

CANADA'S MAGAZINE CELEBRATING WOMEN OVER 40

# More

MAY 2009

**STRONG  
SEXY  
STYLISH  
AFTER 40**

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**Easy exercises for great legs**

**EXCLUSIVE INTERVIEWS**

**Michael Ignatieff, Elizabeth May and... Jeanne Beker!**

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**Brooke Shields**

**at 43:**

**"I'm normal and healthy and I won't become a Hollywood casualty"**





BY BEAUTY EDITOR  
VANESSA CRAFT

## Neck wear

I recently overheard a conversation between two women on the subway, during which they talked animatedly about poultry. They weren't referring to a new recipe or restaurant; they were discussing clothing options that would hide their sagging "chicken necks."

This got me thinking not only about buying a new turtleneck, but about how much we all neglect this delicate area of our bodies.

I can't even remember the last time I slathered my favourite face cream onto my neck or gave my décolletage any special attention, yet the neck and chest are prime sites for the telltale signs of aging in women.

"It's an area of the body that suffers tremendously from sun exposure," says Fred Weksberg, a cosmetic dermatologist in Toronto. "Red and brown spots appear, you lose elasticity, the skin starts to sag and hang.

That's where the chicken neck comes in."

It's not all gloom and gizzards, though. You can make a major difference in the texture and appearance of your skin at the doctor's office. Weksberg recommends the use of a Fraxel laser, which resurfaces the skin, stimulates collagen growth, lightens brown spots and smooths wrinkles. But here's the catch: You'll need five or six treatments one month apart to achieve

optimal results, and it's not cheap — fees start at about \$500 (neck) and \$800 (chest) per treatment.

There are also things you can do at home to make improvements. Start by taking your skincare regimen down a notch — that is, below your chin — by cleansing and moisturizing your neck and chest as often as your face.

Weksberg recommends regular use of antioxidant creams to improve the health and appearance of the skin, as well as a prescription vitamin A acid product to boost collagen, and stresses the importance of wearing a broad spectrum sunscreen at

all times. Here are some products to try.

FROM LEFT TO RIGHT:

- **Mama Mio** Skincare for Supermamas Boob Tube (\$42) is a leave-on moisturizing mask that uses antioxidants CoQ10 and vitamin E to help skin replenish itself.

- Nourish the fragile skin of the décolleté area with **Clarins** Bust Beauty Firming Lotion (\$60), which contains an exclusive Amazonian bocoa extract and pomegranate formula.

- The vitamin C in **Shiseido** White Lucent Brightening Serum for Neck and Décolletage (\$75) helps to lighten dark spots and targets skin dullness.

- **Decleor Paris** Perfect Sculpt Bust Beautifying Toning Gel (\$62) uses a cocktail of eight essential oils to promote firm, healthy skin.

- **Lancôme** Rénergie Microlift Neck R.A.R.E. (\$95) promises to increase firmness with a lifting complex of soya and silica proteins.

- Apply **Garnier** Ultra-Lift Pro Deep Wrinkle Roller (\$23) with an upward motion to best deliver skin-boosting omega 3 and 6 and beech tree extracts.

- **Mèreadesso** Woman Face + Neck Cleanser (\$45) acts as a multi-tasking makeup remover, mask, scrub and toner. **M**



Read Vanessa's web-exclusive columns and blog posts at [more.ca](http://more.ca).