

THE PROBLEM

Turkey Neck

Loose, wrinkly skin in the neck and chin area (a.k.a. the gobbler, the wattle).

THE SOLUTION "V-neck and scoopneck tops, button-down shirts with the collar popped à la Candice Bergen, and scarves in soft colors all help camouflage turkey neck by drawing attention down and away from the area," says Glassman.

AVOID Turtlenecks and mock necks—which can exacerbate the problem—as well as chokers and dark colors near the face.

CAN YOU GET RID OF IT FOR GOOD? Only if you're willing to go under the knife for a neck lift or microcontouring through liposuction, says NYC dermatologist David Colbert, MD. But injectables such as Botox and Radiesse can soften the appearance of rosy neck muscles. *Tank, Chico's. Sweater, Christopher Fischer. Earrings, Lisa Stewart at Supplements NY.*



before



after

How to Tie a Scarf

Choosing the right scarf is key: "A long, soft one visually lengthens the neck, while a shorter one emphasizes the problem area," says Glassman. (Scarf, M.Patmos)



1 Fold scarf in half and drape around the neck.



2 Pull loose ends through the loop created.



3 Secure around the neck (not too tight!) and arrange.

For more scarf ideas, see page 54.

ADAM'S FIVE GOLDEN RULES FOR DRESSING

1 The right-size bra can rectify a multitude of fashion faux pas. A fitting at a good lingerie store costs nothing—and will instantly make you look better.

2 Build a good look from the inside out. Because of new technology and fabrics, shapewear is more effective and comfortable than ever.

3 Your mother was right: Stand up straight. It will counteract muffin top, pooch, mom butt, and even turkey neck faster than you can snap on the Spanx.

4 When in doubt, choose clothing made in thicker fabrics and dark colors. Jersey may be comfortable, but it will also cling to every lump and bump.

5 Accept that there may be certain styles you just can't wear—strapless, sleeveless, low-rise anything. No matter. Embrace the ones that work for you.