

Pecs Appeal

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BY MEREDITH BRYAN • PHOTOGRAPH BY IAN MADDOX

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Looking for a ripped chest without all the hassle of, you know, working out? Meet the cosmetic surgeon who's bringing instant (if fleeting) gratification to body sculpting.



ALONG WITH THE MANY dependable pleasures of late spring—outdoor drinking, not having to wear (or see anyone else in) bulky sweaters—comes one reliable moment of panic: *Shit, it's almost bathing-suit season.* If, after a winter spent hunched over your Seamless app, your chest isn't exactly ready for public consumption, you could commence the push-ups and the eschewing of bread and alcohol. Or, thanks to a new procedure called Instapecs, you could see a doctor, get a shot in each areola, then head (newly swollen) to the beach.

Instapecs are the invention of Dr. Norman Rowe, a plastic surgeon in New York City who discovered that quick and painless saline injections mimic real volume and definition in the pectoral muscles. If it sounds too good to be true, it is: They last just 24 hours. That hasn't turned off patients like Jared Luongo, 28, who got Instapecs last year after three days a week of dedicated bench-pressing failed to help him

fill out his Uniqlo T-shirts. The results were intoxicating. "You know those guys who walk around the gym like they're the shit?" Luongo says. "That's how I felt."

Luongo, a director of international strategy for a consumer-packaged-goods company, had heard about permanent pectoral implants from a guy at his gym. "Everyone has their trouble area," he explains. "And mine's my pecs." Apprehensive about going under the knife—he knew acquaintances who'd had botched procedures in South America—he ended up on Rowe's website, reading about Instapecs. He was intrigued enough to book an appointment. After Rowe squeezed about four ounces of fluid into each of Luongo's nipples ("It just felt like a pinch"), Luongo went home and stared at himself in the mirror for a solid hour. That night, he went to a club, where a friend commented that he looked unusually built. Luongo came clean; his friend is now looking into Instapecs himself.

Like most other cosmetic injections, Instapecs were developed for women. Rowe had noticed that his standard pre-boob-job injection of saline and a local anesthetic gave breasts a nice natural volume; unfortunately, it was absorbed by the body within a day. He decided to market that ephemerality as an asset. At \$2,500, Instabreasts were an immediate sensation: a way to test-drive the results of surgery before committing to the risks—or, perhaps, a very expensive way

to prepare for one's high-school reunion. Instapecs, which cost a relatively modest \$800, were born soon after, when a male patient wanted in on the action. Rowe now also injects saline into calves, butts, cheeks—basically anywhere he can put an implant.

The doctor insists they're completely safe, since "salt water is pretty much what our body is made up of anyway." But, he cautions, "Instapecs work best on a person who's got something to begin with. It's not like you can take someone with man boobs and turn him into the guy from Thor."

Of course, not every doctor is convinced that injectable muscles represent an exciting new frontier. "Not only do you risk nerve damage; you risk lymphatic obstruction, which can cause painful swelling," says Dr. Dendy Engelman, a cosmetic dermatologist in New York. "All for something that's going to last hours, not years." (The risk, she explains, is not the saline but the volume required, which when inserted improperly can block channels that lead to the lymph nodes.)

Rowe's semipermanent crusade, though, isn't stopping. He's currently working on "vacation pecs," which will last several weeks. In fact, he believes that in 5 to 10 years, all injectables will be permanent—and the kind of "heaviness" Ryan Gosling has made famous with his endless parade of unbuttoned henleys will never be more than a doctor's visit away.

Luongo's convinced it's a shrewd business move. "He'll make a killing," he says. "I distinctly remember looking down at my chest and thinking, *Well, shit.*" ■

One of Dr. Norman Rowe's patients before and after the saline shots (one in each areola) that gave him Instapecs. His newly puffed-up chest will deflate in 24 hours.



PHOTOGRAPHS, BOTTOM RIGHT: COURTESY OF 5W PUBLIC RELATIONS.



"After using this caffeinated lotion, more than 80 percent of study participants reported improvement in the appearance of their cellulite."

DENDY ENGELMAN,
SOFIA VERGARA'S DERMATOLOGIST

Nerium Firm Body
Contouring Cream,
\$98 for 5.9 fluid ounces,
mynerium.com



u-style

"Unimpaired lipstick is so rare. This one is the perfect match for all skin tones."
—JENNIFER LOPEZ
New Orleans lipstick in Orange, \$18, jlo.com

"The new shag cut with bangs requires very little styling. I spray this on the crown to add body."
—KIM KARDASHIAN
John Frieda Frizz Ease Hairspray, \$15, johnfrieda.com

"With this woman's subtle smile, her eyes should shimmer with blue pigment formulas every fourth week to neutralize frowning lines."
—JANE FOND
Jane Fonda Balance Blue Shimmer (SPF) and conditioner (SPF), \$20, janejane.com

"I love to see strong, wavy hair texture with a side part held in place with two or three new gold hair slides."
—JENNIFER LOPEZ
JLo Hair's a Beauty Thing Gold Hair Slides, \$12 for six, jlo.com

"After using this caffeinated lotion, more than 80 percent of study participants reported improvement in the appearance of their cellulite."
—DENDY ENGELMAN
Nerium Firm Body Contouring Cream, \$98 for 5.9 fluid ounces, mynerium.com

"Smaller weather cells for this serum. It helps boost cellular turnover and retighten the skin's surface."
—DENDY ENGELMAN
Mynerium Firm Body Contouring Cream, \$98 for 5.9 fluid ounces, mynerium.com

"Black charcoal in these adhesives is a natural purifying ingredient, providing the added benefit of oil absorption to reduce shine."
—JENNIFER LOPEZ
Bioré Deep Cleansing Charcoal Face Strips, \$6 for six, biore.com

"On Jan. 6, Brad Pitt found the meaning of Shogun's Beauty: hair, nature, Shogun."
—JENNIFER LOPEZ

"This blush is densely pigmented, but blendable. You can cover it all over, or layer it for a more intense shade."
—JENNIFER LOPEZ
L'Oréal Paris blush in Rose Bonheur, \$14, lorealparis.com

"Spring's new red looks coral on dark skin tones and pink on light ones."
—JENNIFER LOPEZ
L'Oréal Paris blush in Rose Bonheur, \$14, lorealparis.com

"The living ultimacy blush because it's still natural, but more fun and less serious than brown or black tones."
—JENNIFER LOPEZ
L'Oréal Paris blush in Rose Bonheur, \$14, lorealparis.com

BEAUTY Gurus



"When you explore the mechanism of action behind these anti-agers, they actually do make medical sense," asserts New York City dermatologist Dendy E. Engelman, M.D., who treats Sofia Vergara.

FOREVER YOUNG

WACKY ANTI-AGERS — THAT WORK

Some of the beauty regimens stars swear by are truly zany. But doctors say these out-there fixes offer powerful results!

Over the decades, cosmetic fixations of the silver screen have experimented with some interesting strategies to stay youthful. From lip-plumping to skin-lifting, these stars have tried it all. But what if you could turn back time with the help of a few simple, natural ingredients? From the bathroom counter to the kitchen, these stars are using some of the most powerful anti-agers in nature to keep their skin looking young. Here's how they're doing it.

ERASE WRINKLES WITH ... SNAKE VENOM!

Bollywood A-listers, including Deepika Padukone, Sonam Kapoor, and Kareena Kapoor, are said to be using this snake venom to erase wrinkles. The venom is said to be a natural anti-aging ingredient that can help to reduce the appearance of wrinkles. It is also said to be a natural skin brightener and can help to improve the overall texture of the skin.

ONE WEIRD TIP: Padukone uses a snake venom cream to erase wrinkles.



Sofia Vergara, 45, reportedly keeps a jar of honey with an eye cream infused with snake venom.

EVEN OUT SKIN TONE WITH ... SNAIL SLIME!

These silver trails of slime may be as common to your garden, but when it comes to skin care, snail slime is a game-changer. It is said to be a natural skin brightener and can help to improve the overall texture of the skin. It is also said to be a natural anti-aging ingredient that can help to reduce the appearance of wrinkles.

PUMP UP'S WITH ... BEE VENOM!

For strong skin, a natural "sting" may be just what you need. Bee venom is said to be a natural skin brightener and can help to improve the overall texture of the skin. It is also said to be a natural anti-aging ingredient that can help to reduce the appearance of wrinkles.

TIGHTEN SAGGING SKIN WITH ... "ROLLING" NEEDLES?

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HEALTHY LIVING
Know
You Can
Live

GOOD NEWS FOR EARLY BIRDS

It's a bird, it's a bird, it's a beautiful bird! If you're an early riser, you know your skin is likely to be drier than those who wake up later. This is because your skin has more time to dry out overnight. To keep your skin hydrated, use a moisturizer before you go to bed.

ANOTHER WIN FOR CHOCOLATE

Chocolate is not just a treat, it's a skin care secret. Dark chocolate is said to be a natural skin brightener and can help to improve the overall texture of the skin. It is also said to be a natural anti-aging ingredient that can help to reduce the appearance of wrinkles.



GET SALTED

*Beauty insiders are buzzing about the rejuvenating benefits of salt therapy.
Emily Dudding gives it a good shake.*

"Benefits have been seen for eczema and acne, and it gives an instant glow," says New York dermatologist Dendy Engelman.



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I LIE COMPLETELY NAKED under a plastic dome while a tiny machine pumps microscopic particles of pharmaceutical-grade salt into the air. I can't see it or smell it—it's only when I lick my hand and taste the salty film that I'm sure something is happening. It's my first time on a dry-salt bed, but I may be hooked.

While nutritionists pepper us with dire warnings about the health risks of eating too much salt, salt aficionados of an entirely different breed are touting the little crystals as a cure for asthma and allergies, a boost to the immune system, and a way to increase athletic endurance and even to add a glow to your complexion. The secret? Skip the shaker in favor of inhaling the white stuff.

"Salt has incredible qualities," says Ülle Pukk, a cofounder of

the Salt Therapy Association. "It's antiviral, antimicrobial, and antifungal." Pukk is at the forefront of a movement that's bringing halotherapy, also known as dry-salt therapy, to America. Already popular in Europe, the treatment utilizes a machine called a halogenerator, which grinds warm salt into breathable particles and dispenses dry-salt aerosol into the air of enclosed rooms, or salt chambers. "Dry salt goes deep into the recesses of your lungs," she explains. "It absorbs impurities from your body and helps break up mucus so you can cough out toxins. When you have clean lungs, you get more oxygen, which gives you more energy; impacts every organ in your body, and improves overall well-being." There are now more than 150 salt rooms in the U.S. "It's holistic, there are no side effects, and it can address so many different issues," says Ellen Patrick of Breathe Easy spas, which feature salt rooms and salt beds. (Former football pro Tiki Barber salted up at one before running the New York City Marathon.)

Even mainstream doctors see potential benefits. "A lot of patients say it increases exercise tolerance," says pulmonologist Denise Harrison, an assistant professor of environmental medicine at NYU Langone Medical Center. She adds, however, that more research is needed to substantiate halotherapy's claims. At Breathe Easy's location on Manhattan's Park Avenue, the salt chamber is more luxe waiting room than grotto, with plush lounge chairs for group salting. Each session lasts 45 minutes (\$40), and no disrobing is required. "The salt emits negative ions that promote the relaxation response, unlike the positive ions we're exposed to through our cell phones and computers, which agitate the nervous system," says Patrick. The dome-covered salt beds offer a faster, more intense option and expose a lot more skin to salt's exfoliant and antibacterial qualities. After 20 minutes (\$40), my skin was indeed lightly salted—and soft. "Benefits have been seen for eczema and acne, and it gives an instant glow," says New York dermatologist Dendy Engelman.

At New York's La Casa Day Spa, the hot sauna is lined with blocks of Himalayan salt that "strengthen the barrier function of the skin, and the heat helps the negative ions penetrate into your lungs," says owner Jane G. Goldberg. She also recommends an hour in the flotation tub filled with 800 pounds of Epsom salts. "They're a phenomenal healing agent," says Goldberg. "One hour in there is like five hours of sleep" (\$80 for 60 minutes). Engelman agrees: "Epsom baths help eliminate toxins by pulling them out of the skin and also help relax muscles and relieve pain." After just a couple of minutes in this mini Dead Sea, I found it hard to tell where my body ended and the water began, and even a nagging hamstring began to loosen up. Unfortunately my deep relaxation was marred by an obsessive worry that the salt was detoxing my new highlights. Luckily all I ended up with was major beach hair to go with the just-back-from-vacay calm—and a craving for a salted margarita. ■



BEAUTY SOS

Bikini bumps

Otherwise known as ingrowns, these unsightly clogged follicles can really make you see red. Not to worry. New York City dermatologist Dendy Engelman has a plan to help you suit up with confidence all summer long.



Often, dead skin blocks the opening of follicles, causing hair to curl under the skin and grow sideways, says Engelman. Before shaving or waxing, exfoliate with a wet

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THE REALIST



Prevent ingrowns

Often dead skin blocks the opening of follicles, causing hair to curl under the skin and grow sideways, says Engelman. Before shaving or waxing, exfoliate with a wet washcloth or loofah. Then wet skin with warm water to open the follicles and apply a lubricating shave gel, like eos Shave Cream (\$3.50 at drugstores), or warm wax. For coarse

hair, change the razor every four to six shaves. Shave in the direction of hair growth (going against it increases irritation), and apply a soothing cool washcloth to skin post-shave or post-waxing. Between hair-removal sessions, use a daily treatment with glycolic acid, such as Completely Bare Bikini Bump Blaster Pads (\$10, ulta.com), to keep follicles clear.

Treat irritation

Topical hydrocortisone can reduce swelling, pain, and redness. Don't pick at bumps—doing so may result in scarring. Instead, apply a spot treatment containing 2 percent salicylic acid to open the follicles so the hairs can come to the surface.



If you still get bumps

Try a different removal method, says Engelman. Depilatories, like Nair Glides Away Moroccan Argan Oil (\$6.60 at drugstores), lessen the chance of ingrowns. If you have dark hair, laser hair removal, though pricey, offers results that are nearly permanent. If your hair is blond, electrolysis is more effective.

Written by Didi Gluck
Photograph by Aaron Dyer



A CLOSE SHAVE
Discover our picks for the best razors on the market at realsimple.com/razors.

PADMA LAKSHMI
The *Top Chef* host (Feb. 20) has said she works out five days a week, "losing three days, lifting weights the other two!"

→ BANISH BLEMISHES

Start swapping soap for foamy Benzac, says Sofia Vergara's dermatologist Dendy Engelman. Its salicylic acid clears acne-prone spots such as the chest and back, while sandalwood calms redness. (\$15, drugstore.com)

SEVEN DAYS BEFORE

NYC dermatologist Margie Hatan Cohen.

