

SPECIAL FALL FASHION ISSUE

Town & Country

ESTABLISHED IN 1846

HEIDI HAS IT ALL!

PLUS
OPULENT
KNITS

CHIC
DAY WEAR

EXQUISITE
EVENING
DRESSES

FALL'S
40 MUST-
HAVES

GETTING INTO THE POSES

Although skin-care experts disagree over the antiaging benefits of facial exercises, some dermatologists, including David Colbert, M.D., of New York Dermatology Group, say they do work. "Facial yoga can be an integral part of stimulating the twenty-one pairs of muscles in the face, resulting in a more relaxed appearance while stimulating blood and lymph flow," he explains. "As with any other muscles, if you don't work them, they can atrophy. Yoga is effective for toning and may reduce facial swelling, soften some tension lines in the face and neck and help maintain a healthy glow. A relaxed face projects better contours and enhances one's natural beauty."

For more information, consult the following:

Light on Yoga (Schocken Books; \$18), by B.K.S. Iyengar

The Yoga Face (Avery/Penguin; \$14.95), by Annelise Hagen;

yogaface.net (for NYC class info)

SEPTEMBER 2007
U.S. \$4.50 CANADA \$5.50
FOREIGN \$5.50