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BEAUTY Q&A WITH DR. MARINA PEREDO

A Fall Skin Refresh

Do you have a pressing skin question? Ask Dr. Marina Peredo, a New York-based celebrity dermatologist and anti-aging skin expert who is on call to answer your most puzzling skincare queries.

This month, Dr. Peredo answers questions about restoring a younger look after a long summer.



Dr. Marina Peredo



To prepare for the fall season, protect your skin now. These recommendations will make your new skin regimen a breeze.

– Dr. Marina Peredo



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Q I've been noticing that the skin on my face looks less vibrant. Can you recommend a product or regimen to help me get a healthy glow back?

– Amy P., 28, Houston, TX

A Look for products that contain fruit acids, antioxidants, and vitamins. New **Olay Regenerist Micro-Sculpting Serum** is one to try. It contains amino-peptides and B3 complex, a great addition to your daily regimen that can help regain skin's natural radiance.

Q I just turned 25, and some of my friends look years older than me. What can I do to help preserve a firm, fresh, and younger-looking complexion?

– Charlotte M., 25, Chicago, IL

A In addition to using good skincare products such as **Olay Regenerist**, try to avoid direct sun exposure, tanning salons, smoking, and excessive alcohol use. Be sure to eat a well-balanced diet, exercise, and drink plenty of water.

Q I had a great summer at the beach, but my skin feels dry and dull. What causes this and what can I do to combat it?

– Madison F., 35, Los Angeles, CA

A Sun, wind, and ocean tend to dry out the skin. To keep skin feeling fresh and rejuvenated, make sure to always use sunblock, and invest in hydrating skincare products such as **Olay Regenerist Micro-Sculpting Serum**, designed to pamper your skin while slowing the aging process.

Q I take good care of my skin in the morning (cleanse, exfoliate, moisturize), but what are steps I can take at night to help it look younger and refreshed?

– Stella D., 31, Traverse City, MI

A I'm glad to hear you're taking these essential steps to achieving healthy skin. I would also suggest using a slightly heavier anti-aging moisturizer at night, such as **Olay Regenerist Micro-Sculpting Cream**.

GET REFRESHED IN FIVE DAYS

New **Regenerist Micro-Sculpting Serum** delivers firmer skin in five days*. Inspired by America's #1 anti-aging moisturizer, **Regenerist Micro-Sculpting Cream****, this super-concentrated yet lightweight formula hydrates to regenerate skin's appearance.

*With plumping hydration.
**Based on unit sales 52 weeks ending 5/15/10.



Get ready for fall with this on-trend tote! Visit your local retailer and purchase **Olay Regenerist Micro-Sculpting Serum** to receive a chic ELLE travel tote.

For full details, visit us online at ELLEextra.com/olay. Mail in your receipt with your name and address to: ELLE for OLAY, 1633 Broadway, 44th Floor, New York, NY 10019. One per customer. While supplies last.

