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## MORE THAN LIP SERVICE

ADDING PUCKER POWER  
WITH THE LATEST DIY PLUMPING OPTIONS

B6





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# Pucker power

## The quest for plumper lips

BY JOSEPH V. AMODIO  
Special to Newsday

**K**ylie Jenner has about two more good months left. Then — come August — she's doomed. That's when the model and reality show star turns 20, which is the age when collagen — the connective tissue inside our body that helps keep our skin looking plump and youthful — starts to decrease. Which means that, yes, those plush, pouty lips she's so famous for are going to start to deflate.

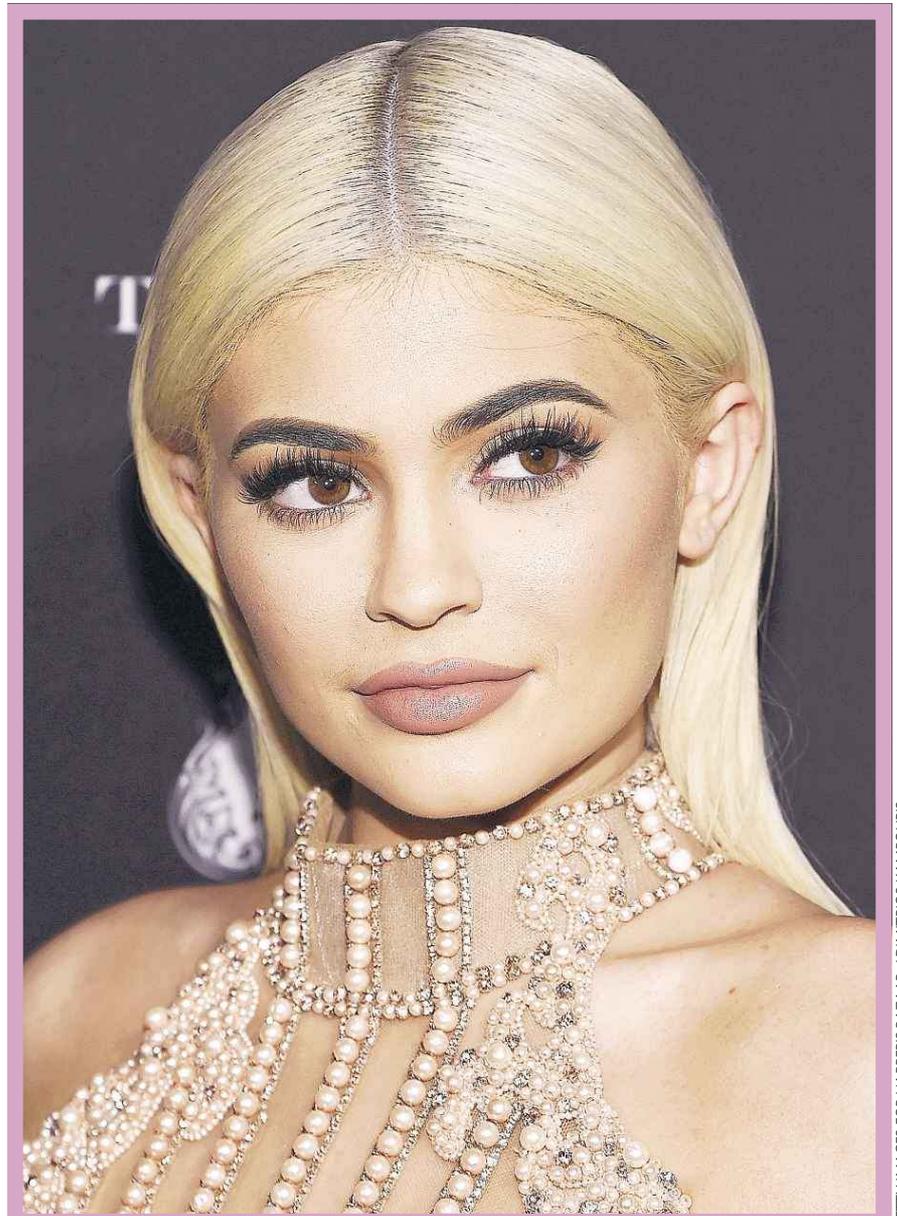
No big deal for Jenner, perhaps, who'll likely just get more filler injections. (She's already admitted, back in 2015, to having had her lips done before.) But what if you don't want to subject yourself to the needle? It turns out there are more options for at-home, DIY lip plumping than ever before, so the countless fans of Jenner and other pout-puffed celebrities actually have a shot in the fight against aging.

"Full lips are absolutely essential to having a youthful looking face," says Jeannette Graf, a dermatologist in Great Neck and Manhattan and the author of "Stop Aging, Start Living" (Harmony, \$13.95). But how fast you pump up the volume — and for how long — depends on the product you use, she notes.

There are basically three options:

**1 Irritants**  
These take effect instantly, sometimes tingle or sting, and last a few hours, thanks to ingredients like cinnamon, menthol, ginger and capsaicin (which puts the "hot" in hot peppers), triggering an inflammatory effect and causing lips to swell.

**2 Nourishers**  
Contain retinol and peptides (which "fool the skin into thinking it needs to make more collagen," says Graf) and humectants like hyaluronic acid (to retain moisture); these last longer but can take months to show visible effects.



GETTY IMAGES FOR HARPER'S BAZAAR / DIMITRIOS KAMBOURIS

People obsess about Kylie Jenner's lush lips, helped along, she herself acknowledges, with various injectable fillers.

**3 Suction devices**  
Gizmos that literally pull and tug at your lips to (briefly) increase size, but which can cause bruising and pain, Graf warns.

The results of these products may be subtle, but subtle is what we should shoot for, suggests Manhattan dermatologist Paul Jarrod Frank, who treats female clients and, contrary to popular belief, a fair number of men.

"We lose about 50 percent of lip volume by age 50," says Frank, adding that just slightly "reflating" lips, rather than overinflating, "is often effective without making the lips look 'done.'"

Hey, even Jenner admitted last year in Allure magazine that she'd made her lips "too big" when she started experimenting with fillers. When it comes to pouts, a little extra plump goes a long way.