



SkinMedica® *as seen in...*

RED BOOK

10 easy ways to lose that belly!

Reality stars who did it show you how

7 THINGS HE'S NOT TELLING YOU...

...because he knows you'd freak out

Cheap beauty treats

Spoil yourself for \$5, \$2, free!

BONUS COVERS!

Bethenny Frankel

"I'm completely done with women being rewarded for bad behavior"

\$17,370 OF FREE STUFF!

win, p.33



DO I NEED... GROWTH FACTOR IN MY SKIN CREAM?

"Anyone over 30, but especially people with rosacea or dark under-eye circles, can benefit from a growth-factor product," says Mount Kisco, NY, dermatologist David E. Bank. He points to promising preliminary research showing that topically applied growth factors (related to, but not chemically the same as, growth hormones) increase the thickness and firmness of skin while decreasing hyperpigmentation and redness. All very encouraging—though not cheap—and a lot less scary than a needle or (gulp) a lift. Try SkinMedica TNS Recovery Complex, \$155, or Neocutis Lumière Bio-restorative Eye Cream, \$80.