

WHAT THE EXPERTS SAY...



Get a bright, youthful smile

New York, NY

"A full, broad smile can help visibly reduce fine lines and wrinkles. Giving your teeth additional volume via veneers will dramatically improve your look, making you appear more youthful," says cosmetic dentist Nargiz Schmidt, DDS. smileinthecity.com



The right procedure can take years off

New York, NY

Oculoplastic surgeon James R. Gordon, MD, says, "Microneedling with PRP (platelet-rich plasma) reduces wrinkles, acne scars and discoloration, stimulates collagen growth and helps prevent skin aging for overall rejuvenation." cosmeticeyelids.com



Erase wrinkles with noninvasive options

Lake Mary, FL

"A noninvasive treatment like Botox, Xeomin or Dysport can quickly smooth out forehead wrinkles and lift and shape your brows to give you a more relaxed and rejuvenated appearance," says facial plastic surgeon Edward J. Gross, MD. wedofaces.com



Rejuvenate your skin with fillers

Beverly Hills, CA

"Defy gravity during the early stages of aging with hyaluronic acid fillers like Restylane Lyft and Juvéderm Voluma to add lost facial volume for a subtle lift and beautiful contour," says dermatologist Rhonda Rand, MD. mybeverlyhillsdermatologist.com

The doctors featured in this story have not treated this celebrity.

RED CARPET-WORTHY SMILE

Take years off your look with a teeth-whitening treatment that eliminates stains for a more youthful-looking smile.

SAFEGUARD YOUR SKIN

Preserve your skin's youthful glow by keeping it protected from the aging effects of the sun.

PROPERLY PLACED INJECTABLES

The right combination of injectables and fillers can rejuvenate your face with little to no downtime.

REPLENISH ELASTICITY

Alphahydroxy acids and retinol are ingredients that benefit the skin and work to stimulate collagen production.

PRACTICE HEALTHY HABITS

Maintain beautiful skin by following a proper skin-care regimen, exercising regularly, eating a balanced diet and drinking plenty of water.



HOW CAN I LOOK AS GOOD AS
Elizabeth Banks
does at 42?