



Feed your follicles.

When applied to lashes daily, prescription-strength Latisse (\$100/month) "adds length and thickness in two months," says Elissa Lunder, M.D., a dermatologist in Wellesley, Massachusetts, and a FITNESS advisory board member. Get the Rx from your doc, who can tell you about any side effects.



Two mascaras are better than one. Start with **Maybelline New York Great Lash Big Mascara** (\$6.15, drugstores), then top it with **CoverGirl LashBlast Length Mascara** (\$7.49, drugstores).



Layer your mascara.

Forget faux lashes: Swiping on formulas offers the same effect. "Start with a thickening mascara, then a length one," says Raychel Wade, makeup artist at La Prairie in New York City. Wait 45 seconds between coats to avoid clumps.

the eyes have it

Say retinol.

Contrary to what you've heard, prescription retinoids like Renova should be used near the eyes. "Apply up to the lower lash line as well as to the sides," says Robert Guida, M.D., a plastic surgeon in New York City. (Avoid upper lids, where skin is too thin.) If you're sensitive, downgrade to an OTC retinol.



Dr. Denese Wrinkle Rx Extreme Retinol Eye Gel (\$49.50, qvc.com) contains retinol and vitamin C, another doc favorite for fighting sun-damaged skin.

Peel in the p.m.

Exercising outside sans sunscreen is a recipe for wrinkles. Pro peels, which stimulate collagen, are the best way to reduce lines, but at-home versions used twice a week can also be effective, Dr. Guida explains. Use as directed and apply at night so just-buffed skin won't be exposed to burning UV rays.

Pair cream with color.

Dry skin sucks up makeup, causing pigments to settle into creases and crow's-feet, says Wade. Pat on a pea-size drop of lotion first, blot with a tissue, then proceed with concealer.

Smooth Moves

Dab on **Origins GinZing Refreshing eye cream** (\$29.50, origins.com) before your makeup.