

ANTIAGING BEAUTY: HOW TO FAKE A GOOD NIGHT'S SLEEP

# More

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TALK FOR  
SMART  
WOMEN

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about

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CONFIDENCE, STYLE

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Advice from women  
who've been  
there, done that

**JANA  
DELANY**  
AT 51 "Now I know  
what makes  
me happy"

MORE investigates:  
The gaping holes in your  
health insurance —  
and how to plug them

## Saving Face

Trouble Spot 1: Heavy Eyelids

**Nonsurgical option** Eyes by Thermage is a procedure in which a handheld device sends radio-frequency waves into the middle and deeper levels of the skin without harming its outermost layer. "It works by heating the collagen in the skin, which causes it to tighten and contract and also stimulates fresh collagen to grow," Bank says. There is immediate tightening because of collagen contraction, plus continued lifting and smoothing for six months as collagen production increases.

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thermage®