



# Wake up beautiful!

A new low-cost, no-effort way to reverse aging: Wear beauty patches while you sleep! They adhere to skin to deliver anti-aging ingredients throughout the night. That's when skin cells are in repair mode, so you get the most benefit from the nutrients. Find the best patch for you!

## Crepey décolletage?

Decades of sun exposure and a decline in collagen production as we age can cause the delicate skin on the chest and neck to take on a creased, crepe paper-like appearance. Dr. Bhanusali explains, "Those deep-set lines can be made even more prominent by nighttime habits like sleeping on your side."

The good news? A recent study revealed that wearing a silicon patch on the chest overnight can help increase collagen production for firmer skin. "It also creates a barrier that limits water loss from the skin, drawing hydration to the surface to help diminish the appearance of existing wrinkles," adds Dr. Bhanusali. Plus, the patch pulls skin taut to counteract any skin creasing that can occur as you sleep. To do: Apply to the chest area nightly for a smoother, younger-looking décolletage within 30 days.

**FIRST pick:** Wrinkles Schminkles Chest & Décolletage Smoothing Kit, \$30, Dermstore.com

## Age spots?

To fade bothersome brown spots on the face, chest or hands, pick a patch with *niacinamide* (vitamin B<sub>3</sub>). The nutrient increases cell turnover to reveal clear skin underneath, plus blocks the pigment-producing enzyme *tyrosinase* to prevent new spots from forming, explains dermatologist Dhaval G. Bhanusali, M.D., who treats celebrities in his New York City office. To do: Apply patches to spots nightly for a more even complexion in two weeks.

**FIRST pick:** Patchology PowerPatch Dark Spot Corrector, \$60, Patchology.com

## Dark under-eye bags?

Excess water and blood tend to pool in the hollow areas beneath our eyes as we sleep, leading to that dark, puffy appearance come morning. Dr. Bhanusali's solution? A gel patch infused with prickly pear seed oil and cucumber extract. The extract's *caffeic acid* flushes fluids to shrink bags while the oil's vitamin K increases blood circulation to reduce shadows. Plus, vitamin K can help smooth wrinkles. To do: Place one patch under each eye before bed up to three times a week.

**FIRST pick:** Musely Bye Bye Eye Bags Hydrogel Mask, \$4, Musely.com

## READER POLL

### WOULD YOU EVER...USE A JAW EXERCISER?

We asked 100 FIRST readers & staffers to weigh in and...

"Chew" away the dreaded **double chin**? That's the promise of Jawzsize (Jawzsize.com). Spending 20 minutes a day chomping down on this silicone ball is said to exercise all 57 facial muscles for a slimmer face and tighter jowls in just a few weeks. It sounds a bit unpleasant, but does it work? **Our consensus:**

*We're skeptical!*

"I've been chewing on the ball while I watch TV, and after three days I started to see a slight difference in the firmness of my neck and chin area. But it's just so awkward to use."

—Tara Hans, FIRST senior copy chief

"The ball kept slipping out whenever I tried to chew, plus it left my jaw feeling really sore. It's not worth the pain."

—Patty Bontekoe, FIRST deputy editor

**58%**  
said  
**no!**



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