

PROS REVEAL

The best anti-aging secrets

Looking younger isn't all about serums, needles, and lasers. Here 17 all-natural moves.

BY INGELA RATLEDGE

● We've all been there: That moment midappointment when you catch yourself shamelessly staring at your hairdresser, dermatologist, or dentist and thinking, *How the heck does she pull it off? What's the secret to her great hair, pore free complexion, or flawless teeth?*

Well, we decided to go straight to the source and find out, once and for all, how to get that ageless look—naturally. We asked the beauty industry's most-sought-after stylists, aestheticians, and MDs to divulge their tricks for stopping the clock. If there's no fountain of youth, their unexpectedly simple advice might be the next best thing.

1 OPEN SESAME (OIL)

"First thing every morning, I massage organic sesame oil from the health-food store all over my body. Working it in wakes me up and really gets my blood circulating. Plus, the oil hydrates my skin, giving it a healthy glow. Then, I jump in the shower—the oil naturally cleans away dead skin cells."

— Lisa Hedley, founder and creative director of the Mayflower Inn and Spa, Washington, Connecticut

2 FIGHT LINES FROM WITHIN

"Anti-inflammatories are the best antiagers out there. From improving heart and immune functions to helping hair grow and skin look supple, they truly do wonders. I take three 500 milligram capsules of omega-3 fish oil in the morning and at night. I look for labels that say, 'molecularly distilled for purity,' which means pesticide-free."

— Arlene Noodleman, MD, medical director of the Age Defy Dermatology and Wellness Center, Campbell, California



DOWN THAT JAVA

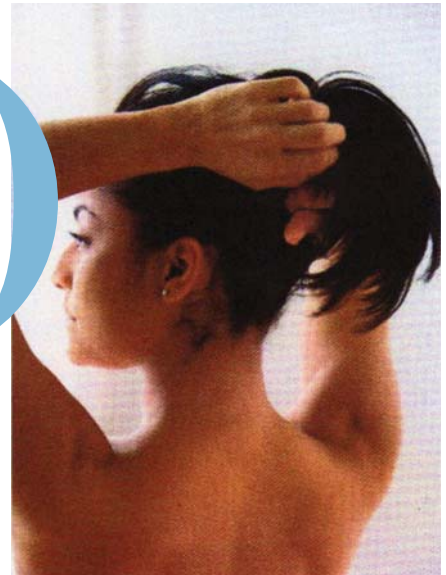
"I avoid stained teeth by drinking my coffee quickly. If you sip it over the course of an hour, it keeps coating and recoating. The same goes for other staining liquids, like tea and dark juices."

— Elisa Mello, DDS, cosmetic dentist, New York City

ADD BODY WHILE YOU SLEEP

“At night, I straighten my hair with a flat iron and put it up in a loose ponytail right above my forehead - it’s not cute, but I don’t care - and wear it like that all night. When I take it down in the morning, it has such a youthful bounce to it.”

- Laura Hittleman, corporate director of beauty services, Canyon Ranch, Tucson, Arizona



11 FRESHEN UP WITH FRUIT

"I snack on anything with malic acid—like strawberries, apples, and grapes—which act as a natural tooth cleanser and help break down stains."

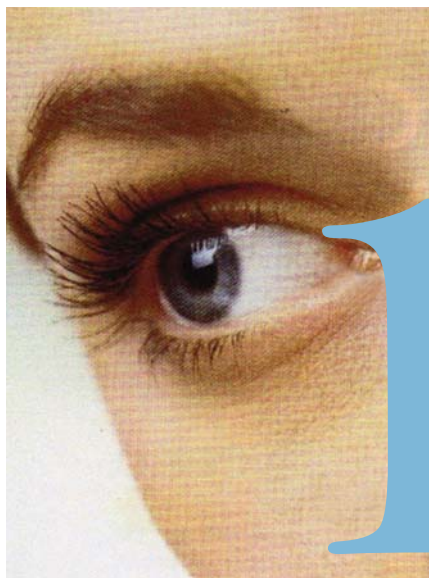
— Elisa Mello, cosmetic dentist



RUB AWAY STRESS

12 "I absolutely believe in massage. Moving blocked energy makes me feel younger from the inside out. I especially love reflexology and deep-tissue massage. If you don't have the time or money to get one regularly, you can achieve a lot of the same benefits by taking 20 minutes each day to stretch, meditate, and calm yourself, breathing deeply in and out."

—Lisa Hedley, Mayflower Inn and Spa



13 TRY THIS HAIR TRICK

Instead of using a styling gel to control my curls, I scrunch a nickel-size amount of conditioner or treatment mask into my damp hair before blow-drying. The conditioner not only tames flyaways and frizz but also provides serious hydration, which, I believe, is the key to younger-looking hair."

— Rita Hazan, celebrity colorist and owner of Rita Hazan Salon in New York City

14 SPA UP YOUR HANDS

I was really beginning to notice signs of aging on my hands, so I started taking care of them with the same routine that I use to take care of my face. Every time I exfoliate or use a mask on my face, I exfoliate or apply that same mask to my hands, too. I also use an enzyme concentrate on both my face and hands. I think this has made a big difference."

—Kirsten Combs, spa director, Mii Amo, Sedona, Arizona

15 SPOIL YOUR EYE AREA

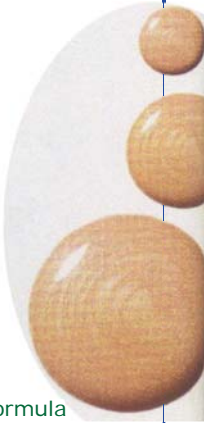
"I treat the skin around my eyes separately. Face creams can be too irritating, but products made for this delicate area work wonders for smoothing fine lines. I prefer to use a gel formula; the lightweight consistency keeps my eye makeup looking fresh all day."

— Laura Hittleman, Canyon Ranch

16 BLOW OFF BASE

I've stopped using foundation everyday, because it settles into wrinkles and makes them more noticeable. I start with a concealer just where I need it (under-eye area, blemishes, etc.) and follow it with an all-over application of tinted moisturizer."

—Joanna Schlip, celebrity makeup artist for Physician's formula



LOVE YOUR LASHES

“I take care of my lashes, so they don't get brittle and dry - and eventually fall out. My secret: When applying my eye cream at night, I dab a little bit extra onto the tips of my lashes with my fingers so they stay moisturized and healthy.”

- Joanna Schlip, celebrity makeup artist