

Do you need a *thin•ter•ven•tion?*

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Life is cruel. The older you get, the more weight you lose... Sadly, it's often from the areas where you want to hold onto it – like your skin, hair, lips and lashes. Give yourself a volume boost with this foolproof plan

By Karina Giglio and Helen Clemson

It's part of the irony of ageing: while you're hitting the gym to show those love handles who's boss, the areas where skinny isn't a good thing keep getting thinner. "Skin starts to lose its youthful volume in your mid-twenties and your hair loses it shortly thereafter," says Dr Maureen Allem, founder and medical director of Skin & Body Renewal. Excess sun and pollution exposure, as well as cigarettes, can speed up the damage, she says. Factor in naturally occurring bone and fat loss, plus hormonal triggers, and you have the perfect recipe for skimpier hair, slimmer lips and fragile skin that can make you look years older.

Thankfully, it is possible to beef up your beauty assets: women who received hyaluronic acid fillers in their cheeks and nasolabial folds (creases that run between the outer edges of your nose and lips) were perceived to be 6.1 to 7.3 years younger than their actual ages, according to a study in *Dermatologic Surgery*. But before you begin psyching yourself up for such serious anti-ageing measures, read on for less invasive ways to get similar youth-boosting effects.