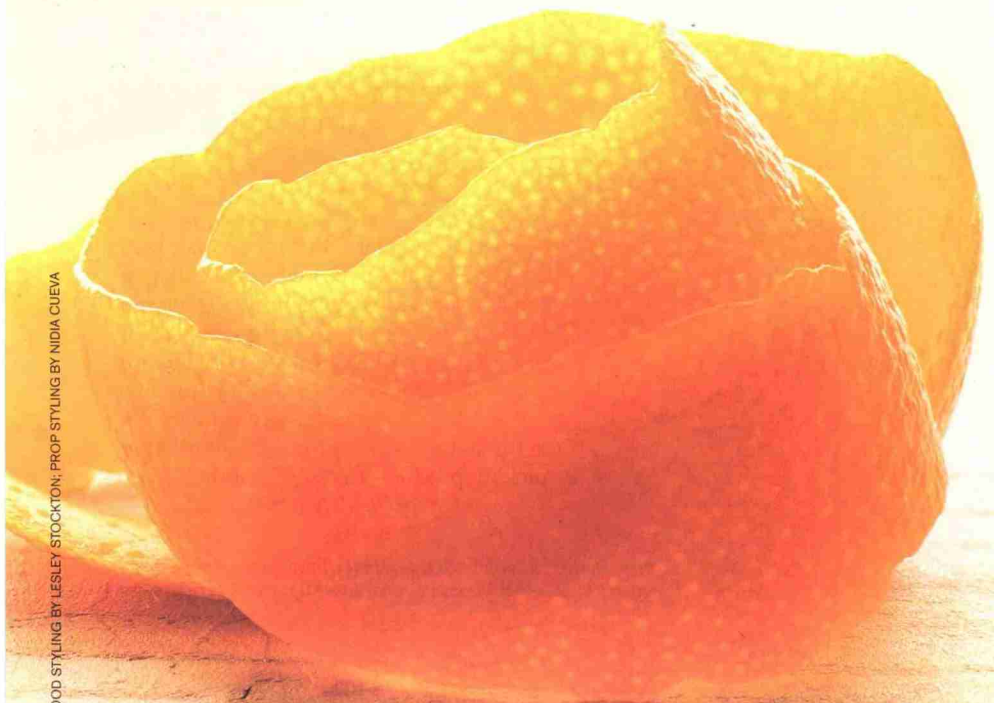


## Beauty

An Easy Lift • Insta-Anti-Agers • Skin Innovations



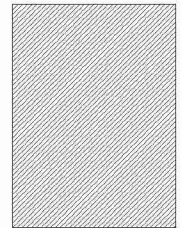
PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA CUEVA

### Peel Away Stress

**T**aking a whiff of orange essential oil could be the simplest serenity shortcut yet. Women who sniffed air infused with the calming oil for just 90 seconds immediately had less activity in the prefrontal cortex, the part of the brain that recognizes and processes stress, according to a

study in *Complementary Therapies in Medicine*. Get your own hit of happy with **Nomaterra** Miami Orange Blossom Roll-On Perfume Oil (\$55) or Neal's Yard Remedies Organic Aromatherapy Candle Uplifting (\$45). Both feature sweet orange essential oil, the same cheering variety used in the study.

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Beauty • Label Intel

#### ONE-WORD ANSWER

Should I really avoid skin-care products with parabens?

# yes.

The common preservative methylparaben, often used in anti-agers, decreased collagen levels—and skin cells' ability to generate more—in a new study. Megadoses gave mice drier, more wrinkled skin and are likely to have a similar effect in humans, since our skin is structurally similar. Nix the threat by checking for the preservative or picking products that say “paraben-free” or “PABA-free” on the label.

Sources: Rachel Nazarian, MD, assistant clinical professor of dermatology at Mount Sinai Medical Center; Investigative Dermatology

## This Skin-Care Claim Doesn't Hold Water

The term “water-free” is being bandied about on beauty-product labels as though it's a big-time benefit. Get the lowdown.

**THE CLAIM:** Proponents of the no-H<sub>2</sub>O movement point out that anti-aging superstars like antioxidants, vitamin C, and retinols are lipid soluble—and therefore more effectively delivered to skin cells in formulas that use oil instead of water.

**THE REALITY:** Lipid-favoring ingredients can be tweaked in labs to play

just as well with H<sub>2</sub>O and deliver equally effective outcomes, though the products lack the silkiness that waterless ones tend to have, says cosmetic chemist Ron Robinson.

