

NEWBEAUTY®

## SKIN

## page 118 GET YOUR GLOW BACK

Discover the newest complexion-saving products and treatments that promise radiant skin.

## page 120 ZAP IT AWAY

Today's laser treatments are more effective than ever. We uncover the newest modalities.



WHAT WE'RE HEARING...

**THE HOTTEST ANTI-AGING INGREDIENT**

Looked to as a source of renewable energy, aluronic acid has made its way into skin care. **Algenist** is the only line that counts the protecting, nourishing and regenerating active as a key ingredient. Going head-to-head against hyaluronic acid, aluronic acid is said to defend against natural hyaluronic acid breakdown and sun damage, boost elastin production, act as an anti-inflammatory and inhibit melanin production.

*Starting at \$65, sephora.com*



# ELIMINATE PROBLEMS

MULTITASKING MACHINES THAT ZAP BEAUTY CONCERNS



## REMOVE REDNESS

### PULSED DYE LASERS

OTHER NAMES IT GOES BY: VBEAM, CYNERGY LASER

**HOW IT WORKS** Treats the blood vessels directly to shrink them, making the skin less red. Besides taking redness out, pulsed dye lasers soften the complexion. To prevent post-treatment redness, Dr. Tung suggests that patients take an antihistamine, like Claritin, before each session. "It helps calm the skin and decrease that histamine response," she says. In terms of results, expect to stay in the clear, as long as the cause of the redness is under control.

**WHAT IT FEELS LIKE** A rubber band snap

### IDEAL AREAS FOR TREATMENT

Anywhere on the face and body

**THE PROTOCOL** One to two treatments but some may need upward of three to five sessions. "If you're getting treatment for acne-related redness, and your acne is not under control, you may need additional sessions," says Dr. Tanzi.

**DOWNTIME** Virtually none although the skin may be a little pink or even red but, only for a few hours at most.

**COST** \$250-\$500 per treatment



Lasers treatments may help to clear up acne and breakouts, but they can't be viewed as a stand-alone treatment. Dr. Tanzi says that you must couple the laser sessions with topical treatments and/or antibiotics, birth control or oral medications. "Lasers alone won't work," says Dr. Tanzi.

## PRE-LASER POINTERS

### 1 CONSIDER YOUR SKIN COLOR.

What works for one skin tone may not work for another since different laser wavelengths pick up different pigments—darker skin may not see optimal results with certain lasers. Darker skins tend to develop pigment changes (either lighter or darker) with lasers. The rule of thumb is the lighter the skin, the more energy it can handle.

### 2 KNOW YOUR BACKGROUND.

As with any cosmetic procedure, laser patients come from mixed ethnicities, and this is important to inform your doctor of. "While we can sort of gauge a patient's background, it's imperative to explain your ethnicity since underlying problems can arise if your skin is prone to hyper-pigmentation," says Dr. Tung.

### 3 DON'T USE RETINOIDS AND/OR RETINOL FOR ONE WEEK BEFORE TREATMENT.

Dr. Tanzi explains that, "retinoids can make the skin more sensitive, which can lead to an increased recovery time."

### 4 STAY OUT OF THE SUN.

While we don't condone unnecessary sun exposure, the darker and more tan the skin is, the less effective the laser will be.

## STOP EXCESSIVE SWEATING

### ELECTROMAGNETIC ENERGY-BASED PROCEDURE

OTHER NAME IT GOES BY: MIRADRY

**HOW IT WORKS** "This brand-new way of treating excessive sweating, which in my opinion is just as effective as Botox sans the injections or use of toxins, uses microwaves to stop the sweat glands from producing sweat," says Dr. Goldberg. Unlike antiperspirants and Botox, miraDry also helps to decrease odor, leaving you dry for about six to nine months.