SOFTEN ELBOWS
Quash scaly, itchy patches of keratin buildup around elbows and knees with urea, a moisture-retainer in Eucerin's fragrance-free lotion, says Engelman. Apply daily postshower and before bed. (\$8, walgreens.com)



FLUZZY BLOOM Add 2 cups of magnesium sulfate to a warm bath and soak for 20 minutes. As the mineral is absorbed, it pulls excess fluid from the body. Repeat the day before donning a suit. (\$4 for 5 pounds, Walgreens)

WORK THE WAIST Once a day, target obliques with a move from NYC-based S&T trainer Brittany Meyers: Start in a plank. Cross the right foot over left. Lift hips up, then return to neutral. Switch sides after one minute.

SHOOTING SUNT Dissolve hair on legs and bikini area with Briss' five-minute epilation electrolysis. Sea kelp soothes irritation, and the salts produce a mechanical spritzed scent. Sensative skin? Do a patch test 24 hours before. (\$12, sifa.com)

THREE DAYS BEFORE



THE DAY BEFORE

JUICE, FAST Avoid gas-producing cruciferous veggies like broccoli, which can "expand your tummy," explains Cohen. Juice leafy greens such as kale and spinach instead — they help combat puffiness, she says.

SOFTEN CALLUSES
Before painting nails, soothe feet in an exfoliating mask for 10 minutes. Karlie Kloss' NYC nail pro 2in Tenon Choi loves Lush's pot of kaolin and pumice. (\$15, lushusa.com)



CREATE CURVES
Highlight the bust by sweeping matte bronzer along the V between breasts, then applying liquid shimmer below, says Gigi Hadfield's makeup pro Alan Avondale. (\$40, thecoloristilbary.com)

TAKE A DIP Meyers offers a bikini lightener located "Tummy react quickly." Sit on the floor with knees bent, hands under shoulders facing forward. Bounce your seat. Bend elbows 45 degrees, then straighten. Do three sets of 12.

THE DAY OF

BOOST SPF In the morning, pop one Melanoxin pill before applying sunscreen, says Engelman. Capsules contain a farm extract native to Central America that studies have shown helps shield skin from UV damage. (\$36 for 60, skinstore.com)



A BIKINI BODY IN ONE WEEK!

You've got it. Now flaunt it with a seven-day diet, fitness and skincare plan

The New York Times

FASHION & STYLE

How to Get Deep V Cleavage Ready

JULY 21, 2015



From left: Chrissy Teigen, Karlie Kloss and a look from Reformation.

Start with the basics, Dr. Engelman says. Apply sunscreen to your neck and chest whenever they are exposed. "In our world we call it 'country-club cleavage,'" she said. "It's when a woman has a beautiful lifted face, but then you look down and she has a tan chest that looks like a dry riverbed."

FOREVER YOUNG

Summer Skin-Care News

THE BEST ANTI-AGERS

If you used an anti-aging cream today, you may be *more* at risk for wrinkles. Find out why — and the easy fix!

You know the drill when it comes to protecting skin from UV rays — slather on sunscreen, stay in the shade when possible, wear a hat ... But experts are cautioning that our skin may be less protected than we think — and our skin-care rou-

“Certain ingredients in the skin-care products we use to treat agers like brown spots and wrinkles can make skin even more sensitive in the sun,” explains dermatologist Dendy E. Engelman, M.D., who treats celebrities including Sofia Vergara in her New York City office.

Instead, Dr. Engelman suggests switching to creams, serums and cleansers with milder ingredients. Then once fall arrives, it's fine to switch back. Read on for her smart summer swaps.

FIGHT FINE LINES WITH C

Vitamin A derivatives like retinol and retinoic acid are prized for their ability to smooth fine lines and shrink pores. “But they can be highly irritating,

“Seasonal ingredient swaps can safeguard skin from the sun and optimize anti-aging.”

Dendy E. Engelman, M.D.

leaving even the least sensitive skin vulnerable to the burning effects of the sun,” says Dr. Engelman. “In the summer, I encourage my patients to switch to an antioxidant serum that contains ascorbic acid, the purest, most effective form of vitamin C. It helps increase collagen production for firmer skin.” For best results, look for a serum that contains additional age-erasing antioxidants like vitamin E and aloe. A brand we like: JASON C-Effects Hyper-C Serum (\$35, jason-personalcare.com).

ERASE AGE SPOTS WITH B₃

Years of sun exposure stimulates the overproduction of melanin (the pigment that gives skin its color), leading to brown spots. And while alpha hydroxy acids can do wonders to eliminate spots by sloughing off layers of discolored skin, the fresh layer of skin is more vulnerable to the sun's aging effects. A better option: vitamin B₃. “This wonder vitamin interferes with melanin

production and release, helping to diminish old spots and halt production of new ones. It also helps skin produce more of the natural compounds essential for repairing and restoring the skin barrier.” A brand we like: Pond's B₃ Dark Spot Correcting Cream (\$9, drugstores).

BEAT BLEMISHES WITH A MIX

It's unfortunate that acne often flares up again after menopause, and in the summer, humidity causes skin to produce more acne-causing oil. But salicylic acid — the go-to remedy — can increase skin's sun sensitivity. Engelman's advice combines a low dose of salicylic acid instead of the standard 1% concentration. East Indian ingredients work clear skin. Plus, tea tree oil helps counteract the small amount of salicylic acid. A brand we like: Benzac Clearskin (\$13, t





3 RULES FOR... washing your face

- 1 **SPENDING MORE DOESN'T NET BETTER RESULTS** Remember, this is a product you literally wash off your skin, compared to serums and moisturizers," says Dendy Engelman, M.D., a dermatologist in New York City. "Cleansers spend very little time in contact with your skin—that's what treatments and creams are for. After price, consider what kind of cleanser best matches your skin type. Anyone can use a cleansing oil, cream, or micellar water (a new watery product you apply with a cotton round). If you're dry, avoid charcoal cleansers or anything that foams a lot. If you're acne-prone, go for a gel that contains salicylic acid.
- 2 **DON'T OVERDO IT** Double cleansing—using an oil to melt off makeup followed by another face wash to eighty-six pollutants—is a thing right now. Also popular: All manner of electronic exfoliating gadgets and gizmos. "There's certainly nothing wrong with either," Engelman says. "I use a skin brush myself. But you have to figure out what your skin can handle." Over-cleansing removes the skin's natural biofilm—the layer that helps keep it soft. Here's a test to see if your cleansing routine is right for you: After rinsing, skin should feel supple, not squeaky clean. If it's the latter, switch to just one moisturizing cleanser and limit exfoliation to twice a week.
- 3 **NO EXTREME TEMPERATURES** If the water you're using is too hot, it can cause serious dryness. Go too cold and it will close up pores, meaning your cleanser can't evict blackheads from their hiding places. Lukewarm is just right, Engelman says. Massage cleanser onto skin with circular motions. The "up and out" direction can actually help prevent pimples and clogs.

WHAT YOU DON'T KNOW

cleansers

BY ELLEN MILLER

**WIN!**

Enter on August 3 for your chance to win a Clarisonic Mia 1. Details on page 150. BHG.com/Clarisonic

3 RULES FOR ... washing your face

- 1 SPENDING MORE DOESN'T NET BETTER RESULTS** Remember, this is a product you literally wash down the drain. "Cleansers spend very little time in contact with your skin, compared to serums and moisturizers," says Dendy Engelman, M.D., a dermatologist in New York City. While some amazing high-end cleansers certainly contain cool ingredients, smell great, and leave skin feeling soft, they won't change your skin—that's what treatments and creams are for. After price, consider what kind of cleanser best matches your skin type. Anyone can use a cleansing oil, cream, or micellar water (a new watery product you apply with a cotton round). If you're dry, avoid charcoal cleansers or anything that foams a lot. If you're acne-prone, go for a gel that contains salicylic acid.
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Tool box**Extra, extra!**

These all-new accessories help amp up your regimen.

BRUSH Gently remove dead skin cells with the Clarisonic Mia 1 in Mai Tai. \$99; clarisonic.com

KONJAC SPONGE Infuse skin with brightening konjac root with Boscia Konjac Cleansing Sponges. \$15 each; sephora.com

TRAVEL WIPES Simple Skincare Micellar Makeup Remover Wipes get the job done while you're on the go. \$7.99; target.com

**5 COOL CLEANSERS**

1



2



3



4



5

DID YOU KNOW?

Cleansing skin thoroughly can help the ingredients in your serums and moisturizers penetrate more easily, boosting effectiveness.

- 1 CHARCOAL** Bioré Pore Penetrating Charcoal Bar, \$6.49; drugstore.com
- 2 OIL** Garnier Clean + Nourishing Cleansing Oil, \$7.99; ulta.com
- 3 MICELLAR WATER** Boots Botanics All Bright Micellar 3-in-1 Cleansing Solution, \$7.49; target.com
- 4 FOAM** Lumene Bright Touch Refreshing Cleansing Foam, \$10.99; cvs.com
- 5 CREAM** Nourish Organic Moisturizing Cream Face Cleanser, \$13.99; nourishorganic.com



LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS

At her sleekly clinical Manhattan offices, dermatologist Dendy Engelman has a new answer for patients who ask, "What else can I be doing for my skin?" Along

LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS

SIP AND SEE
Can the key to
optimal health
be found through
a straw?



WELLNESS

Drinking It ALL IN

A NEW GENERATION OF NEXT-LEVEL ELIXIRS IS RIDING THE JUICE CLEANSE WAVE ALL THE WAY TO THE BEAUTY COUNTER.

*By Jean Godfrey-June
Photograph by James Wojcik
Styled by Will Kahn*

If the intersection of wealth and beauty was once salons like Kenneth in New York and Carita in Paris, places where women had their skin, hair, and nails codded to polished perfection, today you'll find it on Greenwich Street in Tribeca at 10:30 in the morning, as slim-calfed women in tousled ponytails and narrow hoodies (neon Nikes are on their way to replacing teetering slingbacks as the ultimate signifier of the true life of leisure) emerge from Soul-Cycle and saunter down the wide sidewalks, clutching nothing but their phones.

They float northward, to the light-filled West Village storefront of CAP Beauty, where they fortify themselves with shots of probiotic and collagen concoctions from the Beauty Chef, superfood-powered tonics from Sun Potion, libido-invigorating powders from Moon Juice, private label coconut butter, and herb-infused bitters from Urban Moonshine.

"We can't keep this stuff in stock," says CAP co-founder Cindy DiPrima, holding up a large jar of Glow, the Beauty Chef's best-selling "inner beauty powder," which was developed by Carla Oates, a leading Australian naturalist. "Our customers go as crazy for this as they do for a Tata Harper face oil." Her clients aren't typical Sephora-goers. "We're not beauty girls," says co-founder Kerrilynn Pamer. "We don't know what the trendy nail shade is; neither do our customers. We're more about skin, looking good, and feeling good from the inside."

Indeed, the allure of the elusive little-to-no-makeup, I-just-woke-up-like-this glow has built to a fever pitch. Skincare is, predictably, getting more play (think of all the face masks and essences flowing from Korea), but the newest game in town is the **beauty ingestible**. From tiny glass shot bottles of edible clay and rosewater at Juice Generation that urge customers to "think beyond the face mask" to a collagen supplement from Reserveage that is backed by clinical data claiming a

40 percent reduction in crow's feet in eight weeks and is selling out at Whole Foods, women are eating and drinking their way to younger-looking skin.

The devotees of Shen Beauty in Brooklyn—they wander in after work or weekend brunch in striped cashmere from the Elder Statesman and flowered pants from Erdem—certainly think so. They're crazy for the Beauty Chef's luxe brown bottles too, not to mention supplements from Valia labeled Metabolize, Bloom, and Hydrate. In the up-and-coming Crown ➡

PHOTO STYLING BY JILL ELIZABETH

SEPTEMBER 2015

TAC
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TOWNANDCOUNTRYMAG.COM

LOOKING GLASS WELLNESS

➔ Heights neighborhood a little shop called Mountain dispenses bone broth and Chinese herbs. Its café serves a blotchiness-obliterating watermelon-lavender concoction, tonifying chicken soup supercharged with bone broth, and detox shots of cold-pressed ginger and lemon. The owners recently catered a gala in Manhattan entirely with their trademark healing cuisine. "Is beauty just the way you look?" co-owner Justine Lynch asks. "I think it's about the spark in your eyes."

Ingestibles aren't a new idea—you are what you eat, Brilatt-Savarin said, more or less—but they are newly luxurious. In London Elle Macpherson is introducing a shake made with Super Elixir Nourishing Protein, a follow-up to her \$135-a-pop Super Elixir, itself a logical extension of her best-selling lingerie line and famous nickname, "the Body." Her company, WelleCo, was inspired by a personal journey. "I found out that the reason I didn't feel good, though I exercised and had a healthy diet, was a lack of alkalinity in my body," she says. Super Elixir has been formulated to increase alkalinity, and it led to major changes. "My skin and hair aren't dry," she says. "I sleep better, I stopped craving sugar, my mood stabilized, and I lost weight around my middle."

Serial entrepreneur Constantin Bisanz created Aloha after a similarly personal odyssey, during which he combed the world for the healthiest nutrition and wellness practices he could find. Aloha currently sells whole food supplements on its website and at Virgin Hotels and ABC Carpet and Home but aims to be a lifestyle brand with its own cafés where people meet for protein shakes instead of coffee. Its Daily Good Greens powder is comparable to a cold-pressed juice in terms of nutrients delivered, with wheatgrass, exotic mushrooms, and moringa promising to make the skin glow, but it keeps much longer and costs much less.

At her sleekly clinical Manhattan offices, dermatologist Dendy Engelman has a new answer for patients who ask, "What else can I be doing for my skin?" Along with Botox, fillers, and topicals, Engelman has begun recommending ingestible



collagen supplements, although she was initially skeptical about them. "The idea that compounds would get through the digestive system and make their way to the skin in significant concentrations seemed impossible," she says. "But I've had a total change of heart. The studies are really compelling. In one they radio-labeled collagen that was taken orally, and they found it in a number of organs—including the dermis—after eight weeks. The 40 percent reduction in crow's feet—that made me stand up and take notice!" (She is not affiliated with Reserveage, the brand that uses the collagen in its supplements.)

Engelman explains that the average person loses collagen at a rate of about 1 percent a year. "It's the underlying structure of skin, so anything you can do to slow that degradation down, I say do it," she says. "Enhance collagen production from the inside, just as you do with retinol from the outside." Most collagen is derived from pigs, cows, chicken, and sometimes fish, so it's off-limits to vegans, but Reserveage is coming out with a vegetarian collagen-boosting formula this fall.

Even plastic surgeons are behind the

trend. Manhattan facial surgeon Michelle Yagoda believes strongly in the power of ingested nutrients. "Even if I make the most gorgeous jawline or the smoothest neck, some people still don't look good. People with brittle, dry hair, dry skin, and cracking nails look older," she says. "Much of what passes topically through skin ends up in its deeper layers in extremely low concentrations." BeautyScoop, her combination of peptides, lipids, antioxidants, and minerals such as silica, does a brisk business in her office and online (it's available at the Space NK apothecary at Harvey Nichols London as well). Yagoda reports that in a 60-week study, 86 percent of participants reported an improvement in skin, hair, and nails. "The difference," she says, "was amazing."

