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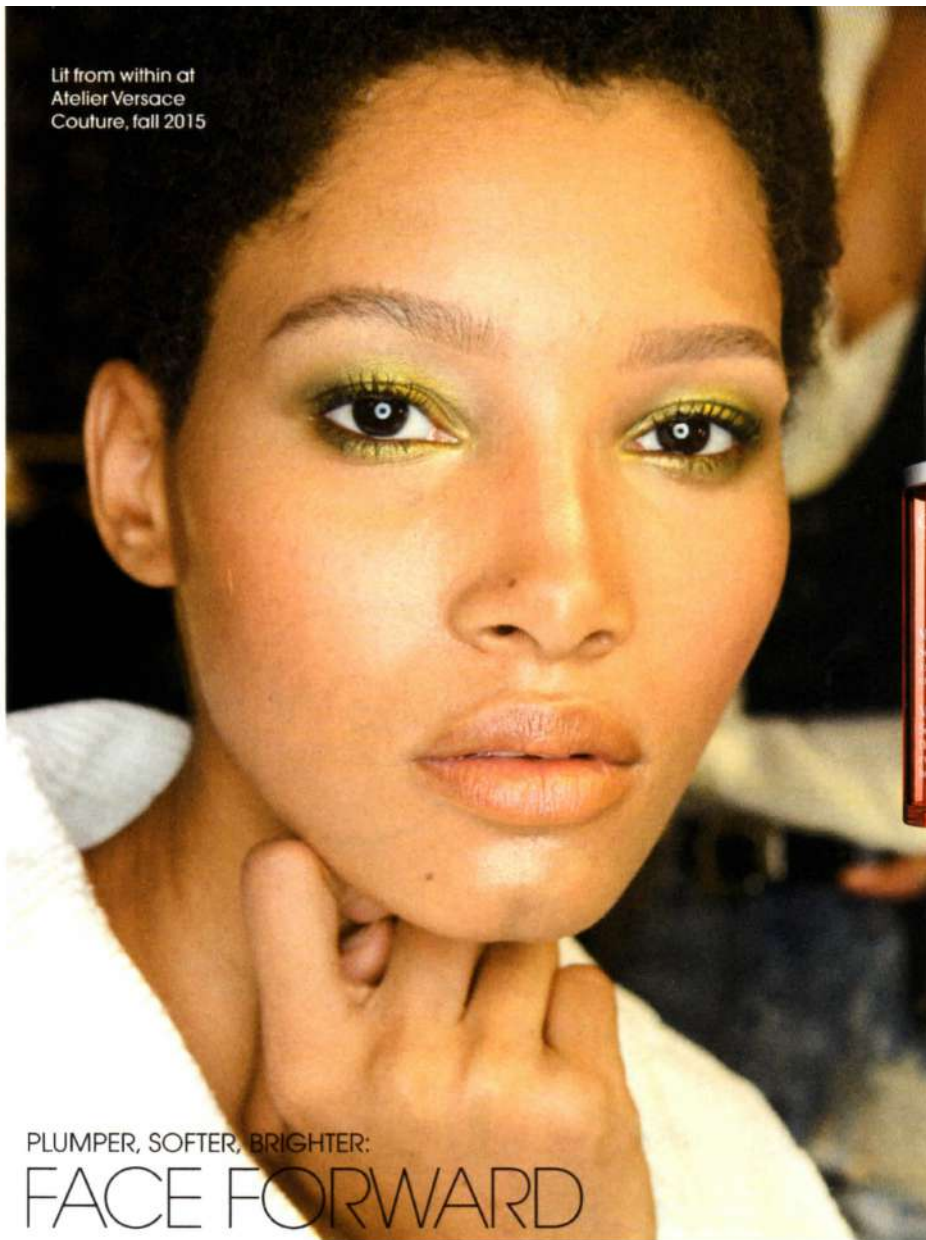
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PLUMPER, SOFTER, BRIGHTER:

## FACE FORWARD

### BONE UP

While slumping cheeks and deepening nasolabial folds may be among the most obvious spots for an injectable plumper, “an area that’s neglected in terms of filling is around the chin,” says Manhattan dermatologist Arielle Kauvar, MD, who sees “dimpling and furrowing from volume and structural loss” along the jawlines of women as young as 40. But don’t blame shrinkage entirely on the age-related fat loss that causes trouble elsewhere in the face. “Women in particular tend to lose bone mass in their jaw, below the mouth, and around the chin,” says Kauvar, who rounds out this neglected zone with deep injections of fillers such as Radiesse, Restylane Lyft, or Voluma into two target areas: in the indentions just below the corners of the mouth and in a very thin strip along the edge of the jawbone. “You end up with a nice, tighter, and more youthful contour.” And, according to New York dermatologist Paul Jarrod Frank, MD, because fillers in the jaw are subject to

significantly less facial movement than those placed in the cheeks or forehead, they tend to last 25 to 40 percent longer.

