

IN YOUR 30s

Your Skin

Alas, no eye cream erases newly etched "squints," and teenage sun-worshipping is now evident, too. But even if neither applies to you, getting on an at-home antiaging regimen is a must. Audrey Kunin, M.D., a Kansas City, MO, dermatologist, even suggests that those with more obvious damage consider Botox or Restylane: "Otherwise, you'll face a rude awakening in your 40s." As for makeup, Kashuk believes that a 30-something should be refining her look, not re-creating runway fantasies.

Your Maintenance

RETINOIDS: These vitamin A-derived formulas promote cell turnover. Think your skin needs more rejuvenation than the OTC formulas offer? Ask a dermatologist about Retin-A or Avage.

PENTA- OR HEXAPEPTIDES: These additives kick-start collagen production—which gives skin its natural plumpness. **MC RECOMMENDS:** Sonya Dakar UltraLuxe 9oc, \$185.

ANTIOXIDANTS: Since free radicals inflict as much damage as the sun, layer an antioxidant serum under your sunscreen. **MC RECOMMENDS:** Cellex-C High Potency Serum, \$90.

EYE CREAM: Eyes "age" fastest because the skin around them is thin and dry. Indulge them with a rich cream laced with collagen boosters. **MC RECOMMENDS:** Prescriptives Anti-AGE Eye Cream, \$48.

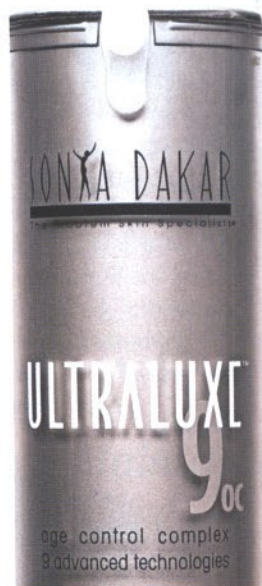
Your Makeup

HYDRATING LIPCOLOR: "Lose the matte mouth," says Vadhera. "Glossy lipcolor is more youthful." **MC RECOMMENDS:** Almay Hydracolor, \$8.99.

UNDERSTATED EYES: "Shadows should be muted," says Kashuk. Off to a party? Opt for liner in cobalt or bronze. **MC RECOMMENDS:** Sisley Glittering Eyeliners, \$39; Global Goddess Sizzling Serengeti Shadows, \$42.

BRIGHT CHEEKS: Pink or peach blush brightens dull skin. **MC RECOMMENDS:** Laura Geller Cheek Sweeps, \$29. >>

FROM RIGHT: Almay Hydracolor, Sisley Glittering Eyeliner, Laura Geller Cheek Sweep, Prescriptives Anti-Aging Eye Cream, Global Goddess Shadows, Sonya Dakar UltraLuxe 9oc.



Turn heads with glowing skin and muted eye makeup, as Porizkova did in her 30s.