**WHAT IT FEELS LIKE** Local anesthesia is used, but you may feel a warm sensation.

### IDEAL AREAS FOR TREATMENT

The underarms

**THE PROTOCOL** Two one-hour treatments spaced three months apart

**DOWNTIME** Some soreness and swelling for the first few days

**COST** Approximately \$3,000 for two treatments

### DID YOU KNOW?

IPL is sometimes used for hair removal—most often in salons and spas. "If this device (which is technically a light and not a laser) gets into the wrong hands and is used on the wrong skin color it can leave behind permanent damage and discoloration to the skin," says Dr. Mayoral.

## HAIR ELIMINATORS

### ALEXANDRITE AND DIODE LASERS; ND: YAG LASERS (ALL SKIN TONES, ESPECIALLY DARKER SKIN)

OTHER NAMES IT GOES BY: ULTRAWAVE, GENTLELASE, ELÓS

**HOW IT WORKS** Employs pulsating light waves to kill the base of the hair root in the follicle and impede hair growth. Laser hair removal is best for those with lighter skin and darker hair because of the laser's ability to pick up darker hair more successfully. Once you've completed the full course of treatment you should be fuzz-free but you may need yearly touch-ups. Any hair that does grow back will be finer and thinner. "This is a treatment that takes time to see results because of the hair growth cycle," says Dr. Tanzi. "After the initial treatments there should be a 50 to 70 percent reduction in hair."

### WHAT IT FEELS LIKE

A quick snapping on the skin

### IDEAL AREAS FOR TREATMENT

The bikini line, legs, armpits, arms, upper lip, sideburns (the sides of the face)

**THE PROTOCOL** Three to five sessions spaced one month apart

**DOWNTIME** None, but there may be some redness and bumpiness that lasts anywhere from a few hours to a few days.

**COST** \$200-\$500 per treatment, depending on size of area treated

MORE >

# TARGET THE BODY

THE LATEST FAT MELTERS THAT CONTOUR AND FIGHT CELLULITE

## THE NEWEST WAY TO SCULPT A BETTER BODY

Anti-cellulite treatments have been around for a while and the newest one is Bella Contour. "It's a really exciting treatment that's just coming to the States," explains Dr. Goldberg.

"Unlike other body contouring treatments, this one changes the salt content of the fat cells so that the fat is leached out," Dr. Goldberg says.

Using a triple-threat of ultrasound, vacuum and electrical currents, the painless and downtime-free treatment (prepare to dedicate two hours to the initial treatment and one hour for each one thereafter) targets cellulite and stubborn fatty areas on the stomach, thighs, lower butt, knees and flanks (and male chest), by revving up your metabolism so fat is burned more efficiently.

"Because there's an immediate reduction in volume—about one to two inches after the first session—Bella Contour should not be used on areas like the breast and upper buttocks because it will cause a flattening effect—the exact opposite of what most women want." **\$300 to \$500 per treatment, about eight treatments are recommended**

## TIGHTEN UP LOOSE SKIN

### RADIO FREQUENCY AND ULTRASOUND LASERS

OTHER NAMES IT GOES BY: ACCENT YOUR BODY, THERMAGE, EXILIS, ULTHERAPY, PELLEVE (FOR THE FACE)

**HOW THEY WORK** Although their main intention is to firm up the skin, Montclair, NJ, dermatologist Jeanine Downie, MD, says that some skin tighteners, like Exilis, have the ability to melt small areas of fat too. Ultherapy, which makes use of ultrasound, stands apart in that it has a hand piece that allows your doctor to see the exact area being treated. These treatments can also be used post-surgery to help tighten up any sagginess. Dr. Mayoral says that when used properly, new collagen always forms. "The newly produced collagen will age, but it will be younger than the pre-existing collagen fibers so the skin will always have a younger look."

**WHAT IT FEELS LIKE** Each machine feels different—some get hotter than others—but overall, there's minimal discomfort and some warmth. Ulthera is said to be the most uncomfortable and usually requires pain medication or anesthesia.

**IDEAL AREAS FOR TREATMENT** Pretty much anywhere on the body and face.

**THE PROTOCOL** Expect anywhere from three to five treatments for radio frequency-based treatments; one, maybe two, for ultrasound.