### TWO-TIMER

The antiaging ultrasound device Ulthera, which utilizes heat to tighten tissue, has revealed a surprising off-label benefit: It reduces adult acne, which affects up to 50 percent of women. In a study conducted by Nashville dermatologist Michael Gold, MD, 22 patients with moderate to severe acne saw 80 to 90 percent improvement two weeks after a single treatment. “As we age, our hormones can turn on the sebaceous glands,” Gold says. “Ulthera does what we call ‘bulk heating,’” so while it’s tightening skin, “you also get thermal damage that then shrinks and destroys the sebaceous glands.” (This, he says, will not result in increased skin dryness.) Plus, three months later, patients will start seeing the skin-lifting effect that Ulthera was FDA-approved to deliver.

### PATCH JOB

Beloved by Euro socialites, MesoGlow facials—in which small amounts of non-crosslinked hyaluronic acid (a less viscous type than what’s in FDA-approved fillers such as Restylane and Juvéderm) are injected all over the face with a mesotherapy gun—aren’t available here in the States. However, an at-home sheet mask, currently in development in Singapore, could create similar fresh-faced plumping, no gun required. Researchers at the National University of Singapore are in the early stages of testing microneedle patches, each embedded with hundreds of tiny pin-points made of lidocaine combined with water-soluble hyaluronic acid in a hardened state. When pressed against the skin, each little point penetrates about .3 mm deep, equivalent to the thickness of three standard pieces of paper. According to the project’s lead scientist, Kang Lifeng, PhD, “Upon contact with the skin’s interstitial fluids, the



*Clockwise from top left: DR. BRANDT Do Not Age Beauty Sleep Serum doubled the rate of skin-cell renewal in in-house clinical trials; NATURA BISSÉ Essential Shock Intense Retinol Fluid rejuvenates with vitamin A and amino acids; one shake of LA MER The Renewal Oil activates a superconcentrated dose of the brand’s signature Miracle Broth; LANCÔME Absolue White Aura delivers brightening and antiaging benefits with a vitamin C complex; the acerola extract in CLARINS Mission Perfection Serum combats hyperpigmentation; the NUFACE Limited Edition White Rose face toner sculpts features with microcurrent technology.*

microneedles absorb water and soften to become hydrogels," which act as shallow "fillers" that uniformly smooth and plump the skin. This effect, he says, lasts up to four months; he anticipates that a version of the product might come to market "at any time."

### VEIN LINE

With age, skin thins, subcutaneous fat decreases, and blood vessels dilate—a triple threat that can sometimes result in a network of blue veins showing through on temples and foreheads. By targeting the hemoglobin that flows through veins with a YAG laser, small- to medium-size vessels can be safely erased in one or two zero-downtime sessions, similar to those used to treat spider veins on legs. (Concealer is still the only option for larger facial veins.) "We usually have many more veins than we need," says Kauvar, who says that trained dermatologists can identify which veins are small enough to be removed without posing any health risks. Years after doing the procedure on dozens of early test subjects, "I actually haven't seen any [veins] come back," she says.

### LIP SERVICE

A new hyaluronic acid injectable, Restylane Silk, offers "a different kind of fill" than other FDA-approved higher-viscosity fillers, according to Miami-based dermatologist Joely Kaufman, MD. "It doesn't look like you've had your lips done. It looks natural." Silk's tiny mol-

Tousled waves at Alexandre Vauthier Couture, fall 2015



Clockwise from top: SACHAJUAN Hair Control Treatment revs follicles with microcirculation-boosting apigenin; panthenol, biotin, and niacinamide in REGENESIS Spot Serum target thinning areas with a user-friendly roller ball; ALTERNA Caviar Clinical Weekly treatment blocks the production of DHT, a hormone linked to hair loss; KIEHL'S Magic Elixir balances the scalp with botanicals; ROGAINE Foam, designed for women, delivers a daily dose of minoxidil.

ecules, which are a fifth of the size of those in standard Restylane, allow it to be injected superficially, in small droplets spaced closely together across the lips, to restore texture and fill fine lines. "It's super, super smooth," says dermatologist Marina Peredo, MD, of Manhattan and Smithtown, New York, who explains that because Silk subtly restores surface layers, the lips look more hydrated than inflated, "almost as if you're wearing a lip gloss." An added bonus over off-label use of other low-viscosity HAs for this region: "While the lips are generally the most sensitive area for injections," says Kaufman, Silk contains lidocaine, which "makes it comfortable." Results last at least six months.

