



## COMPLEXION PERFECTION

New anti-aging treatments are targeting women at ever younger ages. But do they work and are they necessary? An expert helps us fill in the lines.

**ABOUT FACE** With new surgical procedures becoming less invasive and anti-aging cosmetics becoming more abundant, women as young as their late 20s are taking steps to stop the signs of aging, says David J. Goldberg, M.D., a board-certified dermatologist and author of *Light Years Younger: The Definitive Guide to Anti-Aging Skin Care*. In his book, Dr. Goldberg devotes a section to the latest breakthroughs in age-defying cosmetics. He recommends those containing vitamins A and C, which have been proven to promote healthier, more radiant skin. Current research into the benefits of fruit extracts like grapeseed also show promise. In the meantime, Dr. Goldberg says there's no harm in trying out different products to find one you like. But above all, using a moisturizer with SPF 15 is the best way a woman of any age can defend her skin against time, he says. Turn the page to learn about the latest products that aim to deliver youthful results.