

M

FALL FASHION

86

PAGES OF
THE LATEST TRENDS
FOR HER + HIM + HOME

STYLE SHOPPING PEOPLE FUN
\$3.95

PREMIER
ISSUE!

Beauty

THIS SEASON'S
MUST HAVES

*High Gloss,
High Style*

IT'S YOUR TIME TO SHINE

MAN TIPS:

WHAT'S IN FOR SUITS, TIES,
SHOES, AND CASUAL

Plus:

MARTHA STEWART'S NEW
COLLECTIONS FOR KITCHEN,
BEDDING, DINING, AND MORE



Spa-to-Go

THOUGH YOU MAY STILL TREAT YOURSELF TO A DAY AT THE SPA, TODAY'S DEMANDING LIFESTYLES REQUIRE PRODUCTS THAT GIVE YOU PROFESSIONAL RESULTS HOME AND AWAY.



The Dr. Andrew Weil for Origins line was created to explore topical

wellness issues that can compromise skin health and aging. "Without good health," says Weil, "there is no real beauty."

Shoulder-to-Toe Glow

Developed by Dr. Andrew Weil for Origins, this Revitalizing Body Scrub gets skin glowing with sea salts and antioxidants, and balances skin using four principles from Japanese tea ceremonies: harmony, respect, purity, and tranquility. Dr. Weil for Origins, The Way of the Bath Matcha Tea Body Scrub and whisk, \$45.



ASK A DERMATOLOGIST

Selecting the right products for your skincare needs can be overwhelming. If you have concerns, consult a skincare specialist or dermatologist who can help identify your particular needs. With that in mind, *M* turned to Minneapolis dermatologist Dr. Charles Crutchfield III for advice. This knowledge should help make your selections easier as you approach the cosmetics counters.

Q I like to indulge my skin with treatments once in a while, and I'm hoping to look more youthful from them. What can I expect?

A It's great for everyone to be as pampered as they can. Trying new skincare programs can help you find something that works even better than what you've got now. Don't try to look younger than your age—look fantastic for your age.

Q Do I need an exfoliator, or is it hype?

A Skin does exfoliate itself, but if it doesn't shed normally, it can look dull, ashy, and dry. Using an exfoliator—but don't scrub too hard—as a part of gentle cleansing regimen can help the process along.

Q How many steps do I really need in my skincare regimen?

➤ ASK A DERMATOLOGIST

Q Is it ever too early to use anti-aging products with SPF?

A It's never, ever, ever too soon to protect against the sun. One of life's cruel ironies is that most people will receive 75 percent of their total lifetime sun exposure by age twenty-one. Your face gets the most sun exposure, so if you get a lot of sun, it will be reflected in your skin.

Q Can a skincare product actually turn back the clock, or am I searching in vain?

A The correction of skin problems that are associated with aging and ultraviolet damage is one of the fastest growing areas of skincare. The Baby Boomers really abused their skin—laying out on rooftops slathered in baby oil and using tinfoil—and many want to correct it to what it should look like for their age. There's no magic answer, and thousands of products. Try the ones that seem most appealing to you . . . and remember: Less is more. You want to look natural and beautiful. I tell patients you want your friends to be 'enviously confused' when they look at you

Q Speaking of 'enviously confused,' I'm planning for a tropical getaway and want to get bikini-ready. Is there anything I can do about my stretch marks and wrinkles? How much time do I need?

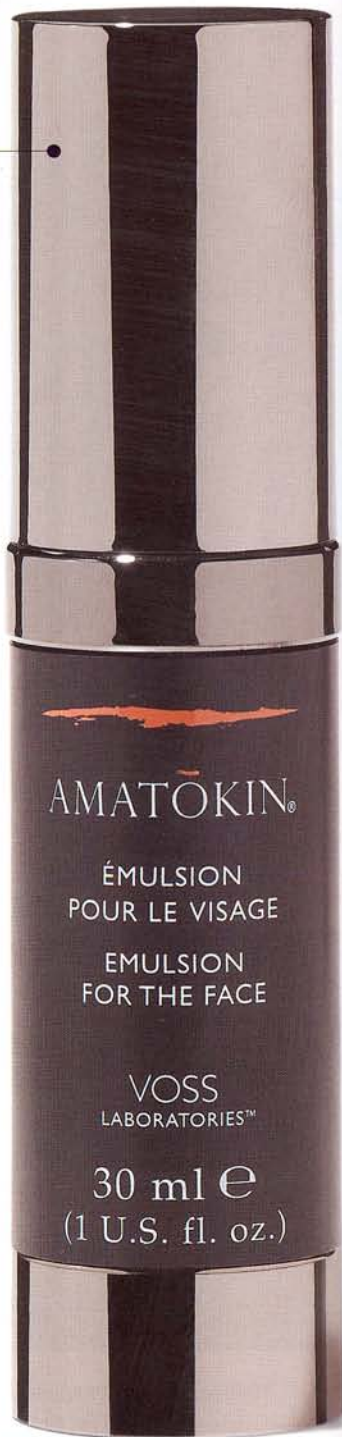
A We have medications now that really work to correct aging and damaged skin. But you can never change a scar back into normal skin. Do not let perfection be the enemy of the very good—looking for improvement, not looking brand new. Topical agents that work on wrinkles and stretch marks may take somewhere in the six-month range to see results.

Smooth It Out

Minimize the appearance of deep and superficial wrinkles, as well as skin discoloration (hello, spots!), with this latest beauty breakthrough. Amatokin Emulsion for the face, \$173.

"Topical agents that work on wrinkles and stretch marks may take somewhere in the six-month range to see results."

—Dr. Charles Crutchfield III, Minneapolis dermatologist



Firm It Up

Tighten your skin and reduce the appearance of wrinkles, spots, and stretch marks with this highly concentrated potion. StriVectin-SD Ultra Concentrated Stretch Mark Formula, \$135.