But some skin experts view the craze as a bit of hope in a bottle. "You still can't skimp on sun protection, or nutrition. You can't smoke, and you still need sleep," says Manhattan dermatologist Amy Wechsler. "Sleep is still thought of as a luxury, but it's essential for good-looking skin." She will say that of all the ingestibles out there, good old biotin (five to 10 milligrams a day) does indeed help with nail growth and repair.

Still, for many, the results from ingestibles are encouraging. On the walls at Shen are several close-up shots of owner Jessica Richards, one before she started taking Valia's Hydrate supplements, one two weeks along, and one after four weeks. "It makes a huge difference in your skin. People are amazed," she says. "At \$22 for a bottle, people are definitely excited to try it—and at that price, it's something they can maintain." Reserveage CEO Naomi Whittel notes that while the market for ingestibles, and specifically collagen, has been huge in Asia for years, it was only when formulas started delivering quicker, statistically measurable results that the U.S. market finally came alive. "Americans want science, and they want to see a change, fast." Her skyrocketing sales at Whole Foods are Exhibit A.

Visible change—from Lynch's spark in the eyes and Macpherson's slimmer middle to the shiny hair and dewy skin Yagoda promises with BeautyScoop—is definitely the acid test. "We get customers buying two packages of Beauty Chef Glow at once," DiPrima says. "They notice a difference when they don't take it, so they need one for their boyfriend's apartment." ❧



BANISH TECH NECK

*Have the hours you've spent
looking down at your phone resulted
in a not-so-smooth neck?*

Liz Krieger investigates the best fixes.

"It's definitely a real phenomenon," says Dendy Engelman, a dermatologist and director of dermatologic surgery at New York's Metropolitan Hospital.

In today's hyperconnected world, where the average person stares at a mobile device for nearly three hours a day, there's a new wrinkle: All that time looking down at your phone or iPad may be contributing to more lines and skin laxity, what some doctors have dubbed "tech neck." "It's definitely a real phenomenon," says Dendy Engelman, a dermatologist and director of dermatologic surgery at New York's Metropolitan Hospital. When your head is tilted downward at a 45-degree angle, such as while typing, texting, or scrolling through Instagram, you're repeatedly squishing the skin into folds and keeping your muscles in a loosened, untuned state. And since neck skin is thin and delicate, similar to the under-eye area, the aforementioned repetitive squishing makes your neck "more prone to showing signs of aging," says dermatologist Rachel Nazarian, an assistant clinical professor at the Icahn School of Medicine at Mount Sinai in New York.

Luckily, improvement can be had without going under the knife. The latest in-office treatments have little downtime but offer significant results, perhaps one reason "more and more patients are coming in younger and younger—in their 30s and 40s, not 50s and 60s—to tackle their neck issues," says Eric Schweiger, a New York dermatologist. For overall tightening of slack skin on the neck and jaw, many doctors turn to Ultherapy (\$1,500–\$2,500) as their first weapon, relying on its ultrasound heat to stimulate the skin to regenerate collagen. Best results are seen after two to three months, says Nazarian. In a similar vein, Thermage (\$1,500–\$2,000) uses radio waves to prompt the same collagen response. While some people get fantastic results with either of these energy-driven therapies, it depends on how one's individual skin reacts, making it a possible hit-or-miss. That's why the newest twist on the radio-wave modality, called ThermiTight (\$3,000–\$5,000), is so promising: The treatment delivers radio frequency waves via tiny probes injected under the skin—offering a single, high-intensity, albeit pricey, treatment.

If the horizontal lines on your neck are deeply etched, fillers can provide instant gratification, says New York dermatologist Heidi Waldorf, who favors hyaluronic acid-based options like Belotero or Restylane Silk (about \$750–\$3,000). Another quick but effective fix: Botox (around \$750). It can help relax the vertical (platysma) muscle, which gives the neck aropy look, says Waldorf. To repair sun damage and overall texture, a non-ablative laser like Fraxel (\$750–\$1,500 per session; up to four sessions may be needed) requires downtime but works well, says Schweiger. "Ideally, we combine a few different modalities over a few treatment sessions," notes Nazarian.

For those who would rather get their solution in a jar, the same powerful, prescription-strength retinoids you rely on to speed cell turnover on your face (Renova, Retin-A) can be used on your neck. To tighten slack neck skin, "look for products containing peptides, which can stimulate collagen and elastin synthesis," suggests Nazarian. Another ingredient you want: hyaluronic acid, which boosts moisture and plumps lines. StriVectin Tightening Neck Serum Roller (\$89), Revision Skincare Nectifirm (\$68), Clinique Repairwear Sculpting Night Cream (\$65), La Prairie Anti-Aging Neck Cream (\$240), Clark's Botanicals Age-Defying Neck Cream (\$104), Rodial Glamtox Neck Mask (\$65), and Lancôme Rénergie French Lift (\$155) are all terrific options for neck skin.

With some TLC, your tech neck can look youthful again—lifted, firm and much smoother. Chin up, ladies. ■

BANISH TECH NECK

*Have the hours you've spent
looking down at your phone resulted
in a not-so-smooth neck?
Liz Krieger investigates the best fixes.*

SEPTEMBER 2015

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DOWN ON THE FARM

THE SPA AT FARMHOUSE INN (FORESTVILLE, CA)

"I anticipate micro injections of hyaluronic acid fillers to come to the market to allow for global facial rejuvenation."

—Dendy Engelman, M.D., director of dermatologic surgery and laser medicine for Metropolitan Hospital and dermatologist for Manhattan Dermatology and Cosmetic Surgery

PREDICTING THE FUTURE

The minimally invasive esthetics market is constantly evolving. Here are what top surgeons and dermatologists hope to see next.

Hot Off the Press

Take a sneak peek at the potential power of new and improved imaging technology.

A 3-D imaging technique often used in the automotive and aerospace industries for accurate measurement may be useful in measuring the efficacy of injectable wrinkle reducers such as Botox and Dysport, according to new research from the Peralman School of Medicine at the University of Pennsylvania (Philadelphia). The procedure, called 3-D speckle tracking photogrammetry, has the potential to measure the efficacy of several injectable treatments, not only for cosmetic purposes but also to reduce facial paralysis asymmetry arising from stroke and Bell's palsy. Using the new technique, researchers can measure dynamic facial wrinkles and their subsequent reduction following injection. Results are presented as a color-coded heat map. By comparing before and after treatment heat maps of patients, physicians can objectively evaluate wrinkle reduction and other variables such as optimal dosage for obtaining maximum aesthetic benefit. "There is a growing body of evidence that injectable fillers



for both cosmetic and reconstructive purposes can have significant psychological benefits," says Ivona Percec, M.D., Ph.D., senior author, director of Basic Science Research, and associate director of cosmetic surgery at Penn. "With more people turning to this procedure, it is important to have evidence-based ways of improving cosmetic and reconstructive surgical results."

Application of the technique raises the possibility of objectively determining the most effective wrinkle treatments. "As new therapies and expanded applications become available, this method may make it possible to quantify clinical efficacy and establish precise therapeutic regimens," says Percec. "Though future studies will need to explore the use of digital image correlation in larger groups, our results are the first to show the modality can be applied to study a range of challenges in plastic surgery." ●



WHO'S A BETTER INJECTOR?

Find out how a new debate about cosmetic injectables is affecting training guidelines.

As Botox and fillers have increased in popularity, a growing number of nonesthetic health professionals have emerged to perform procedures to help meet demand. Kevin Small, M.D., and Henry M. Spinelli, M.D., from the division of plastic surgery at Presbyterian Hospital (New York City) and Kathleen M. Kelly, M.D., from Columbia University (New York City) have assessed the capability of various providers to administer cosmetic injections. Based on the survey responses from more than 880 plastic surgeons from around the world, plastic surgeons consider themselves and dermatologists the most capable injectors. "Because most of the growth in the field of cosmetic injectables is driven by providers other than plastic surgeons and dermatologists, it appears that further clarification of training requirements and practice guidelines is necessary to ensure a consistent, reproducible, and safe experience for the patient," says Spinelli, primary investigator on this study. These findings may provide a foundation to further investigate the relationship between patients and their injectable provider, as well as the role of various practitioners in an increasingly competitive injectables market. ●

PREDICTING THE FUTURE

The minimally invasive esthetics market is constantly evolving. Here are what top surgeons and dermatologists hope to see next.

"I anticipate micro injections of hyaluronic acid fillers to come to the market to allow for global facial rejuvenation."

—Dendy Engelman, M.D., director of dermatologic surgery and laser medicine for Metropolitan Hospital and dermatologist for Manhattan Dermatology and Cosmetic Surgery

"In the next few years, I expect more technology that assists with skin tightening, as well as different fillers to decrease the appearance of fine lines and wrinkles. Currently, tear-trough injections to diminish under-eye circles is considered an off-label use. This treatment in very skilled hands, however, can be incredible, and once FDA approved, we will be able to educate more patients about this advanced but helpful technique." —Yael Halaas, M.D., facial plastic surgeon and member of AAFPRS

"Injectables will become longer-lasting and more economical. This will translate into less need for surgery to rejuvenate the face. Also, topically applied Botox cream is very exciting to me. It still requires a visit to a doctor's office, however, there will be no needles or bruising. I anticipate its availability in the U.S. by early next year." —Norman Rowe, M.D., board-certified plastic surgeon for Rowe Plastic Surgery (New York City)

"We will be using Kybella in other areas, not just the neck. We'll see it used in areas that also accumulate excess fat, such as abs, arms, ankles, thighs, and more. The options are endless."

—Bruce Katz, M.D., director of Juva Skin and Laser Center (New York City) ●

People StyleWatch

SEPTEMBER 2015

WE GOT A TOTAL MAKEOVER! CHECK IT OUT!

LUXE FINDS UNDER \$100!



Glowing Skin Secrets



This Is Gonna Be Fun!

FALL'S TOP TRENDS!



IMAGE OR ANY HEADLINE TO GO DIRECTLY TO THE STORY



GREAT FOR BOTH
★ PREVENTING
& TREATING!

Benzac
Intensive
Spot Treat-
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benzac.com

advice: Disinfect the area with witch hazel—it's an anti-inflammatory and helps speed up the recovery process, she says (try Dickinson's Original Witch Hazel Cleansing Cloths, \$7 for 25 wipes; walgreens.com). Next apply a spot treatment like Benzac. It has cool ingredients, like onion extract to combat scarring and East Indian sandalwood oil for irritation. Plus, it contains good old blemish-fighting salicylic acid, also found in some concealers for a good cover-up option (try Cover FX Blemish Treatment Concealer, \$25; coverfx.com). Then, keep your paws off it so it can heal!

POD
EMBARRASSED
TO ASK

Q: I popped my zit—now what?
A: Join the club! I've busted a few in my day too, and what you do in the aftermath is crucial.

Dermatologist Dr. Dendy Engelman

Q+A



WITH BEAUTY DIRECTOR HOLLY CARTER

PRIMP!

Q+A



WITH BEAUTY DIRECTOR HOLLY CARTER



GREAT FOR BOTH
★ PREVENTING
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Benzac
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Treatment, \$17;
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TOO
EMBARRASSED
TO ASK

**Q: I popped my zit—
now what?**

A: Join the club! I've busted a few in my day too, and what you do in the aftermath is crucial. Dermatologist Dr. Dendy Engelman has this great advice: Disinfect the area with witch hazel—it's an anti-inflammatory and helps speed up the recovery process, she says (try Dickinson's Original Witch Hazel Cleansing Cloths, \$7 for 25 wipes; walgreens.com). Next apply a spot treatment like Benzac. It has cool ingredients, like onion extract to combat scarring and East Indian sandalwood oil for irritation. Plus, it contains good old blemish-fighting salicylic acid, also found in some concealers for a good cover-up option (try Cover FX Blemish Treatment Concealer, \$25; coverfx.com). Then, keep your paws off it so it can heal!

Q: I love my local mani spot, but how do I know if it's clean?

A: Nail guru Deborah Lippmann says there are two easy things to look out for: First, check the nail file. If there's white residue, that means it's been used and that's a no-no. Second, pay attention to how tools are disinfected. You should see them come out of a sterilized pouch or machine.

Q: I went a little too short with my DIY bang trim. Thoughts?

A: If they look cray cray, try pinning them back in a cute twist, like Hannah Simone. Doing a braid or adding a colorful bobby works nicely, too. Your bangs will grow out before you know it. And for future, your go-to stylist will probably do a bang trim for free so you don't have to take matters into your own hands.



Hannah
Simone

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HOLLY YOUR BEAUTY QUESTIONS! FOR DETAILS, SEE PAGE 34.



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SCULPT A HOT BODY
STRONG ARMS
LEAN, SEXY ABS
ROCKIN' THIGHS

Ciara!
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7 BEST METABOLISM BOOSTERS

SPORTY & SEXY
Fresh Beauty Looks for Fall

September 2015
shapes.com

"It makes your skin look old," says Dendy Engelman, M.D., a dermatologist in New York City.

"When you don't wash your face, sebum and skin cells get trapped in follicles and cause breakouts," Dr. Engelman says.

The most important thing is to be consistent, "no matter how late you get home," Dr. Engelman says.

We know what you did last summer
And it's redemption time. All those little beauty crimes—like a perma-pony hairstyle and dehydrating dips in chlorine—call for rehab, starting now.

By ERICA METZGER



We know what you did last summer

And it's redemption time. All those little beauty crimes—like a perma-pony hairstyle and dehydrating dips in chlorine—call for rehab, starting now.

By ERICA METZGER

You got lazy with sunscreen at the beach and during your workweek.

THE DAMAGE All that incidental sun exposure causes microscopic trauma to your collagen and can add up to long-term photo damage. In other words, "It makes your skin look old," says Dendy Engelman, M.D., a dermatologist in New York City. And sunburns? Intense bursts of UV exposure like that not only trigger hyperpigmentation, making your complexion splotchy, but can also cause serious DNA damage and increase your skin cancer risk, says David E. Bank, M.D., a dermatologist in Mount Kisco, New York. In fact, your odds for melanoma (the deadliest form of skin cancer) double

if you've had five or more sunburns in your lifetime.

REHAB IT Start using a retinol cream before bed every night to repair your complexion.

"Retinol clears brown spots, reverses cellular damage, and normalizes collagen and DNA," Dr. Bank says. One that won't dry skin out: **Dermalogica**

Age Smart Overnight Retinol Repair (\$85, dermalogica.com).

Go back over the darker areas you wish to fade with a brightening treatment such as

hydroquinone—try **Palmer's Skin Success Fade Cream** (\$6, drugstore.com). And moving forward, use a sunscreen that

shields against UVA and UVB rays and has antioxidants for extra insurance. Every. Single. Day. We like **La Roche-Posay Anthelios AOX Daily Antioxidant Serum with SPF 50** (\$43, CVS stores) because

it checks all the boxes. Finally, schedule a post-Labor Day skin check so your derm can catch and remove iffy spots. →

Stylist: [unreadable] / [unreadable]

look great
beauty intelligence

You couldn't stand the feeling of hair on your neck, so you always wore a pony.

