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quick & simple

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November 6, 2007 Weekly



TV Psychic
Lisa Williams
'Princess
Diana
Still
Speaks
to Me'

Holiday Special! Favorite Recipes From **Oprah's Chef!**

**Banish Clutter
in Minutes!**

**Turn Off Your
Fat Trigger!**

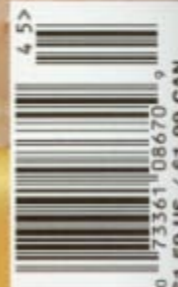
EXCLUSIVE!
A Top Actress
Dishes on
Botox & More!

**\$25,402
IN COUPONS
& PRIZES!**

**6 Easy Ways to
Fix Your Credit Rating**



Down-Home
Red Velvet Cake!



Virginia Madsen: The Truth About Beauty

As a spokesperson for injections that smooth the skin, the actress makes her private prettying-up everybody's business

Virginia Madsen is sitting in a sunbathed living room in an expansive suite in New York City's Carlyle Hotel. She wonders whether the plants lining a shelf in the high-ceilinged space are real or man-made, but as close as she tries to lean, she can't quite tell. That, she realizes, is the point.

It's much like the conclusion you come to when meeting the 46-year-old actress herself. Even up close, the pretty face we first came to know through '80s movies like *Class* and *Dune* — and got reacquainted with after Virginia's Oscar-nominated role in 2004's *Sideways* — still appears naturally line-free. Yet if Virginia weren't here for the express purpose of discussing her youthful look and just how she maintains it, you'd almost have to wonder: Has nature been given a little "help" here?

The answer, in a word, is yes. After being treated for migraines at 40 with injections of the muscle-paralyzing drug Botox, she says, "the '11' pattern of lines between my eyebrows vanished, and never came back." It wasn't long, she tells *Quick & Simple*, before she began having semiannual Botox injections for cosmetic purposes.

Eventually, Virginia went a step beyond Botox, opting to treat the "parentheses" around her mouth with the injectable line-filling gel Juvederm: "It's a sugar-based substance we already have in our bodies," she notes.

Virginia decided that by openly discussing the treatments she uses — via her role as spokesperson for Juvederm's "Keep the Wisdom. Lose the Lines." campaign — she could save thousands of women from making big mistakes: "When things are done in secret, bad choices are made."

If You Decide to Try It

...here are Virginia's warnings

DO FIND A DOCTOR WHO'S ATTENTIVE. "I didn't like the first doctor I saw," Virginia remembers. "I felt he was rushing me, and not really answering my questions." Two good resources: keepthewisdom.com, which lists doctors specializing in Botox and Juvederm by zip code; and plasticsurgery.org, which provides comprehensive info on all cosmetic procedures.

DON'T CUT CORNERS IN ORDER TO SAVE A FEW BUCKS. Virginia was horrified when she was invited to a "Botox party" in a hair salon: "How would I have known what this guy was injecting me with, or if he was even a doctor?" she says.

DON'T BE TOO IMPATIENT. Some injectables require allergy testing before treatment can begin. If a doctor is willing to inject you without testing first, be extremely wary.

DO BE REALISTIC ABOUT YOUR EXPECTATIONS. "This is not so that I can look 25," Virginia insists. "I don't need to look 25. I just want to look on the outside the way that I feel on the inside."

YOUTH-SERUM \$\$ TRUTHS:

BOTOX: \$350 per site

COLLAGEN: \$390 per site

JUVEDERM: \$550 per site

(Prices based on national averages; results generally last four to six months)

Virginia says that in leaner financial times, she saved for treatments by putting a little money aside each month.

YOU TOLD US!

If money were no object, how far would you go to look younger?

- 21% I'd go under the knife — face-lift, here I come!
- 12% I'd get Botox or other injections, but no surgery
- 38% A good professional facial would be my limit
- 29% I'd buy a nice face cream and call it a day

SOURCE: QUICKANDSIMPLE.COM

