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BEAUTY

# THE NO-KNIFE EYE-LIFT

*Looking tired all the time? Forget surgery—there are simpler ways to get brighter, smoother eyes. By Emily Listfield*

IT'S THE ULTIMATE rude awakening: You get out of bed one morning, look in the mirror, and are confronted by dark circles under your eyes, maybe a bit of sagging along your lids. No problem, you think. All you need is a good night's sleep. Then you remember, you did have a good night's sleep. That tired look is actually your new normal. Until recently women faced with this situation had two options: surgery, or invest in an extensive wardrobe of sunglasses.

But that was then. Now a combination of minimally invasive treatments can take the place of plastic surgery. "When it comes to the no-knife lift, it's all about the three R's," says Adam Kolker, M.D., a New York plastic surgeon. "Relax, refill, resurface."



in New York. "They also help build collagen, so dark circles are less visible." Risks include allergic reaction and, though extremely rare, blindness, if a needle is injected into a blood vessel. (All the more reason to see only a board-certified dermatologist or plastic surgeon for any of these procedures—they have a much stronger knowledge of anatomy.) There's no downtime, and results last for about one year. (Cost: \$500–\$2,000, depending on how much filler is used.)

**REFILL VOLUME** As we age, the skin under our eyes loses volume, causing hollowing and making fat pockets more pronounced. Kolker (like many other doctors) camouflages bags by using Juvéderm and Restylane off-label, pumping it along the orbital rim of the lower eyelid, which smooths out the area. ("It's common practice among experienced injectors and well supported in peer-reviewed literature," he says.) "Fillers can make you look as though you've slept 12 hours," says Paul Jarrod Frank, M.D., a dermatologist