THE DAMAGE The low-maintenance style can strain your strands, especially if you have chemically processed or fine, delicately textured hair. "The breakage happens at the crease where the elastic bends the hair and around your hairline where the hair is being pulled," says Nunzio Saviano, the owner of the eponymous salon in New York City. Also, when your hair is up all summer, you're probably less likely to notice when you have split ends.

REHAB IT Consider a haircut to trim broken ends, which will clear some of the damage. When you have to pull your hair up for workouts, use a soft, fabric elastic like **Goody Ouchless Lace Ribbon Elastics** (\$3 for a set of three, Kmart or Walmart) and alternate the position of your pony (high, mid, or low) or wear it half up, half down, so you're not applying tension to the same section every time. Or twist it in a knot and use bobby pins to hold it in place.

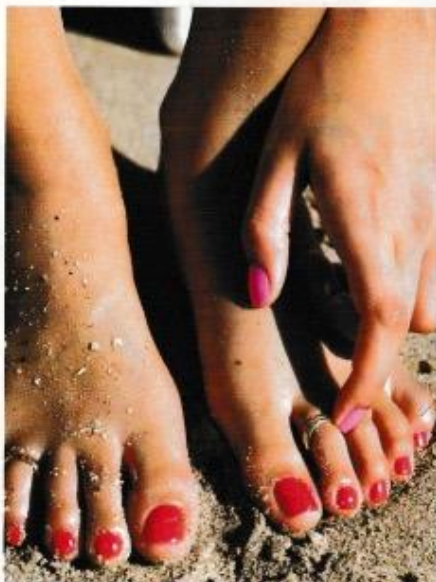
YOU WORE LESS MAKEUP, SO YOU DIDN'T WASH YOUR FACE RELIGIOUSLY.

THE DAMAGE During the hot months, your skin is naturally more slick due to extra surface oil and sweat. Dead skin clings to the grease and builds up, making regular cleansing more important, not less—even if you keep your makeup to the bare

minimum. "When you don't wash your face, sebum and skin cells get trapped in follicles and cause breakouts," Dr. Engelman says.

REHAB IT From now on, wash your face twice a day every day, morning and night. A cleanser with salicylic acid like **Yes to Tomatoes Detoxifying Charcoal Cleanser** (\$10,

yestocarrots.com) will cut through the gunk and lightly exfoliate your pores. The most important thing is to be consistent, "no matter how late you get home," Dr. Engelman says. A cleansing wipe will do when you just can't make it to the sink. Our pick for your purse or nightstand: **Simple**



Skincare Micellar Make-Up Remover Wipes (\$6, drugstores). Dab any breakouts with a benzoyl peroxide spot treatment and switch to an oil-free moisturizer until your complexion is in the clear again.

You got a pedicure to rock those strappy sandals but left it on too long.

THE DAMAGE Your paint may still look fresh, but you weaken your nails when you let it linger past two weeks. "Eventually, your nails start to dry out and get little white smudges," says Jin Soon Choi, the owner of Jinsoon Hand and Foot Spa in New York City. Another unsightly side effect: Your toenails may turn yellow because "the pigments in some dark or bright colors start to stain if left on too long," Choi says.

REHAB IT Take a short break from polish—about two to three weeks—and restore your nails with cuticle cream or oil such as **Sally Hansen Vitamin E Nail & Cuticle Oil** (\$5, drugstores). "Moisturize twice a day and the dry spots will disappear more quickly," Choi says. To brighten nails between pedis, she suggests rubbing them with a lemon wedge for mild discoloration or treating with a hydrogen peroxide-soaked cotton ball for tougher stains. Next pedicure, use a 5-free nail polish formula (ask for or bring a brand like **Deborah Lippmann Nail Color**, \$20, deborahlippmann.com), which is less drying to nails, and change the color every week or two. ➔

Top: Photograph by Jeff/Photo Art Line; Bottom: Photograph by Walter Chai/Photo Art Line



EXPERTS

Dendy Engelman, MD, director of dermatologic surgery at New York Medical College; **Marina Peredo, MD**, associate clinical professor of dermatology at Mount Sinai Hospital;

FLAWLESS FACE

Dermis used Visia machines to get firm data on how a month's trial fixed wrinkles and problems with texture and pigment.

1. AT-HOME TEETH WHITENER Colgate Optic White Platinum Express Toothpaste (\$3) promised a brighter smile after only 3 days of brushing with the hydrogen peroxide paste. To our expert dentist's surprise, you can bank on whiter teeth by the weekend if you start brushing with it Wednesday morning.



checks the hydration and softness boxes but won't make you look like you buttered your face-and pillowcase-in the process.

2. DAILY LOTION + SPF SkinCeuticals Physical Matte UV Defense SPF 50 (\$34) is impossible to rub off (we tried), and instead of giving you a white glow, it improves the look of skin, blurring imperfections and dulling redness.

3. NIGHT CREAM Olay Regenerist Luminous Overnight Mask (\$16) is the opposite of the traditional thick, heavy night cream. A sheer gel, it

4. FACIAL CLEANSER When face wash is really good, it does more than just remove the remains of the day. More than one tester noticed smoother skin texture after washing with chamomile- and daisy-flower-containing Jurlique Herbal Recovery Antioxidant Cleansing Mousse (\$34) daily.

5. EYE CREAM Over-achiever alert: Amore-Pacifica Intensive

Vitalizing Eye Essence (\$95) reduced wrinkles around testers' eyes by 11.8% in just 4 weeks—nearly double competing creams' scores.

6. DAILY ANTI-AGER When a derm told us the wrinkle-relaxing peptides in Dr. Brandt Needles No More Instant Wrinkle Relaxing Cream (\$89) make it a solid alternative to Botox (sayonara, crow's feet!), we grabbed a bottle. Or two.

EXPERTS
Joseph Baran, DMD, cosmetic dentist, board-certified dermatologist; **Marina Peredo, MD, PhD**, associate clinical professor of dermatology at Yale School of Medicine; **Dendy Engelman, MD**, director of dermatologic surgery at New York Medical College; **Marina Peredo, MD**, associate clinical professor of dermatology at Mount Sinai Hospital; **Joshua Zeichner, MD**, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital.

PHOTO TOP: ANDREW SCHWARTZ; MAKEUP: TONY MONTAGNA/GETTY IMAGES



11.8% eye wrinkle reduction after 4 weeks!



Pat onto the delicate area with a finger to avoid "displacing the tissue," says Sofia Vergara's dermatologist Dendy Engelman.

US beauty

An Elaborate (But Worth It!) A.M. Routine

Trust top doctors: The path to better skin begins with a nine-step regimen in which each product boosts the next



Start with a clean slate by swapping out your cleanser for Simplex 100, which cleanses without drying, says NYC dermatologist Dendy Engelman. The fragrance-free, non-foaming cleanser is a true multitasker.



Before moving to moisturizers, apply Retinol 24. The alcohol-free, 1% retinol serum is a multitasker that balances the skin's pH, exfoliates, and creates a barrier to lock in moisture, says Dendy.



Olay's serum firms under-eye skin and lightens dark circles thanks to vitamin B derivative niacinamide. Pat onto the delicate area with a finger to avoid "displacing the tissue," says Sofia Vergara's dermatologist Dendy Engelman.



An all-over pre-serum serum is a smart idea, says Engelman. "It helps absorb and enhance the efficacy of whatever comes next," Elizabeth Axtell's facialist and founder of Axtell's also protects the skin's barrier.



Jump on the facial-rolling bandwagon! Massage two pumps of Olay's Retinol 24 over the cheeks and jawline. Ginger extract spurs lymphatic drainage to reduce puffiness, while kaké, a fruit native to Japan, prevents skin-stretching.



Think of Olay's Retinol 24 as a skin-care multitasker. It's packed with all the goodness from steps 1 to 5, plus moisture and active ingredients for hours. Apply all over the face and neck.



Coating an sunscreen with at least an SPF of 30 is a given. But SkinCeuticals' moisture-to-powder shield pulls double duty as a primer. It's thick, full of translucent silica spheres that banish redness and camouflage dark spots.



Lips need TLC, too. Salve contains digestive enzymes that break down the exterior and cause chapping throughout the day. One pump of Fresh's Argan Lip Butter with each "dead" serum, Engelman says, "improves elasticity."



Plump fine lines around your mouth with omega-3 and 6 fatty acids in Olay's coconut-scented salve. Advises Engelman, "Make sure to seal the outside corners, because those tend to recess as we get older."



And Don't Forget About...
...your hands! Because skin on the back of hands is extremely thin and prone to sun damage, "it gives out age lines," says Engelman. Reach for Hand MD's Hand MD cream, which is packed with SPF 30 and anti-aging ingredients like collagen and hyaluronic acid for smoother skin after the sun.

The must-have sculpting serums that will get your skin selfie ready

By Dana Wood

September 8, 2015 | 5:06pm



A wobbly jaw line can be the result of loose skin from weight fluctuations, a genetic predisposition to extra fat in that area, or straight-up aging, according to New York dermatologist Dendy Engelman. Over time, “volume loss, dermal thinning and gravity” all take a toll, she says.



THE CONTENDERS

What happens when the irreplaceable must be replaced? Patients are finding their way to these five respected docs

RISEING STAR

Wait time for a first appointment with Dr. Dendy Engelman can be two or three months. That's because this Southerner brings an appealingly moderate approach to injectables. "I'd rather do a little and have you come back in two weeks," she told me. (Except I didn't need that second visit.)



LIFE AFTER DR. BRANDT

WRITTEN BY LYNN SCHURNBERGER



LOSING A DOCTOR IS NEVER EASY. WHEN IT'S A DERMATOLOGIST BELOVED BY THE A-LIST WORLDWIDE, IT'S A "NOW WHAT?" CATASTROPHE

T

ext messages were flying last spring between a half dozen or so friends in the beauty industry—hairdressers, stylists, those in-the-know about how New York City's celebrities and socialites maintain their appearance—when Madonna was spotted slipping into the entrance of 1049 Fifth Avenue. Was she scooping up a new residence in the posh condominium building? Possibly. But more likely? After the

death of her beloved dermatologist, Dr. Fredric Brandt, weeks earlier, she was searching for a new doctor to wield the injectables that keep her looking age-indeterminate. And dermatologist Dr. Paul Jarrod Frank just happens to have offices at 1049 Fifth. It looked like the Queen of Pop was anointing a new clinician.

When asked to verify the rumor of taking on Madonna as a client, Dr. Frank demurred, explaining that he was inhibited by state privacy laws and that, of course, he could not confirm or deny that the iconic singer was a patient. He did offer this: "Either way, the truth always comes out in the end."

The truth of where the many prominent clients of Dr. Brandt are taking their business is not easily obtained, however. It was a key question that circulated among mourners at his April memorial, hosted by socialite Lisa Marie Falcone, wife of hedge fund manager Philip Falcone

and held in Lincoln Center's Alice Tully Hall. Some of the guests were too embarrassed to speak above a murmur. But in the weeks that followed his death, patients asked one another in voices growing steadily louder and more urgent: Whose hands should we trust our faces to?

There were the obvious choices: Dr. David Colbert (who has compared the skin to an expensive fabric "that should be maintained like your finest cashmere sweater"), Drs. Patricia Wexler, Ellen Gendler, Melanie Grossman, Doris Day, Roy Geronemus, Lisa Airan, Joel Kassimir, Dennis Gross—there is no dearth of contenders. (And I'm sure I'll hear even more names from readers disgruntled over the omission of their favorite, so let me here offer a pre-apology.)

"One person called me with a list of eight names, asking me which doctor I thought she should go to," says beauty doyenne and *Allure* contributing editor at large Joan Kron, who declines making recommendations because she doesn't think it's an appropriate role for journalists.

Not every doctor is simply sitting back and waiting for Dr. Brandt's patients to come to them. Melinda Farina, the president and founder of the patient-referral service Integrated Aesthetics Consulting, says that she's noticed a number of MDs trying to capitalize on Dr. Brandt's demise by co-opting his trademark techniques: "They're putting all of their money into optimizing their online Google searches and investing in key words like 'Liquid face-lift' or 'Y face-lift,' all of the procedures he was best known for."

Superstar colorist Sharon Dorram has bestowed beautifully natural color reminiscent of children's hair on Barbra Streisand, Sarah Jessica Parker and Kate Hudson,

to name a few—as well as some of the top fashion and beauty professionals in the city. In the elegant Upper East Side salon she shares with business partner and hairdressing icon Sally Hershberger, Dorram has been privy to some disturbing jockeying.

"Some of the dermatologists who sit in my chair have been mercenary in asking me to recommend them to clients—so offensive, so soon after Fred's death," says Dorram, a close friend of Dr. Brandt's who was still reeling over his passing when we talked. "And I didn't see it myself, but one of my clients said that a certain dermatologist was actually giving out cards at Dr. Brandt's memorial."

Another shady development: doctors who claim to be flooded with desperate A-list clients ... but aren't. After all, who's going to fact-check it? One lesser-known dermatologist I spoke to alleged that he was seeing "dozens of Dr. Brandt's patients," a dubious claim that sounded like an attempt to push his name into the ranks of A-listers.

The sad circumstances of Dr. Brandt's death make such maneuvers particularly questionable. "Why, Fred, why?" comedian and talk-show personality Joy Behar asked plaintively at Dr. Brandt's invitation-only memorial. More than 400 wrinkle-free boldfaced names, from TV star Kelly Ripa to actress Blythe Danner to fashion icons Carolina Herrera and Calvin Klein, packed the auditorium. As we sat facing the stage, usually home to the Lincoln Center Chamber Music Society, we agreed that Fred would have adored the 3,000 white orchids filling it now. A beauty editor sitting next to me whispered, "If only Dr. B. could have seen the love here today, do you think he would have done it?"

All of us who knew and admired him were stunned by the news that the pioneering doctor who used Botox as far back as the early '90s—when it sounded absolutely insane



Dr. Brandt became a best friend, almost a family member, to his patients, even the famous ones, like Kelly Ripa.

that's hard to manage in any field. He specialized in the "Y" lift, injecting filler beneath the cheekbone to add volume to the face, helping patients avoid surgery. In a youth-obsessed society, some patients came to see him in their twenties, and others checked in once a month, although he never let anyone go overboard.

One day, as I was trailing him for a story I was working on, he introduced me to the mother of a famous movie producer who had been to the office only weeks earlier. "You don't need anything, darling, you look beautiful!" he said, sending her off feeling gorgeous without the aid of a needle. He was a dandy who bought designer clothes from Lanvin and Givenchy off the runway, an avid art collector of pieces by the likes of Damien Hirst and Richard Prince, a health nut who gave up sugar and then periodically snuck a cookie. Hundreds of clients considered him an intimate. After spending half an hour dishing with Dr. B. about his latest Prada purchase or any show in HGTV's lineup (Fred loved decorating his Coconut Grove home and his 25th-floor apartment overlooking New York's trendy High Line), it was impossible to leave the office and not feel like you were his bestie.

