

The top skin experts weigh in on today's most promising products and treatments. Sit back, put your skepticism on the shelf, and let *New You's* insider guide transform your skin from world-weary to world-class.

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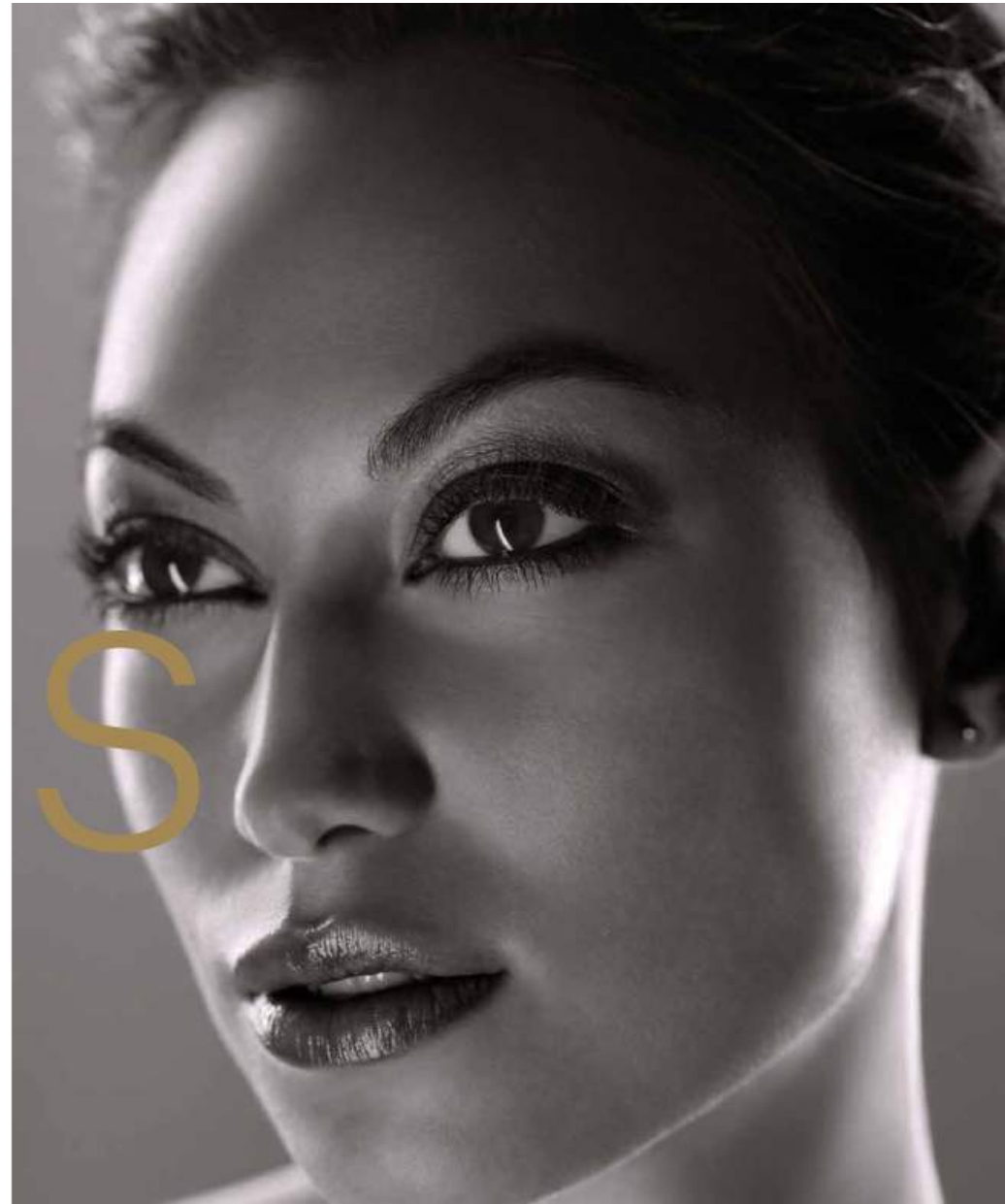
# skin saver

When it comes to skin, things start to go downhill at age 35. Structure, firmness, smoothness, and elasticity take a hit as the production of collagen and elastin slows. "For some, the clock ticks faster than for others," says Dennis Gross, MD, author of *Your Future Face* (Viking Adult, 2004).

