

## HOW TO AVOID WRINKLES, ADVICE FROM **DR. REBECCA BAXT**



We all know that certain hairstyles may HIDE wrinkles (like bangs!) and that visits to the spa for regular facials can make a big difference in the anti-aging game. The professional beauty industry offers some of the finest services and products to combat lines and creases, **but Dr. Rebecca Baxt, a top NY Dermatologist, suggests we keep wrinkles at bay the old fashioned way: PREVENTION. Here she offers some tips for the salon professional...suggestions you may want to share with your client.**

### **Sleeping Beauty**

Though it is difficult to change sleeping habits, if you don't sleep on your back—try to. Sleep lines are tough to get rid of. And though a good night's rest is needed for a youthful appearance, it doesn't end there. Your position makes a difference when hitting the sack. "Avoid sleeping on your face or side with your skin all scrunched up in your sheets," explains Dr. Baxt. "This will help prevent lines on your face, especially in areas prone to wrinkles."

**Beautify Gently:** When applying makeup or washing it off before bed, try to be gentle. Don't rub around your eyes to wash out excessive eyeliner and mascara. Be gentle around the eyes. Don't use harsh towels, avoid vigorously scrubbing your face or stretching your skin daily to apply makeup in sensitive areas. Take your time.

**Like Mother, Like Daughter:** How do you know if you are prone to wrinkles and in which areas? Look at an older family member's face—especially your mother. If you suspect an upcoming battle with creases in your future, speak to your dermatologist about preventative measures. "Botox® treatments can be used to prevent wrinkles for women [and men] in their 20s and 30s," adds Dr. Baxt. "It is a great time to start preventing wrinkles on the upper area of the face."

**Kiss Lip Lines Goodbye:** Want to avoid lip lines? Don't drink from a straw repeatedly, smoke or constantly blow bubbles with bubble gum. Activities that cause you to pucker or purse your lips may result in added lines. If you are prone to lip lines—again observing family members to see if you might be genetically predisposed—, avoid pursing your lips. To further prevent lip lines, Dr. Baxt suggests laser hair removal to remove hair, or bleach, thread, wax or shave.

**Maintain Protection:** It is a given that avoiding the sun and using sunscreen is one of the most effective anti-aging measures. However, many people forget to reapply. Sunscreen only lasts 2-3 hours, so keep a powder sunscreen in your bag and reapply throughout the day.

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