Carl Sheusi, Dr. Brandt's yoga instructor for over 10 years, saw him the day before he died. "I knew he was depressed," Sheusi says, as did others closest to him. In the week before his death, Dr. B. canceled appointments, something he never did. Dr. Joel Kassimir, who saw one of Dr. Brandt's former patients not long after his death, says she told him that "the last time I saw Dr. B. he wasn't singing." A sure sign that something was terribly wrong.

Then there is the *Kimmy Schmidt* theory. While his friend and publicist, Jacquie Tractenberg, downplayed the idea that Martin Short's parody of him on the Tina Fey Netflix series *Unbreakable Kimmy Schmidt* had anything to do with Dr. Brandt's suicide, others close to Dr. B. believe the caricature pushed him over the edge.

Now everyone is forced to move on. Dr. Frank seems to be one of the leading successors to Dr. Brandt. When pressed, he said he was getting "about five calls a day" from Dr. Brandt's former patients, who he's squeezing into an already busy practice. "While it's nice to be

"ONE PERSON CALLED ME WITH A LIST OF EIGHT NAMES, ASKING ME WHICH DOCTOR I THOUGHT SHE SHOULD GO TO NOW." —JOAN KRON

to inject botulinum toxin into your forehead—our friend, our confidant, the doctor who made up rap songs and sang show tunes during our appointments and who made the business of serums and syringes positively fun, had taken his own life. Gwyneth Paltrow and supermodel Stephanie Seymour were clients, and with offices in New York and Miami, Fred Brandt was considered by many to be one of the country's premier dermatologists for 20 years—a feat

seeing all of these new people, it's tough that they're here because Fred's gone," he said, a sentiment echoed by many colleagues.

Other clients are taking comfort in continuing to see Dr. Brandt's protégé, the gentle and talented Dr. Robert Anolik, who worked with Dr. B. for over five years. "Dr. A." and "Dr. B." were more than colleagues and disciple-teacher; they were good friends who talked about life and work on walks home and during Sundays in the park with Dr. Anolik's family. Self-deprecatingly, Dr. A. told me he was "Dr. B.'s Ed McMahon," invoking talk-show host Johnny Carson's legendary sidekick. Longtime Dr. Brandt fan Kelly Ripa gave me a more appropriate analogy: "Dr. Anolik's the young Jedi, the Luke Skywalker," she said, in a phone interview. "Dr. Brandt would literally put his hand on top of Dr. A.'s to teach him all of his techniques. The first time I saw Dr. Brandt was to get Botox under my arms to stop sweating," Ripa remembers. "For the injections to work you have to be sweating when you get them, but Dr. B. made me so comfortable, I was laughing so much, that I couldn't sweat. I feel that same level of comfort with Dr. Anolik. Going to see him feels like going to see family."

It's strange to go to the old offices and see the waiting rooms stripped of Dr. Brandt's paintings. Gone too are shelves filled with the stylish black and white boxes containing Dr. Brandt's acclaimed skin-care line—if you want some of his cleverly titled Needles No More or D.N.A. ("Do Not Age") serums, you'll have to buy them online or at Sephora.

There's an intimacy and a rapport you have with someone you're entrusting your face to that you don't necessarily need with a doctor who's giving you a flu shot. In my case,

I talked to my friends, received some names and, with some trepidation, went to see Dr. Dendy Engelman, Sofia Vergara's dermatologist. It turns out "Dr. Dendy" has a light hand, a good eye and a lovely manner—and she's a hugger. I'm planning to see her again.

"In other areas of medicine doctors are taught to keep their distance, but in dermatology we're dealing with a person's psyche, their self-esteem," says noted skin savant Dr. Patricia Wexler. "Patients and doctors exchange confidences—you become like a best friend or family. Especially a doctor like Fred Brandt, who went to parties with clients. He went to synagogue with their parents."

Dr. Wexler, for one, doesn't want to see Dr. Brandt's devotees, at least not right away. "The first person a patient goes to see after Fred will be their Deborah Norville," she says, referring to Jane Pauley's unpopular replacement on *Today*. "They'll still be grieving and on the rebound."

"A lot of doctors are very good—there's no one who's 'the best,'" says Kron. "After a reasonable amount of time, everyone will find a new doctor. And they'll do a good job. But the experience of getting injections is never going to be the same as it was, as feeling you were loved by Fred." ■

THE CONTENDERS

What happens when the irreplaceable must be replaced? Patients are finding their way to these five respected docs



HEIR APPARENT

Dr. Robert Anolik has a reputation for being a wizard with a laser. What insiders know is that Dr. Brandt trained "Dr. A." to perform the signature Y lift and other procedures that made Dr. Brandt famous. With hands that learned directly from Brandt, Dr. Anolik seems poised to carry on the doctor's legacy.

OLD GUARD/NEW TECHNIQUES

Part skin maven and part Jewish mother, Dr. Patricia Wexler was a pioneer in performing liposuctions way back in 1986 and has maintained her cutting-edge rep these days with a minimum use of scalpels. Dr. Pat is one of those MDs patients call for everything—she's everybody's best girlfriend.



POP-STAR ANNOINED?

With or without Madonna, Dr. Paul Jarrod Frank has a star-studded clientele that is about 40 percent male. With his chiseled good looks, Frank is a walking advertisement for his treatments, including the trademarked UT, or UltraTight procedure, which gets rid of those pockets of fat underneath the chin.

RISING STAR

Wait time for a first appointment with Dr. Dendy Engelman can be two or three months. That's because this Southerner brings an appealingly moderate approach to injectables. "I'd rather do a little and have you come back in two weeks," she told me. (Except I didn't need that second visit.)



ONE OF THE ORIGINALS

With offices in New York City's Flatiron district, Dr. David Colbert counts Naomi Watts and Michelle Williams as clients. Colbert was an early adopter of Ultherapy (the ultrasound, non-surgical procedure that lifts facial muscles and tightens the neck), claiming it's more popular than Botox with his patients.



"Product residue plus too much sebum can clog the scalp and lead to inflammation, which can result in hair loss," says N.Y.C. dermatologist and hair-restoration surgeon Richard Mizuguchi.

BEAUTY AT ANY AGE

Having a Good Hair Day? Let's Keep It That Way



BEAUTY AT ANY AGE

Having a Good Hair Day? Let's Keep It That Way

Heads up: Your strands change over time (just like your reaction to getting carded). But there are plenty of measures you can take along the way to make sure they stay in shape—and in place

20s

Excess is the source of many problems in youth, including lackluster hair. "Heat styling, coloring, and chemical treatments create weak, unhealthy hair," says N.Y.C. dermatologist Francesca Fusco. Mist with a heat protectant before lifting an iron to prevent dulling damage. Though you may want to milk your blowouts, wash hair every few days: "Product residue plus too much sebum can clog the scalp and lead to inflammation, which can result in hair loss," says N.Y.C. dermatologist and hair-restoration surgeon Richard Mizuguchi.

Fekkai Blowout Primer, \$20; fekkai.com. Clear Scalp & Hair Active Damage Resist Shampoo, \$6; walmart.com.



30s

Whether you've recently been pregnant or you're planning to expand your family, you'll likely lose some strands. "After childbirth, estrogen levels drop, causing your hair-growth cycle to go into rest phase," says N.Y.C. dermatologist Michael Reed, who specializes in hair-loss issues. It can take a year to recover, so disguise thinning with a tinted keratin powder that clings to hair. While nothing kick-starts growth like topical minoxidil, an FDA-approved over-the-counter hair-loss treatment, a study this year found that applying rosemary oil can be effective as a stimulant.

Topik Hair Building Fibers, \$25; topik.com. Weleda Rosemary Hair Oil, \$17; usa.welada.com.



40s

With graying, hair develops a rougher feel. "Your sebaceous glands secrete less as you age, resulting in a dry, wiry finish," says Dr. Fusco. To soften the texture, moisturize like mad. "Use a conditioner with lots of humectants, like coconut oil, from scalp to ends to fully rehydrate." When those white strands begin to sprout, a few hits of pigment spray will conceal roots until your next shampoo.

Groh Ergo Boost Hair & Scalp Conditioning Treatment, \$59; mygroh.com. Marc Anthony True Professional Bye Bye Gray Root Touch Up Spray, \$10; drugstore.com.



50s+

As estrogen levels dip, hair loss becomes more noticeable. Five percent minoxidil (like in Women's Rogaine) has been shown to increase hair growth in multiple studies. Although it requires time and patience to see results (think up to six months), it's among the most research-backed, doctor-recommended options available—just consult your dermatologist first. Are you overbooking salon appointments to mask grays? Embrace your silver-fox status and swap your normal shampoo for one with a violet hue to neutralize yellowing.

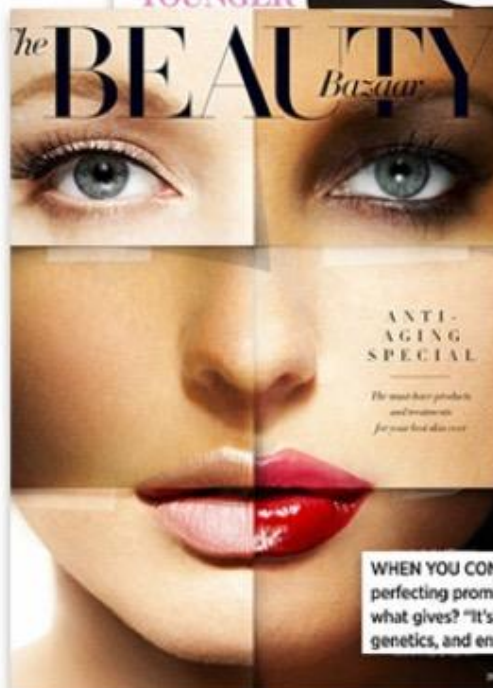
Women's Rogaine Foam, \$30; womensrogaïne.com. Sachajuan Silver Shampoo, \$30; barneys.com.



The hair-boosting HELMET!

WHAT IT IS An FDA-cleared at-home hair-growth device fitted with LEDs and red lights. **HOW IT WORKS** Low Level Light Therapy switches follicles into "on" mode (the growth, or anagen phase), leading to thicker hair and new strands. Similar handheld devices, like the HairMax LaserComb (\$295; hairmax.com), have been on the market for years, but with the iGrow, you can pop it on your head and scroll through Instagram while it does its thing. The brand recommends wearing it four times a week for 25 minutes per session. After about 16 weeks, you begin the maintenance phase of once-a-week sessions. **THE RESULTS** In company-funded, third-party-conducted clinical studies with 91 participants, the company reports that iGrow showed increased hair counts of more than 37 percent in women and 35 percent in men, after 16 weeks of use. The main obstacle is sticking with a regular schedule, says Dr. Fusco. "There's a high rate of noncompliance with tools like these," she says. "But if you use them, they can be really effective." **DOWNTIME** None. **PAIN FACTOR** Zero—It doesn't even emit heat. **FOR MORE INFO** Check out igrowlaser.com and talk to a doctor before beginning.





WHEN YOU CONSIDER the tsunami of new products and their complexion-perfecting promises, you'd think we'd all be spotless and wrinkle-free by now. So what gives? "It's a big battle," says Dendy Engelman. "We are fighting gravity, genetics, and environmental insults."

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99% of women don't get enough of the trace mineral that balances blood sugar. The tiny pill that ups energy and ends hunger

FEEL 20 YRS YOUNGER
NAOMI JUDD spills her natural secrets to looking and feeling AMAZING at 69

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DROP 37 LBS
by Thanksgiving
Beth lost 181 lbs

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Fast, easy, proven solutions for...
✓ DOUBLE CHIN
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The forgotten nutrient that unclogs your liver to burn 83% MORE belly fat
COSTS LESS THAN 5 CENTS A DAY!
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See pg 92

HOME CURES
✓ COLDS
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✓ HEADACHE

HELP FOR THINNING HAIR
See pg 15

NECK PAIN? CHRONIC STRESS?
See pg 42

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Dendy Engelman, M.D.
Board-certified celebrity dermatologist based in New York City, who helps Sofia Vergara look radiant



SAVE YOUR SKIN

Top facialists reveal the secrets they tell their age-defying, camera-ready clients. Liz Krieger listens in.

"Washing and exfoliating the face can strip it of the natural acid mantle, so using a toner can help bring your skin's pH back into balance," says aesthetician Edyta Jarosz, who works in New York dermatologic surgeon Dendy Engelman's practice. Her pick: Natura Bissé NB Ceutical Tolerance Toner (\$48).

SAVE YOUR SKIN

Top facialists reveal the secrets they tell their age-defying, camera-ready clients. Liz Krieger listens in.

"I'LL HAVE WHAT SHE'S HAVING." Yes, it's a famous movie line, but more often than not it's what we think upon seeing the glowing skin of today's most beautiful actresses and models. Here's insider access to the golden rules of skin care, straight from A-list treatment rooms.

KNOW THYSELF Turns out, many people don't know what kind of skin they have. "You'd be surprised how many people are simply using the wrong products for their skin type," says Los Angeles aesthetician Shani Darden, who keeps Jessica Alba glowing. Everyone should have at least one professional skin-care consultation with a licensed aesthetician to get assessed and establish a treatment plan, says New York facialist Mamie McDonald, who works with Kerry Washington.

EXFOLIATE WITH CARE Exfoliation is key for younger skin. Cindy Crawford's Los Angeles facialist Cristina Radu prefers fine granular scrubs for removing dead skin cells, and is insistent that people avoid those made with crushed shells, salt, or anything too rough. "You want the finest particles possible," says Radu. If you have sensitive skin or rosacea, Nicole Paxson, an aesthetician at Adam Kolker's plastic-surgery practice in New York, cautions against using anything with physically abrasive ingredients. Instead, rely on fruit enzymes or chemical acids. Her pick: Biologique Recherche Lotion P50 (\$61). New York facialist Joanna Vargas, who preps Karlie Kloss, suggests the Eminence Citrus Exfoliating Wash (\$38) but warns that if you're using a retinol or Retin-A, you may not want to perform an additional exfoliant step because your skin is already undergoing faster cell turnover.

STONE UP If you truly want to eradicate every trace of makeup, use a toner after washing your face. "Washing and exfoliating the face can strip it of the natural acid mantle, so using a toner can help bring your skin's pH back into balance," says aesthetician Edyta Jarosz, who works in New York dermatologic surgeon Dendy Engelman's practice. Her pick: Natura Bissé NB Ceutical Tolerance Toner (\$48).

ERASE SPOTS One trick to get rid of discoloration on your skin is the most inexpensive and natural: apple-cider vinegar, says Shellie Goldstein, a sought-after aesthetician in New York and the Hamptons. The malic acid in the raw, unfiltered variety (she likes Bragg's brand) helps diminish spots and stop the cycle of over-pigmentation, says Goldstein. Mila Moursi, Jennifer Aniston's facialist, agrees but prefers a combination of 80 percent apple-cider vinegar and 20 percent lemon, applied only in the evening. "And always apply sunblock generously to face and body, and don't forget the hands," recommends Moursi.

