

to Turn Back the Clock!

*Varicose Veins

One-minute trick:

While the surest ways to make varicose and spider veins disappear are costly laser treatments and sclerotherapy, explains Dr. Roberts, there are other, more budget-friendly options. When you know you're going to be standing for long periods of time, try wearing compression stockings (available at your local medical-supply store and at drugstore.com). They will help with circulation, improve the condition of those unsightly veins and also act to prevent veins from becoming a problem in the first place. Varicose veins run in families, so if Mom or Grandma has them, you have a good chance of getting them as well.



*Leathery Skin

One-minute trick: Exfoliating your skin will keep it looking young and fresh. To get rid of dullness, use a body soap that contains alpha hydroxy acids, like **Mario Badescu A.H.A. Botanical Body Soap**, \$8, mariobadescu.com. Follow that up with an antiaging body lotion like **Vaseline Intensive Care Renewal Age Redefining Body Lotion**, \$4, drugstores, to stimulate collagen and keep moisture in the skin.

*Fine Lines

One-minute trick: Taking a daily multivitamin can help your skin fight wrinkles. The vitamin C and zinc found in these pills stimulate collagen synthesis, says Dr. Roberts, which can bring firmness back to your face. Also look for these ingredients in your face cream, since they work topically, too.

>q&s tip

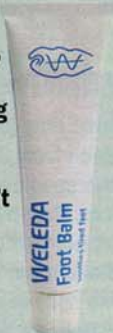
Don't rely on your antiaging face products to treat your whole body. They're not all made to penetrate thicker body skin. Instead, look for washes, creams and lotions formulated to firm and exfoliate your body. Try **DermaFreeze 365 Neck and Chest Firming Complex**, \$30, drugstores.



Sole Survival

Banish dry feet and cracked heels forever with a moisturizing foot cream. (If you're lucky, you might get a foot rub out of it, too!) These are a few of our favorites

1 **Weleda Foot Balm**, \$10, weleda.com This cooling balm works such wonders on tired feet that you don't even realize it's softening your calluses at the same time.



2 **Eucerin Plus Intensive Repair Foot Creme**, \$5, drugstores Fragrance-free and nongreasy, this alpha hydroxy-infused cream gives you silky soles.



3 **Earth Therapeutics Tea Tree Oil Foot Repair Balm**, \$8, earththerapeutics.com This revitalizing cream does double duty. Tea tree oil deodorizes and heals your worn-out feet.



4 **True Blue Spa Heel of Approval Cracked Heel Treatment**, \$15, bathandbodyworks.com Glycolic acid sloughs away dry skin while skin-loving shea butter hydrates and smooths.

