

Hi-Tech Fix: Eyes

Simple tricks to age-proof your eyes



When you look good, you feel good. Here's another hi-tech grooming solution

Hi-Tech Fix: Tighten your lids with light energy

Eyes are among the first features to show signs of aging because skin is thinnest in this area, says Yael Halaas M.D., a board-certified facial plastic surgeon with a private practice in New York City. It may sound like sci-fi, but doctors across the country can now do "eyelifts" using light energy instead of knives to zap fine lines and lessen dark circles.

As the doctor directs the laser over your upper and lower lids, the beam is broken into microscopic columns of light to blast old collagen and elastic fibers so that new tissue can grow. These lasers leave surrounding skin intact for very quick healing—downtime is just a day or two of redness. (About \$1000; www.drhalaas.com).

Low-tech trick: Wipe away lines

Patting a cream around your eyes that has retinol, a vitamin A derivative, helps skin cells turn over faster to erase fine lines. Retinols can be powerful, so be sure to use only creams made specifically for your eyes on this area. To see results, apply

morning and night for eight weeks. One we like is the RoC Multi Correxion Eye Treatment because it also has vitamins C and E, antioxidants that fight the free radicals that contribute to crow's feet. (\$24.99; www.rockincare.com).