SLEEP PRETTY Swap out your pillowcase every few days. "Clean sheets and pillowcases make a big difference, since sleeping on dirty linens can contribute to acne," says New York facialist Ildi Pekar,

who Miranda Kerr sees faithfully. While inveterate stomach and side sleepers may groan to hear this, sleeping like that is a fast track to fine lines and skin sagging, says London skin guru Amanda Lacey, who treats Gwyneth Paltrow. If you can, try to sleep on your back. Olga Lorenzin-Northrup, Halle Berry's L.A. aesthetician, says that using a humidifier, particularly during the drier winter months, will keep your skin supple. And make it do double duty: "Add a few drops of essential oils to the water tank," says Goldstein. She suggests rose oil for hydration, pine oil if you're puffy, and tea-tree oil for acne.

BANISH BLEMISHES Some of the best ways to get rid of pimples are home-remedy secrets, says Pekar, who advises pressing the inside of a fresh clove of garlic onto a blemish; garlic's natural antimicrobial and anti-inflammatory properties can kiss the spot good-bye. For a less fragrant option, Goldstein recommends crushing an aspirin with water into a paste. Apply overnight, and by morning it will be gone.

WATCH THE WATER Hot water can dehydrate your skin and cause broken capillaries, says Paxson. Instead, opt for lukewarm water to gently open pores while cleansing, then finish with a cold rinse to tighten them. For people living in cities like L.A., where the water is highly chlorinated, "use a water filter in the shower," says Gina Mari, Heidi Klum's facialist, who likes Jonathan Beauty Shower Purification System (\$95). "You can instantly feel the difference."

BEWARE OF SILICONE If you see that any of the first four ingredients on a skin-care product ends in "-cone," put the product down and move on, says Eileen Harcourt, a New York facialist who works with Lauren Hutton. It means that it's made with silicone, which can cause clogged pores and bumpy skin. Harcourt's favorite silicone-free buy: Intracuticals Rejuvenate Moisture Binding Cream (\$69).

CLEAN YOUR PHONE Keeping your cell phone and eyeglasses clean is almost as important as cleansing your face, says Darden. "They can be seriously disgusting. Clean them twice a day at least."

JUICE AT YOUR OWN RISK While you may think you're doing your body a favor by juicing, many contain high quantities of fruit juices, which "introduce too many sugars, and that can be inflammatory for a lot of people," says Hollywood aesthetician Terri Lawton, who works with Rachel Weisz.

BE PATIENT Great skin doesn't happen overnight. "If you want to see results, you have to stick with a regimen," says Kate Somerville, an L.A. aesthetician whose clients include Amber Heard. That can mean several months of diligent product usage before your skin cells will turn over naturally, a commitment many people just won't make. "And then they wonder why they aren't seeing results!" ■

Photographs by Ben Hassett



PARTY S.O.S.

For a last-minute radiance lift, seek out a no-downtime procedure like the new Oxylight, a one-hour skin-beautifying mega-session that New York dermatologist Dendy Engelman, MD, says is now trending among the social set. Oxylight combines delicate diamond microdermabrasion with a circulation-enhancing oxygen infusion; ultrasound to stimulate collagen; microcurrents to temporarily firm facial muscles; and a roller-ball massage to aid lymphatic drainage. "You look better the second you're done," Engelman says. "But results last up to three weeks."



PARTY S.O.S.

Holiday merrymaking can take its toll on any complexion. Here, in-office treatments to get a toast-worthy glow, plus DIY tricks to revive skin the morning after. By Megan O'Neill

PREP WORK

Pre-soiree, the objective is maximum luminosity. If you have a day beforehand, book a noninvasive in-office treatment, which can boost brightness and smooth without side effects. Intense Pulsed Light (IPL), when administered at a low setting, "temporarily shrinks pores," which makes skin more lustrous, says L.A. dermatologist Jessica Wu, MD. Alternatively, try a gentle exfoliating peel, such as the in-demand Radiance Peel from New York dermatologist Patricia Wexler, MD. The low-concentration trichloroacetic acid blend "tightens, closes pores, and gets rid of imperfections," Wexler says. "You look better immediately, but the peak effect is the day after."

To make skin look "superdewy" on the day of a party, New York dermatologist Kavita Mariwalla, MD, recommends the easily

tolerated HydraFacial—a four-step system involving the application of a cell-sloughing serum; exfoliation with salicylic and glycolic acids; pore-clearing via vacuumlike suction; and an infusion of peptides, hyaluronic acid, and antioxidants.

For a last-minute radiance lift, seek out a no-downtime procedure like the new Oxylight, a one-hour skin-beautifying mega-session that New York dermatologist Dendy Engelman, MD, says is now trending among the social set. Oxylight combines delicate diamond microdermabrasion with a circulation-enhancing oxygen infusion; ultrasound to stimulate collagen; microcurrents to temporarily firm facial muscles; and a roller-ball massage to aid lymphatic drainage. "You look better the second you're done," Engelman says. "But results last up to three weeks."

FETE ACCOMPLI

After an indulgent night, the principal facial foes are dehydration, puffiness, and redness. When deprived of sleep, the body releases the stress hormone cortisol, which breaks down collagen



Rich with retinoids, rich antioxidants and restorative glowing extracts, LEAVERS COSMETICS' What Happened Last Night? Cream Night? Restores skin's natural glow.



What Happened Last Night?

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Clear DEEP From Last Night? Hangover relief to the skin's surface to enhance the refreshing impact of anti-inflammatory botanicals.



Light-reflecting pigments in L.A. ROCHÉ-PURSE's Poreless Clear Eyes help conceal dark circles, while the moisture-boosting complex keeps skin hydrated.



HYALURONIC Acid Moisturizer: Hydration booster that contains free-form hyaluronic acid.



The soothing effects of PICOBI's Face Face Mask cream from its intensely hydrating blend of moisture, oil, and vitamins.

and makes skin appear dull. Meanwhile, alcohol inhibits the release of ADH, the antidiuretic hormone that maintains the body's water equilibrium, causing vital sodium, potassium, and other minerals to leak from the blood vessels and upper layers of skin into subcutaneous tissue—hence looking bloated while simultaneously lacking moisture. Engelman suggests sipping Pedialyte, the electrolyte-rich tonic intended for kids with upset stomachs. "Through osmosis, the fluids go back into the blood vessels," she says. "In an hour, your face is less puffy, and you'll feel better than if you ate a cheeseburger."

To topically alleviate dryness, L.A.-based dermatologist Karyn Grossman, MD, advises swapping your day lotion for a rich night cream—or "if you're prone to acne," she says, "add a hyaluronic acid gel underneath your moisturizer to hydrate without piling on oils."

Alcohol also dilates blood vessels, which is why flushed cheeks might last hours after your last sip. Cold temperatures can help (Engelman suggests storing a calming face gel in the fridge), as can two other unexpected redness reducers: OTC hydrocortisone cream, which narrows blood vessels (its anti-inflammatory properties also help quash breakouts), and medicine-cabinet staple Visine. "It contains a vasoconstrictor similar to the one used in [prescription rosacea cream] Mirvaso," says Mariwalla, who suggests patting a few drops onto skin for a quick fix that lasts up to six hours. Just enough time to tide you over till the next party. •

Photo: Shutterstock.com; Makeup: Michelle; Hair: Michelle; Styling: Michelle; Grooming: Michelle



PRETTY SMART

FROM SOCIAL MEDIA SCENT-MESSAGING TO HIGH-TECH HAIR EXTENSIONS, THESE INNOVATIONS WILL REVOLUTIONIZE THE WAY WE GET READY IN THE MORNING

By NING CHUO

SMART STRANDS

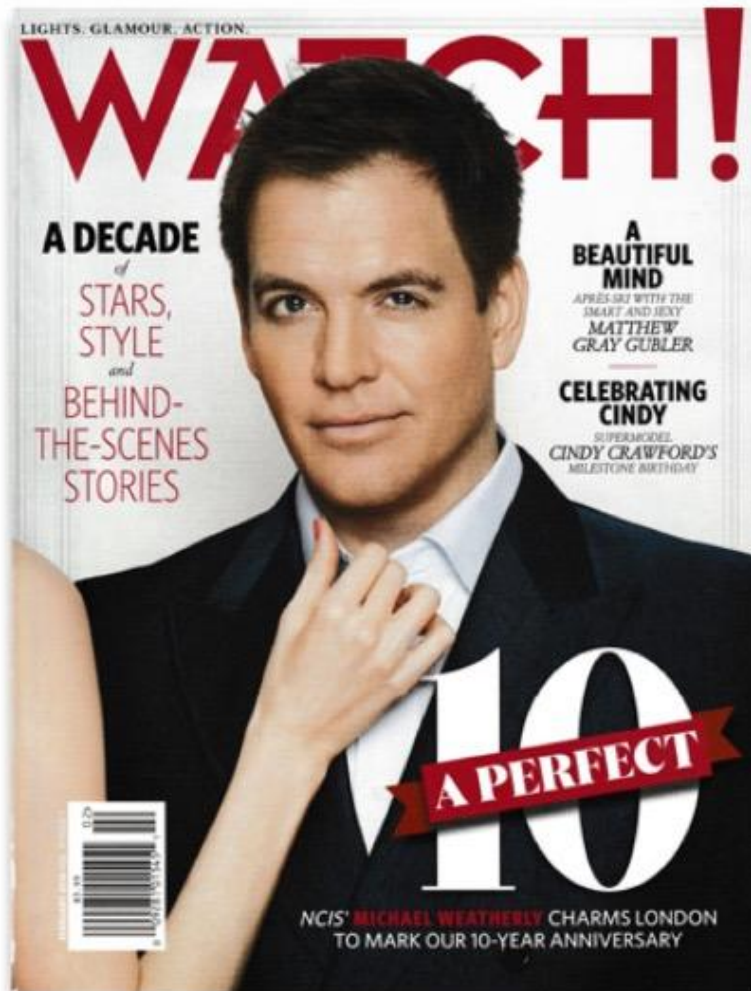
The new trick for longer, thicker hair? Stem cells

We've heard of fat cells being injected into breasts to increase cup size, but now they're benefiting hair products designed to stimulate follicles and maximize hair growth.

Well, to clarify, it's a by-product of stem cells (extracted from human fat) that's doing all this thickening. "Stem cells are what we call pluripotent cells," explains New York dermatologist Dr. Dendy Engelman. Like a skeleton key that can open any lock, they have the potential to become any type of cell in the body, from mane to muscle. "Even if we derive the stem cells from fat, they can support hair growth," explains Engelman, an advisory board member for NuGene, a company that started

off in the orthopedic world (using stem cells to rebuild cartilage in joints) and that recently launched hair products. Its Anti-Hair Loss Serum (shown at left), which is applied to the scalp twice daily, features a complex derived from human stem cells that has been shown to improve blood flow to the scalp and to revitalize follicles.

As for the ick factor? The fat stem cells themselves don't end up in the bottle: After being cultured, they are strained away, leaving behind beneficial growth factors and cytokines, which are then used in the product. And the results are way more impressive than those you'd get from existing hair products with *plant* stem cells, says Engelman.



Bright Idea

The newest high-tech facial harnesses the powers of oxygen and light to reveal younger-looking skin

In the fight against aging, experts are finally starting to see the light. The new **Oxylight Facial** treatment at Manhattan Dermatology and Cosmetic Surgery uses a combination of microcurrent, oxygen and light waves to rejuvenate tired skin—without going under the knife. "Skin looks more beautiful immediately after an Oxylight treatment, and the results are cumulative with each session," says dermatologist **Dendy Engelman**, a partner in MDCCS. The one-hour treatment delivers LED light therapy to stimulate connective tissue and to eliminate toxins and bacteria; microcurrents to improve muscle toning and circulation; ultrasound to deliver vitamin-rich serums deeper into the skin's surface; and oxygen to heal and repair. Finally, a revitalizing face massage with a roll ball reduces puffiness.



IF YOU WAKE UP TO...

Dark Spots and Pigmentation

REACH FOR HYDROQUINONE

"It's the most effective lightening agent out there," says Dendy Engelman, MD, of Manhattan Dermatology and Cosmetic Surgery. The ingredient inhibits the enzymes that pump out melanin (responsible for producing dark spots). Two percent is the highest concentration you can get without a prescription (find it in Peter Thomas Roth's cream)—used nightly, it fades everything from freckles to melasma (sometimes in as little as one week!) and even helps to prevent new discoloration if you're vigilant about SPF daily. For seriously dark spots or large patches of discoloration, see a dermatologist for a 4 percent prescription of hydroquinone (the max you can get in the U.S.).



IF YOU WAKE UP TO...

Dullness and Dryness

REACH FOR HYALURONIC ACID

Dry, lackluster skin craves moisture, and nothing is more quenching than hyaluronic acid. It's a hydro-phillic, or water-loving, molecule that constantly pulls in moisture from the outside air for 24/7 hydration, says Dr. Engelman. As the top layers of your skin soak up the moisture, the barrier on the surface looks plump and dewy. For an HA-packed regimen, try two drops of Pestle and Mortar's 100 percent pure hyaluronic acid formula followed by Lancôme's sleeping mask—this combo's serum-like delivery quickly penetrates the skin's surface, providing intense overnight hydration.

4. PESTLE & MORTAR Pure Hyaluronic Serum, \$69

5. LANCÔME Hydra Zen Anti-Stress Moisturizing Overnight Serum-in-Mask, \$59

Stop
SECRETS TO SKIN SO FLAWLESS,
Hiding
LIPS SO SOFT, AND EYES SO BRIGHT,
Behind
YOU WOULDN'T DREAM OF COVERING THEM UP.
Your
FINALLY, YOU CAN SIMPLY
Makeup
WAKE UP HOTTER

BY Lauren Balsamo



Skin

WHATEVER'S CAUSING YOU TO PILE ON PRIMER, FOUNDATION, CONCEALER, AND POWDER IN THE MORNING CAN EASILY BE FIXED WITH A SPECIALIZED NIGHT-TIME ROUTINE (THAT'S WHEN OUR BODIES ARE FIXATED ON REPAIR). TIME TO GET YOUR BEAUTY SLEEP!



3



IF YOU WAKE UP TO...

Breakouts

REACH FOR SALICYLIC ACID OR BENZOYL PEROXIDE

Seeing mostly blackheads and whiteheads? Go with salicylic acid. It exfoliates to purify pores and unclog sebum. (Find it in Dermalogica's gel.) "If you have red or painful cystlike bumps—signs of bacteria overload—opt for antibacterial benzoyl peroxide," explains Eric Schweiger, MD, a dermatologist in Manhattan. He prefers a micronized formula like La Roche-Posay's. Super-potent, the particles are small enough to penetrate the skin's surface.

HEADS UP Benzoyl peroxide is notorious for bleaching fabrics, so use old pillowcases.

1. DERMALOGICA Overnight Clearing Gel, \$49

2. LA ROCHE-POSAY Effaclar Duo Dual Action Acne Treatment, \$37

IF YOU WAKE UP TO...