**THE BOTTOM LINE:** Choosing water-free products (or not) is a matter of personal preference, not younger-looking skin.

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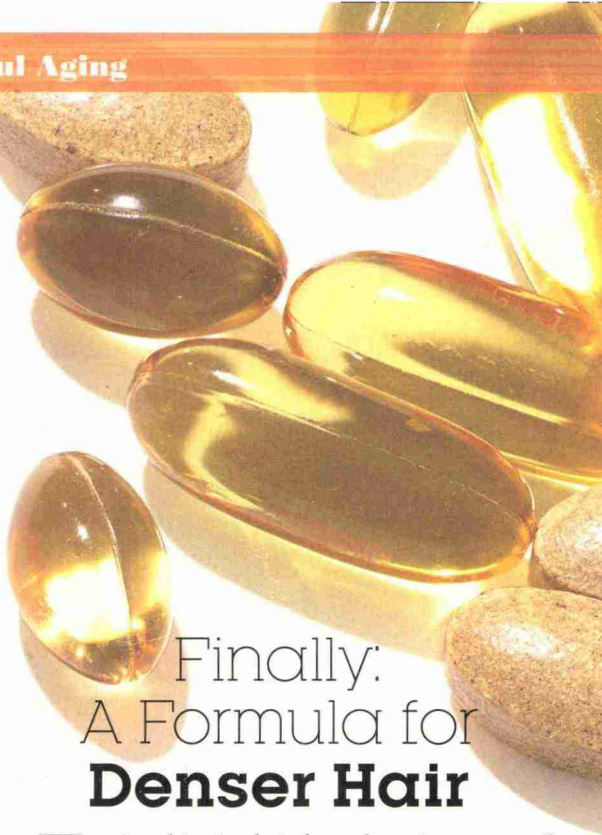
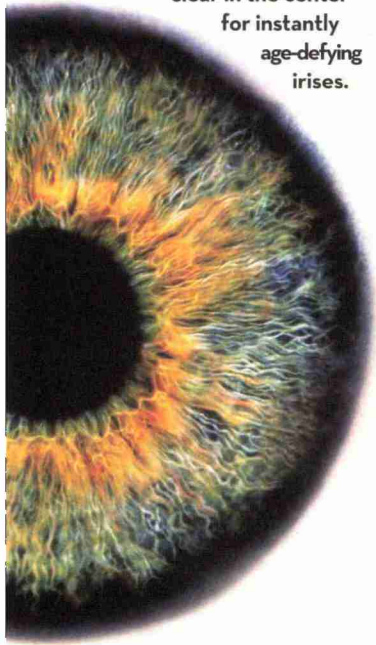
FROM TOP: VALUA VITALY/GETTY IMAGES; AKU SIUKOSARI/GETTY IMAGES

## Beauty • Youthful Aging

### Younger-Looking... Eyeballs?

Yup, it's a thing: The slightly darker border of the iris, called the limbal ring, fades with age—and distinct limbal rings are judged as more attractive, per a University of California, Irvine, study. Of course there's now a product to indulge the fixation: 1-Day Acuvue Define contact lenses (\$75 for a month's supply) are ringed in pigment but

clear in the center for instantly age-defying irises.



### Finally: A Formula for Denser Hair

**E**rasing thinning hair from the aging equation may be as simple as taking five supplements: fish oil (460 mg), black currant seed oil (460 mg), vitamin E (5 mg), vitamin C (30 mg), and lycopene (1 mg). In a new study, 90% of women with thinning hair (and no nutritional deficiencies) reported less hair loss after taking that combo daily for 6 months, and 87% saw denser, thicker hair. Researchers suspect that the supplements' fatty acids and antioxidants are the heroes: They support blood vessels and cell growth and may spur anti-inflammatory activities in hair follicles—all of which are building blocks of enviable hair.  
*Source: Journal of Cosmetic Dermatology*

FROM TOP: PHOTOGRAPH BY EMILY KATE ROEMER; PROP STYLING BY NIDIA CUEVA; GANDEE VASAN/GETTY IMAGES

## Beauty • High-Tech Skin Solutions

### Erase Your Skin's Spotty Past

Dark marks and dents are the stubborn ghosts of long-gone acne. Brightening serums can help fade the spots, but until now, the closest thing derms had to a scar fix was either laser resurfacing or the off-label, often-ineffective use of fillers that quickly disintegrated, so pits reappeared. Bellafill, the first injectable to get FDA approval for treating acne scars, might be the answer. Its

staying power lies in tiny spheres of a substance called polymethyl methacrylate, which creates a base that keeps the previously dented area lifted. It can't rehab narrow, deep, ice-pick-like depressions, but wider, craterlike spots are prime targets. If the latter scar situation describes yours, one treatment will cost about \$600 to \$800, and you'll likely need two for best results.

Source: Ruth Tedaldi, MD, Boston-based dermatologist



#### THERE'S AN APP FOR THAT

#### Up Your Sun-Protection Game

Your phone is basically your personal assistant—fetching your lunch, calling a car to your exact location, waking you in the morning. So it's no surprise that research in *JAMA Dermatology* suggests you can use it to protect your skin, too. Mobile sun-safety apps that nudged users to reapply SPF or don a hat led to better sun protection. We recommend SunIQ (free), which pings you to reapply sunscreen hourly, to rehydrate every 45 minutes, and to remind you when to seek shade—all based on the intensity of UV rays in your current location.

Even with tech on your side, sun protection is anything but simple. Flip to p. 74 to find out how to prevent the biggest summertime skin-care mistakes.

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