

THIS IS WHAT 46 >>> LOOKS LIKE

HAIDEH HIRMAND, a plastic surgeon
in New York City, says she's become a
better doctor since she turned 40

→ **On professional growth**

"Because I now know what it's like to see age-related changes in my own face and body, I'm a more empathetic doctor and am better able to counsel my patients."

→ **On getting work done**

"I do get Botox, but what's made the biggest difference was using fillers to get rid of the hollowing under my eyes. It changed my life! Not only do I look less tired, I actually feel it too."

→ **On her big beauty mistake**

"I used to wear my hair way too short. When I was training to be a surgeon, I didn't have time to deal with it, so I cut it all off. It was not a good look on me."

→ **On simple skin care**

"I don't have time for a long, tedious regimen. In the morning I cleanse [Clinique Medical Probiotic Cleanser, \$28; clinique.com], moisturize [Fresh Crème Ancienne, \$250; fresh.com] and apply sun block [Nia 24 Sun Damage Protection SPF 30, \$45; nia24.com]. In the evening I repeat this regimen, but I use a retinoid lotion [Skinceuticals Retinol 0.5, \$50; skinceuticals.com] instead of sunscreen." ☺

—As told to Nikki Ostasiewski

