabolic or androgenic hormone.

### DID YOU KNOW?

Melatonin is classified as a terminal antioxidant because, once it has oxidized, it forms stable end results and cannot return to its original state.



# HORMONES

## THE NEW POWERFUL ANTI-AGING SKIN-CARE INGREDIENT

NATURALLY FOUND IN THE BODY, CERTAIN HORMONES—LIKE MELATONIN AND DHEA (WHICH THE BODY CAN TRANSLATE INTO ANY HORMONE NEEDED)—HAVE BEEN NOTED AS HAVING A NOTICEABLE EFFECT ON ENHANCING THE SKIN AND DIMINISHING THE EFFECTS OF AGING. INTEGRATING HORMONES INTO ORAL SUPPLEMENTS IS NOTHING NEW, BUT SCIENCE HAS NOW DRAWN UPON THESE BENEFITS AND IS INSTILLING HORMONAL COMPONENTS AND INGREDIENTS THAT ACT ON HORMONES INTO SKIN CARE BASED ON THEIR AGE-DEFYING AND SKIN-PERFECTING ABILITIES.

### the discovery

A trend in fighting the signs of aging is treating the skin with topical hormones. “An early observation of rapid aging, dryness and wrinkling of the skin, when the body is deprived of estrogen, has long been a hallmark of menopause. For half a century, scientists have been trying to revitalize estrogen-deprived skin. While the discussion continues regarding the safety of estrogen supplements, we have sought to substitute topical applications to mimic the positive effects of estrogen,” says New York plastic surgeon Gerald Imber, MD. In general, hormones that are beneficial to the body internally tend to have a positive effect on the skin when used topically.

#### INSIDE tip

Hormone-based skin-care products first came into the marketplace only by prescription; they are much thicker and stronger than their over-the-counter counterparts.



#### REVIVE YOUR SKIN WHILE YOU SLEEP

Counting blueberry, jojoba, grape seed and vitamin E as key ingredients, **Alchimie Forever Kantic Calming Evening Cream** helps restore youthful properties to mature skin. \$71, [alchimie-forever.com](http://alchimie-forever.com)

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