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# 10 ways to look younger in 30 minutes or less

By Cheryl Perlis

**W**ho says you can't turn back time? These quick and easy non-surgical options reduce signs of aging; leaving you feeling and looking younger.

**1** Add volume with a cheekbone lift. As you age, your face becomes squarer and loses the shape and definition it once had. Dermal fillers once or twice a year can add volume to your cheekbones and lift the entire face while reducing wrinkles around the eyes, jowls, and laugh lines.

**2** Eliminate wrinkles around the mouth. Better known as "smokers lines" these fine vertical wrinkles can cause lipstick to run from the lip line. A quick and simple treatment can smooth the area around the lips. For a more defined lip line, dermal fillers can be used to give the lip more definition as well.

**3** Tighten pores and skin while reducing redness. Restore tautness to the skin by spurring collagen production. A skin rejuvenation laser treatment can decrease pore size by stimulating collagen production, while reducing redness and rosacea by treating dilated capillaries.

**4** Lift the brows. A drooping brow and eyelid hide your eye. You can fix droopy brows with strategic injections, which elevates the brow and gives you back that youthful look.

**5** Bring eyes out of the shadows. As you age, you lose volume in the face, especially just under the eyes. By placing dermal fillers just under the eyes, you can plump the area, erasing that tired look.


**6** Remove crows feet and frown lines. Injections around your eyes give you a relaxed and rested appearance. Treating frown lines resolves the angry look you may get with time (and frustration).

**7** Reduce fine lines, acne scars and ex-foliation. Microdermabrasion removes dead skin cells with tiny crystals to reveal healthier cells underneath.

**8** Even skin tone. Chemical peels using enzymes and a hydrating mask remove dead skin and give skin a more even tone.

**9** Plump up your pout. Restore the volume in your lips with dermal fillers. Just a small amount of product added to your lips will give you the lips you had 5 or 10 years ago.

**10** Get rid of sun and age spots. Remove spots on your face, chest, back, hands and legs with a laser treatment.

The bottom line is that whichever treatment you decide to do, it is important to make sure you understand the procedure and ask questions to clarify your expectations. There are many places to get these procedures done, you want to make sure you have chosen a well-qualified physician and office. 



## DR. CHERYL PERLIS

Dr. Cheryl Perlis is a board-certified physician and the founder and medical director of Perlis Wellness Center in Lake Bluff. She strives to provide the nurturing, caring and compassion that each of her patients needs while providing the latest and most up-to-date medical care and aesthetic procedures. Perlis Wellness Center offers botox, dermal fillers and laser services, as well as PureLipo; Dr. Cheryl Perlis is the only physician in Illinois certified and qualified to perform PureLipo.

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