LAZY BEAUTY
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The Latest Ways to Beat Insomnia And All-day Exhaustion

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For Dryness, Wrinkles, And Redness

Stressed Out Skin?
Calm Your Nerves, Clear Your Face

Scarlett Johansson
Dangerous & Heavenly
No matter how well-intentioned it may be, teasing is perilous behavior, a series of studies involving more than 700 people makes clear. Psychologist Justin Kruger, of New York University, and his colleagues found that targets of teasing rarely perceive it as innocent or playful, even if the teaser believes it to be. This reaction was especially common when the taunting pertained to appearance. The researchers advise anyone being teased to “remember that teasers likely have more noble intentions than it might appear”—and to keep in mind before mocking anyone else that saying “just kidding” may not prevent hurt feelings.

24% of women will experience serious depression at some time in their lives.
—Depression and Bipolar Support Alliance

Botox as Mood Boost

Since Botox erases frown lines, can it also erase the mood that goes with the furrowed brow? According to a report in the journal Dermatologic Surgery, Botox may indeed be a new treatment for depression. Eric Finzi, a dermatologic surgeon in Chevy Chase, Maryland, recruited ten clinically depressed women. Some were taking antidepressants to little effect, and none of them had ever had Botox treatments. He injected the toxin into their brow areas, effectively preventing them from activating the brow muscles for a few months. When a clinical psychologist reevaluated the participants two months later, nine of them had recovered from their depression, and one, though still suffering from the disorder, did report some improvement. It’s not likely that the mood lift stems from happiness about one’s enhanced appearance, Finzi says, “since at least half of the patients had no visible frown lines prior to treatment with Botox” and therefore had no change in their looks as a result. Although the findings need to be confirmed in larger, randomized clinical trials, they make theoretical sense, Finzi adds. Many studies have shown that just changing facial expressions can alter the brain’s interpretation of emotional experience.