Dark Spots and Pigmentation

REACH FOR HYDROQUINONE

"It's the most effective lightening agent out there," says Dendy Engleman, MD, of Manhattan Dermatology and Cosmetic Surgery. The ingredient inhibits the enzymes that pump out melanin (responsible for producing dark spots). Two percent is the highest concentration you can get without a prescription (find it in Peter Thomas Roth's cream)—used nightly, it fades everything from freckles to melasma (sometimes in as little as one week!) and even helps to prevent new discoloration if you're vigilant about SPF daily. For seriously dark spots or large patches of discoloration, see a dermatologist for a 4 percent prescription of hydroquinone (the max you can get in the U.S.).

3. PETER THOMAS ROTH Pro Strength De-Spot Plus, \$78



MORE >



4



5

IF YOU WAKE UP TO...

Dullness and Dryness

REACH FOR HYALURONIC ACID

Dry, lackluster skin craves moisture, and nothing is more quenching than hyaluronic acid. It's a hydro-philic, or water-loving, molecule that constantly pulls in moisture from the outside air for 24/7 hydration, says Dr. Engelman. As the top layers of your skin soak up the moisture, the barrier on the surface looks plump and dewy. For an HA-packed regimen, try two drops of Pestle and Mortar's 100 percent pure hyaluronic acid formula followed by Lancôme's sleeping mask—this combo's serum-like delivery quickly penetrates the skin's surface, providing intense overnight hydration.

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5. LANCÔME Hydra Zen Anti-Stress Moisturizing Overnight Serum-in-Mask, \$59

You Can
SHOP
This Page

DREAM SKIN... WHILE YOU DREAM?

Yes—with these dermatologist-approved MVPs!

Detox Mask

Daily toxins from pollution and makeup get stuck in pores, stretching and enlarging them. Purge them with a clay mask, and pores will look smaller and other products' active ingredients will penetrate more deeply.



TRY
ESTÉE
LAUDER
*NightWear
Plus
3-Minute
Detox
Mask*, \$45

Retinol

This vitamin-A derivative is the only skin-care ingredient proven to grow collagen. This one contains retinol plus vitamin B, which strengthens the layer of skin that retains moisture.



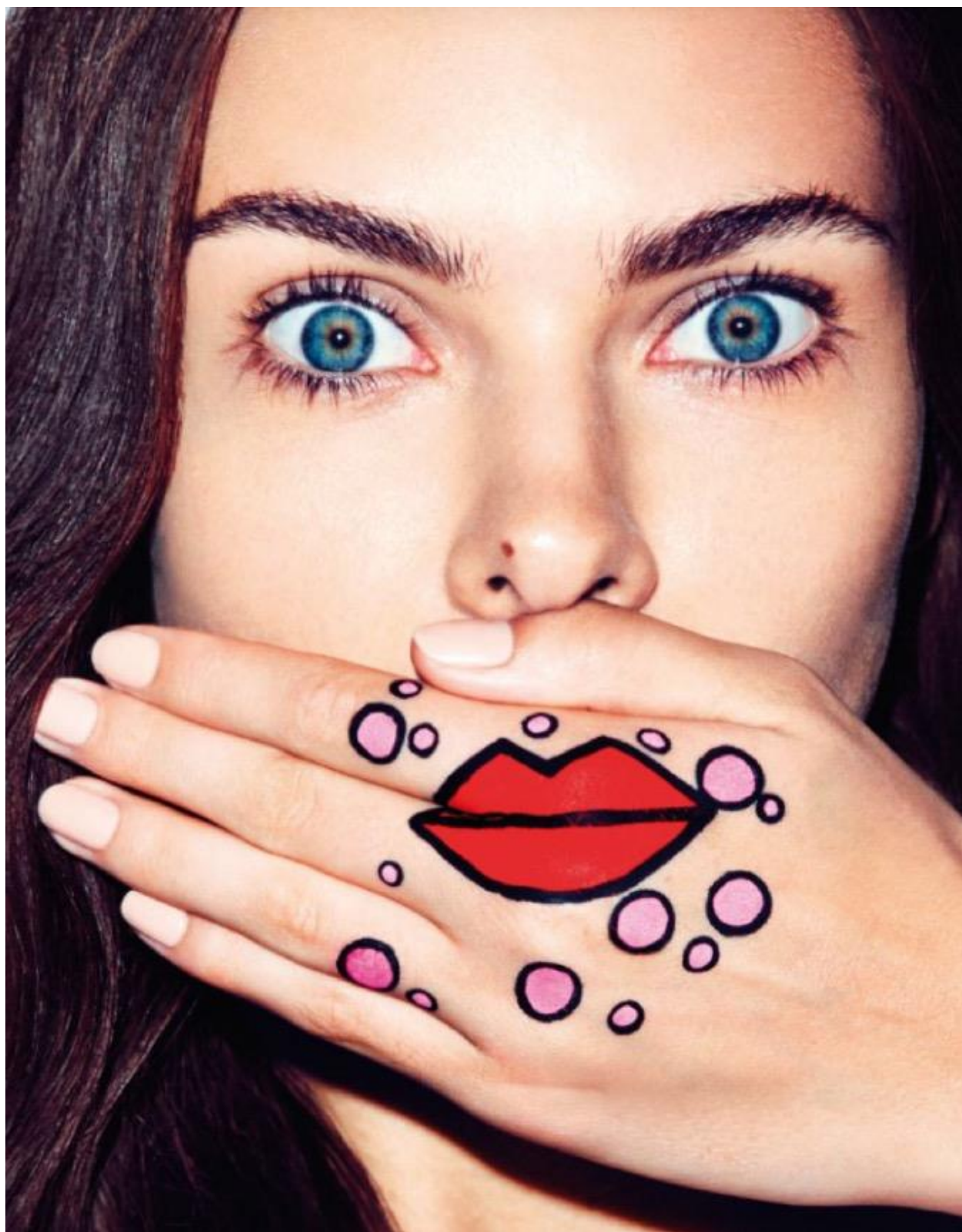
TRY
DR. DENNIS
GROSS
*Ferulic +
Retinol
Wrinkle
Recovery
Overnight
Serum*, \$88

Moisturizer

A great moisturizer is key to maintaining healthy skin. "Think of it like a Band-Aid," explains Dennis Gross, MD, a dermatologist in NYC. "It locks in natural moisture and seals in all the ingredients you've layered on previously."



TRY
CLINIQUE
*Smart
Night
Custom-
Repair
Moisturizer*, \$57



You Can
SHOP
This Page



6

Eyes

A DIY LASER PLUS A PEPTIDE-RICH EYE CREAM ARE ALL YOU NEED TO ACHIEVE YOUR #EYEGOALS.



7

Harnessing the same technology used by professionals, Tria's at-home laser delivers a mild injury to the eye area, encouraging skin's natural renewal process. Just move the laser in teeny-tiny circles around each eye for a minute (it's normal to feel a prickly sensation), and follow up with eye cream. We're loving Ole Henriksen's: Its gel-like texture cools and depuffs on contact—plus it's loaded with collagen-plumping peptides.

6. **TRIA** Age-Defying Eye Wrinkle Correcting Laser, \$249

7. **OLE HENRIKSEN** Ultimate Lift Eye Gel, \$42



8

Lips

THE EASIEST WAY TO POUT PERFECTION? A PRE-BED LIP FACIAL THREE TIMES A WEEK.

Start with a softening scrub to remove flakes and roughness. "Use your fingertip to buff in small circles, or apply the scrub to a toothbrush for more intense exfoliation," says Dr. Engelman. As you buff, you'll increase plumpness by boosting circulation as well as clear dead skin so lips can better absorb the soothing ingredients in a balm or overnight lip mask.

8. **CLINIQUE** Sugar Scrub and Lip Balm in Citron Bleu, \$19.50

9. **BITE** Beauty Agave Lip Mask, \$26

10. **DIOR** Addict Lip Glow Pomade, \$33



9

10

MORE >

Look Out!

**THESE SNEAKY SABOTEURS
COULD BE SCREWING
WITH YOUR SKIN....**

Allergies

Even if you don't suffer from seasonal allergies, irritants like pollen, dust, and feathers can find their way into your bed, resulting in red, watery eyes and unwanted puffiness each morning. The quick fix? Wash sheets in hot water each week (cold water does not sanitize as effectively), and cover your mattress in a plastic slip cover.

Late Nights

If you're sleep-deprived, your blood flow kicks into high gear, thanks to a spike in cortisol, showing up in the form of dark under-eye circles (they're actually engorged blood vessels beneath the surface). On nights when a full eight hours is impossible, try this sleep cheat: Klorane Soothing and Relaxing Eye Patches (\$21 for 7 sets). Their texture is cooling, which helps contract blood vessels, and soothing cornflower helps to brighten over time.

Diet

Booze and Chinese takeout are surefire ways to wake up to puff. "Alcohol and sodium make you retain fluid," says Dr. Engelman. If you overindulge, sleep propped up with a few pillows to encourage drainage from the eye area.





Sexy Skin 24/7

Your skin runs on a schedule.
Sync up for a glow all day long!

8 a.m.

Prep and Prevent

Aggressors like pollution and UV rays stress out your complexion throughout the day. The solution? Kiehl's antioxidant-packed concentrate, which keeps skin bright and smooth for eight hours.



KIEHL'S Daily Reviving Concentrate, \$46

10 a.m.

Snap a Selfie

At this point in the morning, your body temp peaks, increasing circulation, says NYC derm Julie Karen, MD. "That gives skin a healthy glow." If you want to snap and send, now's the time.

4 p.m.

Fatigue Alert!

Your skin can have an afternoon slump too. Since the thin skin around the eyes shows fatigue first, touch up with a multitasker like BareMinerals', which contains glycerin to reboot the delicate area.



BAREMINERALS BareSkin Complete Coverage Serum Concealer, \$20

10 p.m.

Night Necessity

Skin's protective barrier is reduced at night—that's actually a good thing, as it more readily absorbs ingredients while you snooze. Slather on a firming sleep mask like Elizabeth Arden's.

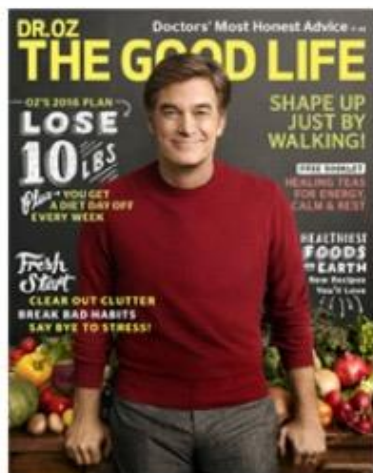


ELIZABETH ARDEN Ceramide Overnight Firming Mask, \$88

12 a.m.

Skin's Power Hour

Between midnight and 1 a.m., skin's restorative chores are in overdrive. This hour is hard-wired into our internal clocks.... FYI, night owls!



What's in Your... BAR SOAP?

This sinkside staple now boasts advanced hydrators and treatment ingredients you'd find in very fancy skin-care products. Pick your power bar here.

BY BETH SHAROURI PHOTOGRAPHED BY RAYMOND HORN

THE FACTS ON SOAP

► **GLYCERIN BARS** are great for normal-to-dry skin. They're clear because of punched-up percentages of glycerin, a thick liquid that acts as a moisture magnet.

► **CASTILE SOAPS**, based on vegetable oils like olive, are the easy pick if you want to go natural. But they typically contain drying lye, so they aren't ideal for your face; use them on your body in warmer months, and pick one of the other options here for the winter.

► **BEAUTY BARS** are generally formulated without lye (meaning they're extra gentle) and are packed with moisturizers such as hyaluronic acid and ceramides, making them ideal for sensitive and parched skin. They're great for face and body.

► **ACNE SOAPS** have pore-clearing and oil-absorbing ingredients (look for charcoal and clay) to prevent breakouts. Some also have exfoliators like salicylic or glycolic acid, which are kinder to skin than gritty particles.

► **AFRICAN BLACK SOAPS** are cleansers made with the oils of plantains, cocoa pods, palm tree leaves, and shea tree bark. Fans say they help every skin gripe from acne to rosacea, but if you're supersensitive, you might want to skip them, since many formulas contain lye.



we heart this

A COMPANY CALLED CLEAN THE WORLD PUTS HOTEL SOAP SCRAPS TO USE: IT RECYCLES AND STERILIZES THEM, SENDING THE NEW BARS TO NEEDY PLACES.

SHOULD YOU USE ANTIBACTERIAL SOAP?

Not necessarily. A recent study showed that some antibacterial soaps may not clean any better than a plain ol' bar does when you're washing your hands or taking a quick shower. In fact, the researchers found that it took nine hours for soap with a commonly used antiseptic ingredient to kill more bacteria than regular soap.

Can your family wash up with the same bar?

Some research suggests that you're unlikely to pick up germs from soap, but the Centers for Disease Control says not to share to avoid spreading staph bacteria. If you don't want to use separate bars, give each family member a washcloth to sub up with, and toss them in the laundry regularly.

SOURCES: DENDY ENGELMAN, M.D.,

DRUGSTOREGOODLIFE.COM

REAL SIMPLE

LIFE MADE EASIER



the ONE SMALL CHANGE DIET

+
HOW TO:
STOP FIGHTING
ABOUT MONEY

LIVE HAPPILY
WITH A MESSY
PERSON

MASTER THE
20-MINUTE
DINNER

CARE FOR
YOURSELF

15 simple steps
to a leaner,
healthier you

FEBRUARY 2016



When your regular routine
doesn't feel like enough

"IT IS NEARLY IMPOSSIBLE
to erase under-eye dark-
ness with an over-the-
counter cream," says Dendy
Engelman, a Manhattan



When your regular routine doesn't feel like enough

What at-home skin-care products do well: Cleanse, moisturize, plump, and protect. Where they fall (gulp) short? Addressing deeper problems, like lines, sun spots, and dark circles. This guide to next-level treatments helps take out some of the sting (and the mystery).





"IT IS NEARLY IMPOSSIBLE to erase under-eye darkness with an over-the-counter cream," says Dendy Engelman, a Manhattan dermatologic surgeon. "I see patients spend thousands of dollars on products that promise to get rid of dark circles, and while their under-eye skin may be smoother thanks to those creams, the darkness never goes away. If they would put that money toward a prescription cream or a more powerful in-office treatment, they would be far happier with the result." This is not a

truth most people want to hear. It's easier (and usually less expensive) to apply an over-the-counter cream each night, believing it will make all unwanted signs of aging disappear. But there are limits to how aggressive topical creams, even those that require a prescription, can be. And so for issues that start deep in the skin's dermis, those products may not get you all the way to the finish line. What will? The in-office treatments covered in this story. *Real Simple* asked top dermatologists which aging issues are hardest to treat

at home—and how these same conditions may be successfully diminished by an M.D. Read on for their most common strategies, plus additional options for times the recommended regimen is either not enough or not quite right for you.

COMPLEXION COMPLAINT

Sun spots

IN-OFFICE ATTACK: Zap excess pigment with a laser treatment that targets brown melanin. Three options (with funny-sounding proprietary names) are the Alexandrite, the Q-switch, and the Nd:YAG. An intense pulsed light (IPL) treatment is another (non-laser) option. Note: Going to a dermatologist, not a medi-spa technician, is imperative for dark-spot treatment. Why? First, "to make sure what you're targeting is indeed a sun spot and not skin cancer, such as melanoma, which may become worse if incorrectly diagnosed and left untreated," says Tanya Kormeili, a Santa Monica dermatologist and a clinical instructor of



dermatology at UCLA. Second, because while the procedures are fairly straightforward on some skin, different complications can arise on various complexions, and improper treatment could cause burning or scarring, warns Kormeili.

