

Exclusive
LIZABETH HURLEY
HOW TO LOOK
THIS HOT AT
ANY AGE

GENIUS!
THE 70th HOLLYWOOD
DIET THAT WORKS

CHEATERS
WHO'S HE REALLY
SLEEPING WITH?

THE RICH FIX
BECOME AN
INSTANT MILLIONAIRE

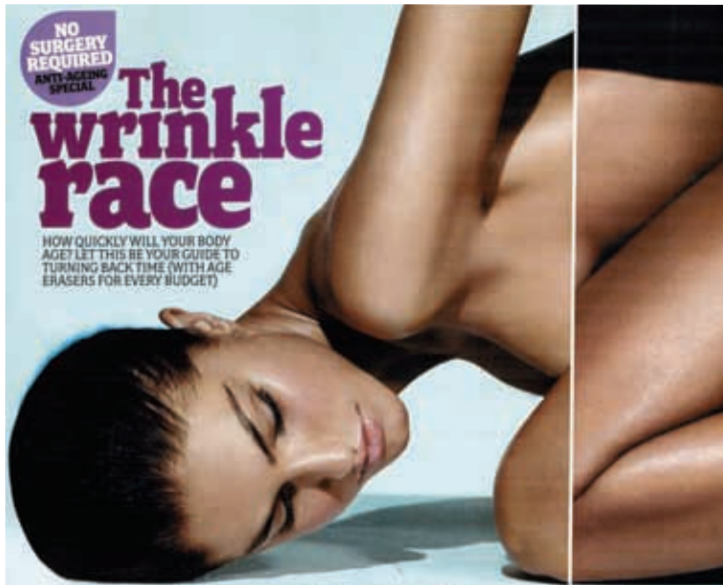
REAL LIFE
THE DAY I TOLD MY
FRIEND I WAS
A PROSTITUTE

WIN A
DESIGNER
HANDBAG
WORTH
\$1695
FOR 10¢ AND
A FRIEND

268
MID SEASON
MUST-HAVES
PLUS THE
\$4.95 T! BAG

The Anti-ageing issue

60 WAYS TO LOOK YOUNGER BY BEDTIME



NO SURGERY
REQUIRED
ANTI-AGEING
SPECIAL

The wrinkle race

HOW QUICKLY WILL YOUR BODY AGE? LET THIS BE YOUR GUIDE TO TURNING BACK TIME (WITH AGE ERASERS FOR EVERY BUDGET)

Hair

Has death actually aged instead, 'hair doesn't change over the hair cycle' says Dr. Nettle. 'Childbirth also speeds up the process. Excessive jogging can have a similar effect.'

Age delay:
\$100 weekly massages will improve circulation and promote growth.
\$200 weekly massages will improve circulation and promote growth.
\$300 weekly massages will improve circulation and promote growth.

Eyes

Most women will start noticing lines around their eyes at 30. 'The skin here is delicate and subject to gravity, making it a prime target for ageing,' says Dr. Warwick Nettle from Silkwood Medical cosmetic surgery clinic.

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Teeth

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Skin

Forty-seven is the average age when women believe their looks start to fade. 'Sun and smoking are the two biggest age accelerators,' says Dr. Nettle, 'because smoking activates a gene that breaks down collagen in skin.'

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Jowls

The jowl area is particularly vulnerable to the effects of gravity,' says Dr. Nettle. 'By your late thirties the well-defined line of the jaw gradually begins to soften, forming the inevitable "turkey neck".'

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Breasts

Breasts naturally sag with age because of their lack of any natural support,' says Dr. Nettle. 'Childbirth also speeds up the process. Excessive jogging can have a similar effect.'

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Knees

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Hands

The skin becomes thinner with age. 'Sun and smoking are the two biggest age accelerators,' says Dr. Nettle, 'because smoking activates a gene that breaks down collagen in skin.'

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