## STRONGER, THICKER, HEALTHIER: HAIR RAISERS

### GROWTH POTENTIAL

Due to "trauma, stress, and hormonal changes," says New York dermatologist Erin Gilbert, MD, PhD, "up to 40 percent of women experience hair loss by age 50." But an upgrade to an old favorite, minoxidil, could provide some relief. In

in-house clinical studies, 81 percent of female test subjects using the new, high-dosage Women's Rogaine with 5 percent minoxidil experienced a 48 percent increase in hair volume in six months. By increasing blood flow to follicles that shrink with age, "minoxidil stimulates resting follicles to begin to produce hair," says hair-restoration specialist Alan J. Bauman, MD, of Boca Raton, Florida. And according to Gilbert, Rogaine's new foam formulation also reduces one very unwanted side effect: "the risk of causing unwanted hair growth if it drips onto the forehead." The new version has also dropped the solvent propylene glycol, resulting in less flaking and itching than with past formulas.

### A LOT OF PLUCK

Counterintuitive as it may sound, plucking hairs might actually encourage a six-fold growth in new hair, according to a study out of the University of Southern California's Keck School of Medicine. When researchers selectively pulled 200 hairs, spaced up to 1 mm apart, from the backs of lab mice, the microinjury prompted an immune system response,



From left: A Harvard Medical School study found that the micro hyaluronic acid and resveratrol in CAUDALIE Resveratrol Eye Lifting Balm boost the skin's production of hyaluronic acid; rich in DNA-repairing peptides, OMOROVICZA Blue Diamond cream smooths lids; STRIVECTIN Clinical Corrector lip tint minimizes lines with repair-hormone-stimulating nicotinic acid; KAPLAN MD Lip 20 Mask resurfaces with papaya enzymes; in in-house trials, 85 percent of participants who used the TRIA Age-Defying Eye Wrinkle laser daily saw fewer lines around the eyes in eight weeks.

Getunway.com; still life: Jeffrey Westbrook/Studio D (1)

Great gams  
(and sandals)  
at Alexandre  
Vauthier Couture,  
fall 2015



From left: TATA HARPER Redefining Body Balm contains red algae and rich plant-derived butters to keep skin taut and prevent stretch marks; SHISEIDO Future Solution LX Replenishing Treatment Oil fortifies the skin barrier to protect it from age-accelerating environmental factors; the 17.5 percent glycolic acid in GLYTONE Body Lotion resurfaces rough spots, such as elbows and knees; antioxidant-rich FRESH Cocoa Body Exfoliant features crushed cocoa to slough off dead skin and cocoa butter to impart a healthy glow; MURAD Firming Peptide Body Treatment, which begins as a cream but melts into a light oil when applied, has been shown to make skin appear tighter with regular use.

decades, also uses a blade to slice through the septae. But because it's done manually, the bands aren't cut at a uniform depth, which results in unevenness, Alster says. Cellulaze, a more recent invention, uses an internal laser probe to blast through the bands, but, like subcision, "it doesn't uniformly disrupt the bands," she says. Cellfina's "blade slices through bands all at the same plane, which makes all the difference."

## BODY SHOTS

Kybella, the synthetic-bile-acid fat melter, has been used since its FDA approval earlier this year to safely, and permanently, shrink double chins over the course of three to four months with a series of injections spaced four weeks apart. Next, derms anticipate new applications farther south. When injected into fat, Kybella's active ingredient, deoxycholic acid (a lab-concocted version of the same acid used by our bodies to break up dietary lipids), dissolves adipose cells, which are then eliminated through the lymphatic system. According to Joshua Zeichner, MD, assistant professor of dermatology at New York's Mount Sinai Hospital, Kybella "opens the door for localized fat melting in other areas," such as exercise-resistant armpit pooches that can make strapless dresses less than flattering. "Kybella's mechanism should work anywhere," Kaufman says, but derms are currently focusing on small areas; the larger the zone treated with the substance, the greater the inflammation and swelling.

## HOLD TIGHT

"I can get an average of 40 to 50 percent tightening—and that's an enormous amount for a totally nonsurgical procedure," says Frank of Exilis Elite, a device that heats tissues using radio waves to spark collagen growth, thus shrinking loose skin resulting from weight loss, pregnancy, or aging. "Everybody wants to tighten skin without surgery, and this is a great tool for broad areas," Frank says. After four to six no-downtime treatments, "90 percent of patients come back asking to do other areas." But why not use the tried-and-true ultrasound-based Ulthera, the derm favorite for skin tightening since its launch in 2009? According to Frank, the current Ulthera device head is too small to use efficiently on large areas, such as the stomach. Another plus for the Exilis: Unlike the jaw-clenching intensity of an Ulthera session, an Exilis session tones with zero pain. ●

Genunway.com; still life: Jeffrey Westbrook/Studio D (3)