

**DO THEY REALLY WORK?**  
20 BEAUTY PRODUCTS PUT TO THE TEST

**WAKE UP YOUR JEANS**  
BEST PICKS EVERY TREND! EVERY SHAPE!

**KATE WINSLET!**  
ON FAME, FASHION & MEN

**WARDROBE ALL-STARS**  
THE 9 PIECES EVERY WOMAN NEEDS NOW

**10 WAYS TO ERASE 5 YEARS**

THE **COLOR** ISSUE!

**127 FUN IDEAS TO REFRESH YOUR LOOK, MAKEUP & HOME**

BEAUTY AT ANY AGE

## Got Dark Circles? Time to Get Out from Under

Whether you've had a string of restless nights or are now convinced that raccoon eyes are your new normal, we've got the scoop on brightening up (proper sleep habits not included)

### 20s

If rings stay long past a late night, you're likely genetically predisposed to them. Other culprits can be histamine-releasing allergies. (They increase vascular "congestion" and excess pigmentation.) For allergies, ask your doctor about taking an antihistamine to improve symptoms. To stop circles from worsening, don't neglect SPF, says N.Y.C. dermatologist Elizabeth Hale. It prevents UV-induced melanin spikes and preserves skin-firming collagen (a good thing, as thicker skin better masks darkness). And use daily moisturizer: You're more likely to rub dry, itchy skin, which exacerbates circles.

Coppertone ClearlySheer for Sunny Days Faces SPF 30, \$10; at drugstores. Neutrogena Hydro Boost Water Gel, \$19; at drugstores.

### 30s

Circles continue to come and go as blood pools and drains under eyes. But now the issue can appear worse thanks to years of UV exposure and the natural thinning of skin. To keep skin thick so less of this activity shows through, use an evening O.T.C. retinol cream to boost firming collagen. "Dot it under the lower eyelids every other night at first to avoid irritation," says Dr. Hale. For day, under SPF, add a serum with antioxidant vitamin C, which helps "preserve collagen and offers long-term brightening so skin looks more radiant."

ROC Retinol Correxion Deep Wrinkle Night Cream, \$23; at Target. Meaningful Beauty Antioxidant Day Crème SPF 20, \$45; meaningfulbeauty.com.

### 40s

In this decade, your basic eye-illuminating plan stays the same: daily SPF with an antioxidant boost, plus pre-bedtime retinol. For those days when you look particularly spooky, add in a temporary trick or two: A cream with caffeine or the herb arnica can temporarily restrict blood vessels to decrease the purplish effect, says N.Y.C. dermatologist Michele Green. Upgrading your SPF to one with a color-correcting tint and a vessel-constricting cool metal tip will also help banish dark shadows.

NeoCutis Lumière Bio-Restorative Eye Cream (with caffeine), \$90; lovelyskin.com. It Cosmetics CC+ Eye SPF 50+ in Tan, \$29; itcosmetics.com.

### 50s+

Houston, we have a contour problem. Age-related loss of volume under the eyes creates concavity (or a "hollow") that only makes rings look darker, says N.Y.C. dermatologic surgeon Anne Chapas. To temporarily reduce the shadows, try a serum with the plumping action of hyaluronic acid, says Dr. Hale. (Check out this Revlon product, which contains the ingredient.) At night, add a new layer: a serum with moisturizers, antioxidants, and peptides worn over your retinol to offer more collagen-building help.

Revlon Age Defying Wrinkle Remedy Line Filler (with hyaluronic acid), \$13; at drugstores. SkinMedica TNS Essential Serum, \$270; skinmedica.com.



### TAKE COVER

UNTIL YOU CAN FIND TIME FOR DAILY SIESTAS, TUCK THESE GENIUS MOVES FROM MAKEUP ARTIST PATI DUBROFF INTO YOUR BACK POCKET

- 1 SKIP CONCEALER** Wait, hear us out: Dubroff likes avoiding heavy, "potentially cakey" concealers and instead builds up layers of lightweight foundation to camouflage. Gently tap on a few even coats with your finger until you're in the clear.
- 2 PICK THE PERFECT SHADE** To cover dark purple or reddish circles, use a base that's just a touch lighter than your skin tone. Got brown circles? Reverse this advice: "Go about a shade darker; otherwise, you could end up highlighting the problem."
- 3 LINE STRATEGICALLY** Just like a pearly eye shadow on the inner corners can make you look more awake, tracing a flesh-toned pencil along your inner lash lines (or water lines) can produce a brightening effect that counteracts dark circles.

