

# Age



**Amy Adams**  
The 42 year-old actress epitomizes graceful aging.

## LET THERE BE *Light*

Graceanne Svendsen, aesthetician and certified laser technician, recommends treatment with the Fraxel laser ([fraxel.com](http://fraxel.com)) to correct pretty much everything under the sun: fine lines, wrinkles, UV damage, large pores and acne scars on the face, neck, chest and hands. “Fraxel goes by the names fractional or sublative fractional laser and harnesses tiny micro thermal zones to heat skin,” explains Svendsen. After treatment, your body sends growth factors to the areas for speedy recovery, and thus creates fresh collagen. Comedian **Chelsea Handler** recently took to Instagram to highlight the transformative results of her ProFractional laser treatment ([sciton.com](http://sciton.com)).

## HOME *Improvements*



Tighten slack skin on the face and neck with a firming cream and contouring tool  
**Peter Thomas Roth**  
FirmX Face and Neck Contouring System, \$98, [sephora.com](http://sephora.com)

Protect against future damage with souped-up SPF  
**It Cosmetics**  
Anti-Aging Armour SPF 50+, \$38, [itcosmetics.com](http://itcosmetics.com)



Restore elasticity and suppleness with a hardworking hydrator  
**Shiseido**  
Bio-Performance LiftDynamic Cream, \$110, [shiseido.com](http://shiseido.com)



Soften crow's-feet overnight with a nonirritating retinol  
**Olay** Pro Retinol Eye Treatment, \$25, drugstores





# LIKE THE *A-List!*

Celebs covet a *naturally* refreshed aesthetic. Here, the best procedures, injectables and products to turn back the clock — without looking like you tried.



Chelsea (@chelseahandler) posts her results before and after receiving ProFractional laser

## SMART *Pricks*

Hot off the press: an FDA-approved injectable filler called Volbella (juvederm.com) is now available nationwide. Dr. **David Shafer**, an NYC-based celeb plastic surgeon (shaferplasticsurgery.com), praises Volbella for its ability to lift the middle of the face, a region historically difficult to treat. "The formula is thinner and softer than its predecessors, so it's great for the fine lines around the mouth and lips," says Shafer. The technology behind it prevents swelling and elongates wear (it's been found to last for up to a year), providing the best bang for your buck. "Patients are receiving a natural and hydrated appearance without looking 'done,'" explains Shafer.



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