COST: Laser sessions are close to \$500 and up, but one or two sessions are often enough to eradicate the spot(s). The average cost of one IPL treatment is around \$450; most patients need three to four.

EXPECT THIS: Both lasers and IPL feel hot as the device zaps. But the procedures typically take just a few seconds per spot. After the treatment, the area will darken, then flake off within two weeks.

RESULTS: Once the spot is gone, the result is technically permanent. But the area could start overproducing melanin again if exposed to ultraviolet (UV) rays, so most doctors stress daily sun protection.

Not enough/ not right for you?

Some doctors advocate using a topical lightening product prior to a laser or IPL treatment. "I've found that lightening a spot, even slightly, before we use lasers garners better, faster results," says Engelman, who puts her patients on

an eight-week regimen of a prescription lightening treatment, such as Tri-Luma (a combination of a retinoic acid, a corticosteroid, and hydroquinone). Gervaise Gerstner, a Manhattan dermatologist, says she has found success dabbing a spot with a swab soaked in a strong acid, like TCA (trichloroacetic acid), to remove several layers of skin. Sometimes this is enough to sizzle away the color. Liquid nitrogen may also be used in this way.

COST: Tri-Luma is about \$120 per tube. The average cost of using acid or liquid nitrogen on a spot is usually \$200 to \$400.

EXPECT THIS: Most creams help fade, but do not totally erase, spots. That's why they are used in combination with, not as a substitute for, lasers. The acid or liquid-nitrogen spot treatment will burn briefly, and the skin may look red for several weeks

"The face is the only place on the body where muscle is attached to skin," says Michelle Yagoda, a Manhattan plastic surgeon. And "each time the muscle moves, so does the skin, creating deep wrinkles that cannot be smoothed with creams alone."

before fading to your natural tone.

RESULTS: Removing a spot with acid or liquid nitrogen can be permanent if you are diligent about sun protection.

COMPLEXION COMPLAINT

Slack jawline

IN-OFFICE ATTACK: Inject a volumizing filler, such as Voluma, Radiesse, or Restylane, above the jaw to pull slack skin taut. "It's like putting pillows beneath a comforter," says Michelle Yagoda, a Manhattan plastic surgeon. "You haven't changed the comforter's length, but the pillows prop it up so it doesn't hang so far off the bed." Some doctors inject just above the jawline; others



aim for the tops of the cheeks and temples, since those areas hollow with age, and putting filler there rebalances the face.

COST: About \$850 and up.

EXPECT THIS: Injecting takes about 15 minutes and feels more like uncomfortable pressure than pain. You can use an ice pack during the treatment and on and off for 24 hours afterward. Bruising is possible.

RESULTS: A lifted result can last up to two years—and possibly longer, because the treatment may stimulate collagen production in the area, leading to long-term plumping. “This could be because injecting the filler is like a small trauma and causes the repair process to start, during which collagen is produced,” says Yagoda.

Not enough/ not right for you?

You may also target slack skin with a tightening treatment, such as Ultherapy or Thermage. They use ultrasound and radio-frequency technology, respectively, to “heat the skin, create thermal damage, and boost collagen production,” says Mona Gohara, an associate clinical professor of dermatology at Yale University. Or a doctor can inject Kybella, a new, U.S. Food and Drug Administration–approved

synthetic form of bile acid (yes) that breaks down fat cells in a double chin and makes the jawline look less jowly, says Gohara.

COST: Ultherapy and Thermage each average about \$2,500, and most patients need one to two sessions. Kybella will run you an average of \$1,500 for one treatment of up to 50 small injections; many patients need two to three treatments spaced about a month apart.

EXPECT THIS: Tightening treatments are painful, even after a topical or injectable anesthetic has been applied, and can take up to an hour. Kybella can be uncomfortable but should take no more than 15 minutes. There may be two to three days of discomfort and swelling afterward.

RESULTS: It can be two to three months before you see the lifting result of a tightening treatment because collagen boosting (and collagen production) take time. But a good result can last for two or more years. Results, however, vary widely: Some patients enjoy dramatic improvements, while others barely notice a difference. As for Kybella, the results are permanent because the destroyed fat cells cannot come back.

COMPLEXION COMPLAINT

Forehead wrinkles

IN-OFFICE ATTACK: Relax the muscles under the creases by injecting a neurotoxin, such as Botox or Dysport. “The face is the only place on the body where muscle is attached to skin,” says Yagoda. And “each time the muscle moves, so does the skin, creating deep wrinkles that cannot be smoothed with creams alone.”

COST: About \$350 on average.

EXPECT THIS: The injections typically take less than 15 minutes, and pain is minimal (quick pricks). Post-treatment, an ice pack can bring down swelling. Bruising is also possible.

RESULTS: For first-timers, full muscle relaxation may take up to two weeks; veterans may smooth out after two or three days. For all patients, the treated muscles should remain relaxed for three to five months. For very deep lines, Yagoda says, it may take two treatments spaced three months apart to relax the muscles thoroughly enough that the line completely vanishes.





Not enough/ not right for you?

If a deep crease is still visible two weeks after your injection and there is no visible muscle movement, some doctors use a thin hyaluronic acid filler, such as Restylane, to fill it in. Yagoda, however, advocates holding off on filler in the same area until after a second round of neurotoxin, for the reason that she outlines above. "Injecting sooner than that puts you at risk for developing a bump or a ridge along a line that would have eventually smoothed out

on its own," says Amy Derick, a dermatologist in Barrington, Illinois.

COST: On average, \$600.

EXPECT THIS: Quick pricks.

RESULTS: There may be initial swelling, but it should subside within a day or two, revealing the result. Bruising is common. The area typically remains plumped for up to a year. Keep in mind, though, that fillers help the skin build more of its own collagen, so even after the injectables have worn off, a crease should never become as deep as it was initially.

COMPLEXION COMPLAINT

Broken capillaries

IN-OFFICE ATTACK: One to three treatments with a laser (Nd:YAG or a pulsed-dye laser, such as the Vbeam) or with an IPL device that targets red pigment will destroy dilated or broken capillaries.

COST: One laser or IPL treatment to remove a single capillary can cost \$150 and up; most people need from one to three treatments for each capillary.

EXPECT THIS: As the capillary is being annihilated, you may feel as if you're being poked with a small, hot stick. The zapping is over in seconds.

RESULTS: Once the blood vessel has been destroyed, it will not come back. However, going to a reputable physician is key, because overly aggressive zapping "can irritate skin and cause new broken capillaries to appear," says Yagoda.

Not enough/ not right for you?

Mirvaso, a prescription-strength cream, is like Visine for the skin, temporarily reducing redness by stemming excessive blood





TREND REPORT

A NATURAL BALANCE



Probiotics and fermented foods are considered by many to be nutritional fixtures—Whole Foods aisles are stacked with artisanal versions of fermented staples like sauerkraut, kimchi and kefir, and no respectable supplement regimen is complete without a good probiotic. As digestive issues have become a more prevalent concern among Americans, an increased awareness about the importance of stomach health has followed suit.

"Because the skin is the most permeable organ, it reflects the state of our gut," says Jelena Nikolajevic of Mainstay Acupuncture, who frequently puts her patients on oral probiotics and a diet rich in fermented foods to reduce inflammation that can lead to skin conditions like acne, rosacea, dermatitis and psoriasis. Now beauty brands say there is also a beneficial effect when probiotics and fermented ingredients are applied topically. Just as stomachs need to be repopulated with good bacteria to run smoothly, the argument goes, so too does our skin. "What these products are attempting to do is rebalance the bacterial ecosystem of the skin," says facialist Kristina Holey.

While the probiotics in food and supplements use live bacteria, niche brands like Tula and Aurelia utilize bioactive probiotic molecules—a technology that allows their products to be effective and have a longer shelf life. As for fermented ingredients, they've been prized for years in Korea and continue to appear stateside. "Fermentation means allowing for the growth of good bacteria," explains dermatologist Craig Kraffert. "They work on a molecular level versus a bacterial level like probiotics." Often, though, half the battle skin-care companies face isn't finding these miracle ingredients but convincing a squeamish public to embrace them. "First there was an ick factor," says dermatologist Dendy Engelman, "but now people are more comfortable with the idea of probiotics and fermented ingredients in their skin care because they are more familiar with the terminology and the benefits." —Fiorella Valdesolo

ELIZABETH ARDEN
An exclusive probiotic complex with lactobacillus that helps rebalance skin's microflora and boost its immune health. *Superstart Skin Renewal Biotic*, \$85; elizabetharden.com.



TULA
Dr. Roshini Raj sees her combination of probiotics and Nutripeptides as a healthy smoothie for your skin. *Hydrating Day & Night Cream*, \$32; tulalife.com.



AMARTE
Their ginkgo nut extract is obtained by placing the ingredient in a fermentation tank, then a covered clay jar. *Overnight Express Therapy sleeping mask*, \$79; amartheskincare.com.



AURELIA
The probiotic technology uses active molecules from bifidobacteria to manage excess inflammation in the skin, says founder Claire Vern. *Minute Classics*, \$62; aurelia.com.



THE BEAUTY CHIEF
A blend of lactobacillus probiotics and bio-fermented lactic acid hydrates, exfoliates and boosts collagen production. *Probiotic Skin Regener*, \$75; thebeautychief.com.





Your Clearest Skin Starts Now

The secret to banishing a breakout? Depends on how much time you have.

BY NICOLE CATANESE

WHAT
YOU
CAN DO
IN A...

DAY



AT NIGHT. Skin is especially receptive to active ingredients at night "because this is when the skin repairs itself," says Dendy Engelman, MD, a dermatologic surgeon in NYC. Take advantage of this time by first cleansing with a 2 percent salicylic acid wash, says Gervaise Gerstner, MD, consulting dermatologist for L'Oréal Paris. Follow with an exfoliating serum or pad (we like Origins Modern Friction Instant Brightening Pads, \$40, origins.com). "Your acne products will work better if they're not sitting atop dead skin cells," she says. Finish with a bacteria-banishing benzoyl peroxide spot treatment.

BEAUTY

Your Clearest Skin Starts Now

The secret to banishing a breakout? Depends on how much time you have.

BY NICOLE CATANESE



**CLEAN
STUFF = CLEAR
STUFF**

Wipe down your phone, use a new face towel daily, and change your pillowcase every other night (flip it in between).

BEAUTY

HOUR

WHAT
YOU
CAN DO
IN AN...

While a zit won't disappear, it can look flawless in three steps.

GRAB AN ICEPACK. Put it directly on the spot then remove at 15-second intervals for a few minutes to "help bring down inflammation and reduce its size," says Neal Schultz, MD, a Manhattan dermatologist.

BREAK OUT THE VISINE. Really. It helps take the redness out of skin (just as it does eyes) by constricting blood vessels.

COVER IT UP. Less is more, says YouTube sensation Em Ford, whose acne-concealing video, "You Look Disgusting," has logged more than 17 million views to date. Heavy foundation can draw attention to a blemish. Better to cover it subtly with a lightweight foundation or BB cream (Ford likes MAC Prep + Prime BB Beauty Balm SPF 35, \$31, maccosmetics.com) and let the concealer do the work. "I use the pinpoint method," she says. Take a tiny concealer brush (or lip brush), dab concealer in the center of the pimple, and blend outward to blur edges.



YOUR TOOL KIT

1. **VISINE** Original Redness Relief, \$6, drugstores 2. **COVER FX** Blemish Primer Brush, \$20, sephora.com 3. **CLINIQUE** Acne Solutions Clearing Concealer, \$17.50, clinique.com

DAY

WHAT
YOU
CAN DO
IN A...

The fastest way to zap a zit in 24 hours? See a dermatologist for a cortisone shot, which sends a low dose of the anti-inflammatory steroid into the area, says New York City dermatologist Eric Schweiger, MD. Can't get to a derm or just not into needles? Try this potent sequence.

BEAUTY

IN THE MORNING. Place a warm compress on the spot hourly for three-minute sessions. "This can reduce swelling and help bring bacteria to the surface," says Dr. Schultz. After each compress, apply salicylic acid, which penetrates through oil and breaks down pore-clogging dead skin cells. Follow it with a dab of 1 percent hydrocortisone *cream* (not ointment, which can clog pores).

AT NIGHT. Skin is especially receptive to active ingredients at night "because this is when the skin repairs itself," says Dendy Engelman, MD, a dermatologic surgeon in NYC. Take advantage of this time by first cleansing with a 2 percent salicylic acid wash, says Gervaise Gerstner, MD, consulting dermatologist for L'Oréal Paris. Follow with an exfoliating serum or pad (we like Origins Modern Friction Instant Brightening Pads, \$40, origins.com). "Your acne products will work better if they're not sitting atop dead skin cells," she says. Finish with a bacteria-banishing benzoyl peroxide spot treatment.



YOUR TOOL KIT

1. **PHILOSOPHY** Clear Days Ahead Oil-Free Salicylic Acne Treatment Cleanser, \$22, philosophy.com
2. **MURAD** Acne Spot Fast Fix, \$18, murad.com
3. **PETER THOMAS ROTH** Acne-Clear Invisible Dots, \$30, peterthomasroth.com

WHAT
YOU
CAN DO
IN A...

WEEK

YOUR SEVEN-DAY STRATEGY.

A week may be enough time to eradicate a breakout if you use a multilayered system. Ones with spelled-out steps like Proactiv (next screen), Clinique Acne Solutions Clear Skin System Starter Kit (\$38, clinique.com), and Clean & Clear Advantage Acne Control Kit (\$18, drugstores) are successes because their ingredients are specifically formulated to work together. Plus, three steps is manageable for most people, and consistently applying something is half the battle, says Rebecca

BEAUTY

Kazin, MD, a derm at the Washington Institute of Dermatologic Laser Surgery.

TOP TIP: Medicated cleansers like these only work if they have time to penetrate the skin. "I recommend applying it, then singing the alphabet before rinsing," says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital.



YOUR TOOL KIT

1. **PROACTIV Revitalizing Toner**, \$35, proactivecatalog.com
2. **PROACTIV+ Mark Correcting Pads**, \$45, proactivecatalog.com
3. **PROACTIV+ Complexion Perfecting Hydrator**, \$70, proactivecatalog.com



YOU POPPED IT... NOW WHAT?

1. Sterilize the area with rubbing alcohol to prevent infection, says Dr. Schultz.
2. Treat it with equal drops benzoyl peroxide (2.5 percent), salicylic acid (1 to 2 percent), and hydrocortisone (1 percent) cream—Dr. Zeichner swears by this mix for battling bacteria deep in the pore, the clog itself, and inflammation.
3. Need to cover it? Pat on concealer labeled non-comedogenic (i.e., non-pore-clogging) using freshly washed hands.