

You Want: More Youthful-Looking Hands



Photo credit: J MucklerStudio D

Fast Fix

For the quickest results, moisturize. "Over time, hands lose some of their fat cushioning and the skin gets less elastic," says Marsha Gordon, M.D., a consulting dermatologist for St. Ives who practices in New York City. "Applying a lotion or cream will immediately plump up skin." Look for a formula with emollient ingredients, such as shea butter, and humectants like glycerin that help draw moisture to the skin. One that fills the bill: **Fruits & Passion Shea Hand Butter** (\$9, fruits-passion.com).

Treat It

Slather on a retinoid treatment nightly to help increase plumpness over time. Prescription versions such as **Renova** and **Retin-A** (the same formulations you'd use on your face, which cost \$100 and up) are the gold standard for building collagen to make skin look firmer, fuller, and smoother. Or see your dermatologist for injections of Radiesse (costs start at around \$750 per treatment). "This injectable filler is thick and dense, so it adds volume and hides veins and tendons. Results may last for more than a year," explains Linda K. Franks, M.D., a dermatologist in New York City. **Radiesse** has not been FDA-approved for use on the hands, but according to Dr. Bank, using it for this purpose is legal and well accepted by the medical community. To minimize pain, an anesthetic is often injected along with the filler. Finally, if brown spots are making you wish you could wear gloves this summer, the best treatments are the same as for your chest — creams that help fade the spots, and lasers or IPL to zap hyperpigmentation away.

Prevent It

Hands are sun-exposed nearly every day of the year. "That's why they're such giveaways of age," says Dr. Bank. To prevent more dark spots and roughness, apply a hand lotion with SPF several times daily. Try **Boots No7 Protect & Perfect Hand Cream SPF 15** (\$14, target.com). Keep tubes where you're likeliest to spot them — in your purse or desk, beside the sink — and, if possible, reapply every time you wash your hands.