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PALM PILOTS

You'll want your hands all over the newest youth-boosting breakthroughs in digital tech Black, navy, and deep purple lacquers don't do aging hands any favors. "Dark polish, especially when it chips, is the worst," says Jin Soon Choi, founder of Jin Soon Natural Hand & Foot Spa in New York City. Choi recommends choosing pale polishes, such as Chanel's Ballerina and Essie's Mademoiselle, which "keep nails looking groomed and clean all the

time" and liberal applications (three times a day) of Sally Hansen cuticle oil. "Think about raw wood versus well-oiled wood," Choi says. "Dry, flaky cuticles and nail beds can make hands look 10 years older." Before you apply polish, press down on your nails. "If the fingernail doesn't turn back to its original pinkish color in a couple of seconds, this may be a sign that you're dehydrated," says nutritionist Lisa Drayer, author of *The Beauty Diet* (McGraw-Hill), out this month. "Since loss of water can lead to brittle nails, it's important to drink lots of fluids." Drayer recommends downing plenty of H₂O and green tea as well as consuming foods rich in essential fatty acids.

Dermatologists now regularly zap the back of the hands with the same antiaging lasers used on the face: intense pulsed light (IPL) to erase brown spots and fractionated CO₂ to even out texture. "A single session of CO₂ will drastically reduce crepeyness and pigmentation," says Kauvar. To minimize lumps and bumps, she injects Radiesse, a thick gel filler, into the valleys around the tendons. Chicago facial plastic surgeon Steven Dayan, MD, mixes Radiesse with lidocaine, a cocktail that is less painful than the filler alone. "Plus, the mix is easier to spread across the area, giving a smoother result." Sobel adds epinephrine to his Radiesse-lidocaine blend. "This constricts blood vessels to help prevent bruising."