

REAL SIMPLE

| LIFE MADE EASIER |

**SPEND
SMART
THIS
SEASON**

**HOW TO
ENTERTAIN,
SHOP, AND
DECORATE
FOR LESS**

*Thanksgiving
2009*

INSIDE:
new
columns on
cleaning,
organizing,
and more

**THE
EASIEST
THANKSGIVING
EVER**

**9 delicious
twists on
crowd-pleasing
classics**

**3 unexpected
relishes**

4 foolproof pies

**10 fresh ideas
for your turkey
leftovers**



all about

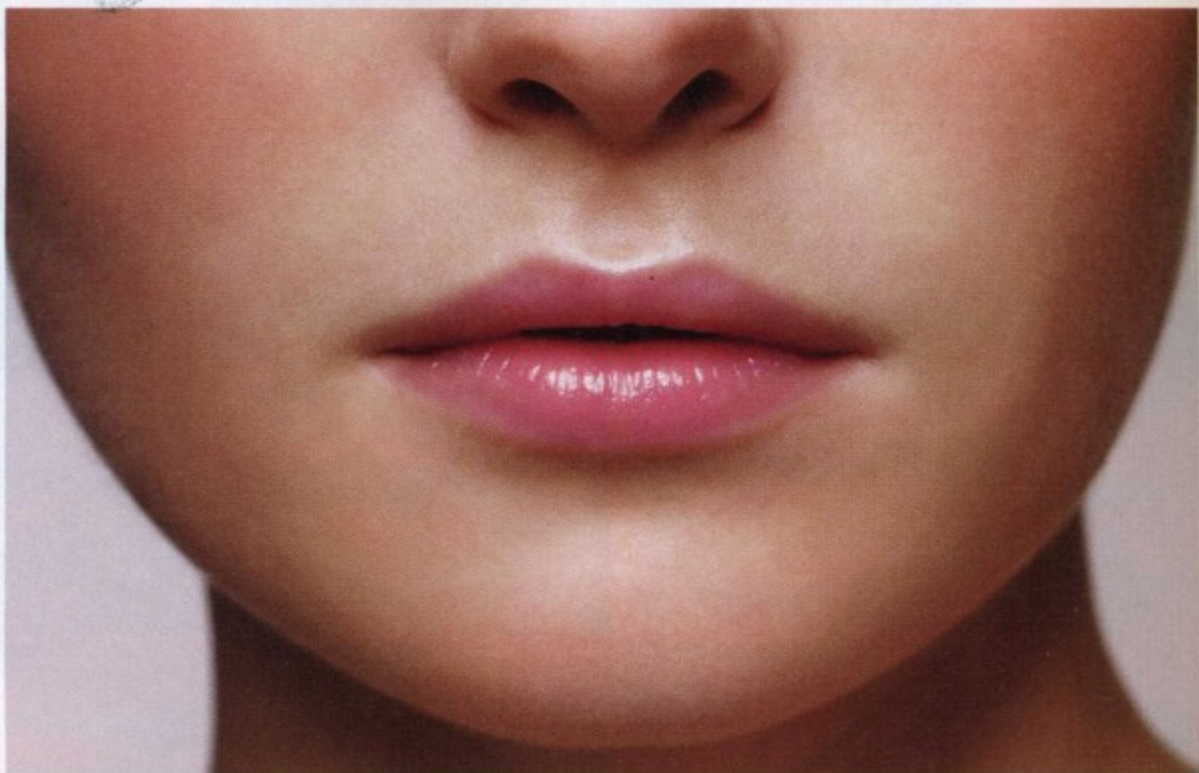
LIPS

Your lips pay you a lot of service (eating, drinking, laughing, talking, kissing, expressing). In return, they deserve—and need—a little attention. On the following pages, skin-care experts reveal how to keep your mouth soft and smooth for years to come. Then makeup artists share their bright ideas for getting fresh, gorgeous color. Now, that's something to smile about.

Photographs by **CRAIG CUTLER** Written by **ROOPIKA MALHOTRA**

how to **CARE** for lips

Like your complexion, lips require maintenance to look their best. "Your mouth is constantly exposed to food, drinks, sunlight, makeup, and often drying oral-hygiene products," says David H. McDaniel, a dermatologist in Virginia Beach, Virginia. "These elements, combined with your mouth's thin skin, lack of oil glands, little to no melanin, plus frequent facial movement, can have an aging effect on the lips over time." Here, how you can control it.



THE NEEDS OF EACH AREA

SKIN ON LIPS

Since they lack oil glands, lips are prone to dryness. To keep them hydrated, apply a balm containing a heavy-duty hydrator, like petrolatum, glycerin, or shea butter. Reapply often. If your lips get flaky, use a gentle exfoliator twice a week, says Francesca Fusco, a New York City dermatologist. Over time, collagen breaks down, too. Lips can benefit from a nightly treatment with line-smoothing peptides.

EDGES OF LIPS

Habits like drinking from bottles, pursing your lips, and smoking can blur lips' edges and etch small vertical lines into the skin above and below them. "As these deepen, lipstick may bleed into the crevices," says McDaniel. Combat this loss of definition by using a retinol-based product around your lips. And keep lip color in place by tracing your lips' outline with a concealer pencil before applying color. (It looks more modern than lip liner.)

CENTER OF LIPS

As you get older, you lose the fat and natural proteins that keep lips full. "After age 40, the lips start to become increasingly thin and flat, especially in the middle," says Sonia Badreshia-Bansal, a dermatologist in Danville, California. Plumping products that contain moisture-attracting ingredients, such as hyaluronic acid, can temporarily make lips appear fuller.

SKIN AROUND LIPS

This area, called the perioral region, is the first to show signs of aging. Movement of muscles in the face when you talk, smile, and laugh weaken collagen, resulting in creases. To minimize this process, use a pea-size drop of retinol cream nightly on the area (don't quit smiling and laughing). If your skin is sensitive, apply every other night.

For product suggestions, see next page.

LIP ESSENTIALS

REMOVE FLAKES

Massage cinnamon-sugar-flavored **The Lip Scrub by Sara Happ** (\$24, beautycollection.com) onto lips, then wipe off with a tissue.



HYDRATE

Korres Natural Products Lip Butter in Guava (\$9, sephora.com) moisturizes with shea butter. Tip: A little under lipstick makes color go on evenly.



PLUMP

LipFusion XL (\$50, fusionbeauty.com for stores) gives temporary fullness with hyaluronic acid (and doesn't sting like other plumpers).



DEFINE

Outline the perimeter of lips with **Make Up For Ever Concealer Pencil #100** (\$18, sephora.com) to help keep color from bleeding.



SOFTEN LINES

Peter Thomas Roth Un-Wrinkle Lip (\$30, peterthomasroth.com) contains peptides and can be applied both on and around lips.



TACKLE SKIN TONE, WRINKLES

The peptides and retinol in **Dermelect Cosmeceuticals Smooth Upper Lip & Perioral Anti-Aging Treatment** (\$38, dermelect.com) minimize creases and help the look of discoloration.

