

**HELLO!**  
CANADA  
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NEW PHOTOS

MEGHAN  
AND KATE  
TOGETHER!



HELLO! AT  
THE OSCARS

ALL THE FUN  
MOMENTS,  
ROMANTIC  
COUPLES AND  
RED CARPET  
MAGIC

PLUS 23  
WOMEN WE  
LOVE WHO  
ARE MAKING  
A DIFFERENCE

FIVE YEARS AFTER  
HER FAMOUS DEBUT  
**JENNIFER  
LAWRENCE**

ON LOVE, LAUGHTER,  
A-LIST FRIENDS AND  
BEING A ROLE MODEL

AT HOME EXCLUSIVE



**LUIS FONSI**  
MEET THE 'DESPACITO'  
SUPERSTAR AND HIS  
BEAUTIFUL FAMILY

Once upon a time, going under the knife was the only way to tighten up

It's a *universally* acknowledged truth that as we age, our face loses volume (that plump, bouncy skin we all love and covet). The dreaded sagging is caused by slowed-down collagen production and the loss of facial fat. According to Dr. Sandy Skotnicki, medical director at the Bay Dermatology Centre in Toronto, the fat pads in our cheeks and temples diminish over time. "Young people have apple cheeks, but as you get older, that part flattens, resulting in volume loss, which drags the lower part of the face down."

That's when women begin to notice jowls and flat cheeks (around their mid-40s), often resulting in a tired-looking appearance. Once upon a time, going under the knife for a surgical facelift was the only way to tighten up. Now, new lifting treatments – both doctor-administered and DIY-friendly – offer non-invasive tactics to tackle sagging skin.

#### WHAT THE DOCTOR ORDERED

According to two of the Kardashian family's favourite L.A.-based plastic surgeons, facial fillers injected directly into the cheek can result in a mini face-lift. Dr. Simon Ourian believes that properly placed dermal fillers can lift and correct age-related volume loss, while Dr. Jason Diamond's signature Diamond Facial Sculpting is said to correct the loss of volume in the mid-face. "If you over-inject the cheek, you will certainly lift up the jowl area but you have to make sure it isn't out of proportion," says Dr. Skotnicki. "You don't want to be overfilled."

Another treatment, Ultherapy, is Jennifer Aniston's and Christie Brinkley's go-to method to help lift skin, and is a favourite procedure of both Dr. Skotnicki and Dr. Gary Goldenberg, an assistant clinical professor of dermatology at Mount Sinai Hospital in New York City.

The therapeutic ultrasound treatment harnesses heat produced by targeted sonic waves. Administered through a wand, these waves cause little injuries to collagen, which, when it heals, grows back a little bit tighter, resulting in plumper and more lifted skin.

"Think of collagen as a rubber band," says Dr. Goldenberg. "With age, that rubber band stretches and becomes loose. When you heat it, it tightens up again."

The latest and somewhat controversial treatment involves stem cells. While stem cells from apples and various plants have long been incorporated into anti-aging creams (Victoria Beckham is said to be a fan), umbilical cord stem cells are now being worked into lifting procedures. When combined with fillers (or applied to the skin after a laser or microneedling treatment), these stem cells help stimulate collagen production. According to Dr. Goldenberg, on average, fillers can last nine to 12 months, but when combined with stem cells, they may last longer. By the time the filler wears off, the face looks naturally plumper because the skin has had time to regenerate its own collagen. ▶

Victoria Beckham (left) and Christie Brinkley show off their sculpted vaags.

## BEAUTY LIFT OFF

Your A-list-approved guide to firmer skin minus the face lift **By Julia Seidl**



Lierac Lift Integral Superactivated Lift Serum, \$105, [lierac.ca](http://lierac.ca)

Estée Lauder Perfectionist Pro Rapid Firm + Lift Treatment, \$145 for 50 mL, [www.esteelauder.ca](http://www.esteelauder.ca)

### GRAVITY CHECK

Skin-care products can't defy gravity, so think prevention with these skin-firming heroes

Elizabeth Arden Ceramide Lift and Firm Sculpting Gel, \$95, at Shoppers Drug Mart and [thebay.com](http://thebay.com)



VENEffect Firming Phyto-Lift Serum, \$254, at [Murale](http://Murale.com) and [beautyboutique.ca](http://beautyboutique.ca)



Eau Thermale Avène PhysioLift Serum Smoothing Plumping Serum, \$57, [beautyboutique.ca](http://beautyboutique.ca)



FROM LEFT: PETER LINDBERGH; OCCASION: DONALD MARROTT/GETTY IMAGES; STYLING: ADRIAN GILTY; MAKEUP: VIVIANE LARIVE/30X