**DOWNTIME** Virtually none. "Your skin may be red for an hour or so directly after but it quickly dissipates," says Dr. Downie, who always recommends drinking about 10 glasses of water for 72 hours after each session to help the body flush out the waste.

**COST** Starting at \$1,500, based on size of area treated

## REDUCE CELLULITE

### A COMBINATION OF LASER, VACUUM, MASSAGE AND/OR RADIO FREQUENCY

OTHER NAMES IT GOES BY: VELASHAPE, SMOOTHSHAPES, ENDERMOLOGIE, TRIACTIVE

**HOW THEY WORK** Despite the energy source used, almost all anti-cellulite lasers work to temporarily smooth out dimpled skin by sending energy to the tissue to break up the composition of fat cells. Some doctors choose to use cellulite-fighting lasers after liposuction to smooth out dimples and lumps. Even though you may see improvement, it's important to understand that the results are not permanent—you will need touch-up sessions each year to keep cellulite at bay.

**WHAT IT FEELS LIKE** Sort of like a deep-tissue massage but with more heat

**IDEAL AREAS FOR TREATMENT** The thighs and butt

**THE PROTOCOL** Each machine is a bit different and the number of treatments varies—some require as few as four sessions, others need upward of 10 sessions.

**DOWNTIME** None. There may be some redness and prolonged warmth.

**COST** Starting at approximately \$85 per session

## MELT FAT

### CRYOLIPOLYSIS OR COLD-BASED LASERS

OTHER NAMES IT GOES BY: COOLSCULPTING BY ZELTIQ

**HOW THEY WORK** Treats fatty pockets by chilling the fat to eliminate it. "It uses a vacuum applicator to draw the targeted tissue into a receptacle, then extracts heat from the fat cells, thus cooling them to 4 degrees Celsius," says Dr. Mayoral. "Fat cells don't like cold temperatures—it causes them to die." Once the fat cells crystallize, they break down without any damage to collagen, elastic fibers or skin. Fat cells that are eliminated won't return and you shouldn't regain weight in the treated area as long as you follow a healthy diet and exercise plan. It is important to note that this is not a replacement for liposuction.

**WHAT THEY FEEL LIKE** Some pressure with intense cold

**IDEAL AREAS FOR TREATMENT** The tummy and love handles; an applicator for the thighs and arms is purportedly in the works.

**THE PROTOCOL** Usually more than one treatment

**DOWNTIME** You may be sore, bruised and numb for up to two weeks. You'll see a slight reduction of fat in the treated areas after one session.

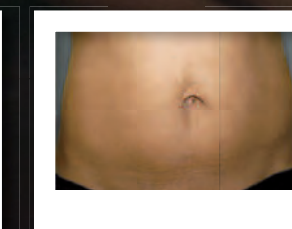
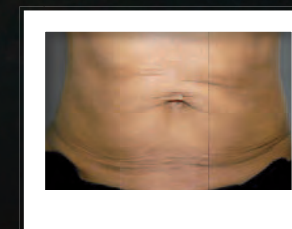
**COST** Starting at about \$700 per treatment, depending on area

### LASER LIPOSUCTION GETS AN UPGRADE

Laser lipo has received a bit of flak over the past few years, mainly because of its unreliability. "The main concern is that if you're not good with operating these devices, the result will be substandard and the tissue can be burned," says Dr. Goldberg. The next generation of laser liposuction machines are said to include thermal sensors on the hand piece so that tissue temperature can be measured. "While the newer breeds, like the revamped version of Cynosure's Smartlipo, are still not idiot proof, doctors will be able to gauge how hot the tissue is getting so the skin can't be 'overcooked'." We don't know if laser liposuction will be better accepted by the medical community but Dr. Goldberg feels the improved features have the potential to make it safer and the results more consistent.

### DID YOU KNOW?

In addition to tightening up the skin, radio-frequency devices can also be used to fight acne.



To help create a more streamlined silhouette and tighten the skin, this patient had four treatments of Exilis. Procedure performed by Jeanine Downie, MD; Montclair, NJ.

MORE >