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**APOTHECARY  
LOTIONS & POTIONS  
THAT WORK SKIN-DEEP**

**A** little instant gratification can go a long way to helping us stick to our New Year's resolutions.

The right beauty routine may feel like sink-side drudgery (cleanse, serum, sunscreen, repeat ad nauseam), but here's a New Year's gift to keep you on the beauty straight and narrow: products that pay dividends down the road paired with ones that provide quick, near-instant results.

■ **BRIGHTEN AND REPAIR**

Vitamin C is the ultimate rock star of the skin-care world. Not only does it brighten skin and reduce hyperpigmentation, "it's a building block for collagen," says Dr. Julia Carroll, dermatologist at Toronto's Compass Dermatology. Topical vitamin C also speeds cell turnover and helps reverse sun damage while its antioxidant (free-radical scavenging) properties protect skin against further damage.

"That's the one thing I apply every morning – that and sunscreen," emphasizes Carroll. Apply religiously under sunscreen every morning until forever. Try **GM Collin Vital**

**C 10% + Peptides Serum** (\$92) or **SkinCeuticals AOX+ Eye Gel Antioxidant Eye Treatment** (\$80).

■ **REFINE PORES**

It's not your imagination. Pores can enlarge as we age. "As skin thins out, you have less fat, less collagen," says Carroll, "so pores lose their support, appearing larger over time." Blackheads can appear in these newly enlarged pores (even if you have predominantly dry skin), making them appear even bigger.

Pore strips containing salicylic acid instantly remove these offending newcomers. Maintain your now pristine state with regular use of a facial scrub and glycolic acid serum to speed skin cell turnover and keep pores clear. Try **Bioré Deep Cleansing Pore Strips** (\$10 for 8), **Clean & Clear Advantage Soothing Acne Scrub** (\$10), **Dr. Renaud AHA Refining & Renewing Serum** (\$57).

■ **MINIMIZE FINE LINES**

For instantly smoother skin, reach for a moisturizer containing glycerin. But to speed the rate of cell turnover and to help with reducing fine lines and stimulate collagen production, retinol is still the proven gold standard.

If retinol has proved too harsh for your skin in the past, Carroll recommends pulling back, not aban-

doning this proven ingredient. "Whether it's every day or once a week, you want to use something from that category on a regular basis." Try **Marcelle Revival Gold Day Illuminator** (\$46) or **RoC Retin-Ox Correxion Smoothing Anti-Wrinkle Moisturiser** (\$49).

■ **PLUMP AND FIRM**

Colour us skeptical when moisturizers claim to firm slackened skin. Often they're just, well, moisturizers plumping skin for a firmer *appearance*. Hyaluronic acid, a component of our skin that helps maintain moisture levels, is also a super-hydrating cosmetic ingredient that is stellar at achieving this plumping effect. Try **L'Oréal Age Perfect Hydra Nutrition Glow Renewal Replenishing Cream** (\$30).

For a more long-lasting result, use products containing N-acetyl glucosamine (NAG), one of the building blocks of hyaluronic acid, which can actually "increase natural production of hyaluronic acid in skin cells," says Procter & Gamble scientist Dr. Mary Begovic. Try **Olay Total Effects Correcting Moisturizer with Sunscreen** (\$20). —Liza Herz

30 ml / 1.01 FL.OZ.

Laboratoire Dr. Renaud