"Oxidative damage is one of the biggest culprits of premature aging," says dermatologist Debbie Palmer, a doctor of osteopathic medicine. "We encounter oxidative damage from ultraviolet rays, but also from factors such as car exhaust, secondhand smoke, diets high in processed foods, stress, and illness."

Going under the knife is no longer the method of choice in the age fight. "Women don't want to pretend to be twenty when they're forty-five," says Karyn Grossman, MD, Department Chief at the Division of Dermatology, St. John's Medical Center in Santa Monica. "It's not about, 'Who did your work?' but, 'God, you look really good.'"

STYLIST: MINDI SMITH; HAIR: NOAM HAYTON FOR REDKEN/CUTLER; MAKEUP: BRINA OUPRET FOR JUDY CASEY INC.





"Well rested," is the description used by Christine Nell, FNP, of Ava MD Skin Recovery Clinic in L.A. "We're not trying to make you look different. Just much better."

New methods are less invasive than a facelift and boast little downtime. "You have to address all aspects of what makes skin look young—regular pigmentation, small pores, no lines, a dewy glow," says David Colbert, MD, of New York Dermatology Group. "You can't just fix one thing and expect that you're going to look young."

Think you know all of the latest product and treatment options? Think again. Here, we offer our latest findings that will keep you looking fresh and youthful.

## wrinkles

Your skin becomes weaker, thinner, and less elastic as structural components slow down. When you smile, frown, scowl, or lift your eyebrows, lines form and crease the skin. "The right products and treatments can help maintain the scaffolding of the skin," says Lori Brightman, MD, of the Laser & Skin Surgery Center of New York.

### At-Home Solutions

Topical retinoids are hands-down the gold standard of home wrinkle treatment. By prescription, they go by names like Retin-A, Renova, Tazorac, and Tretin-X (generic; tretinoin). Over the counter, it's retinol, pro-retinol, or retinyl palmitate—less potent forms of retinoids. All of these are derived from vitamin A.

"This ingredient stimulates collagen production, evens pigmentation, and helps keep pores clean," explains Fredric Brandt, MD, who practices in New York and Miami. We suggest TxSystems Afirm (\$42; [dermstore.com](http://dermstore.com)) and Dr. Dennis Gross Skincare Ferulic Acid + Retinol Brightening Solution and Ferulic + Retinol Triple Correction Eye Serum (\$85 and \$65; [dgskinicare.com](http://dgskinicare.com)).

**Antioxidants fight oxidative damage. Top antioxidants in skincare products include vitamin C or L-ascorbic acid, green tea extract, alpha-lipoic acid, grapeseed extract, and coffee berry extract. Try Replere Restore & Fortify Beauty Shooters (\$37 per two-week supply) and Repair & Replenish Night Crème (\$124; [replere.com](http://replere.com)).**

Peptides are strands of amino acids that dictate cell behavior. Products include pentapeptides, oligopeptides, copper peptides, and hexapeptides. "Peptides build collagen, increase cellular communication, and increase microcirculation," says David Bank, MD, Director of the Center for Dermatology, Cosmetic & Laser Surgery in Mt. Kisco, New York. Try Intracentials Collagen + Booster skin serum (\$40; [intracentials.com](http://intracentials.com)) and Olay Regenerist Daily Regenerating Serum (\$10; [drugstore.com](http://drugstore.com)).

### In-Office Fixes

Belotero Balance—a hyaluronic acid filler—contours to facial lines. "It disperses through the skin rather than just sitting in the skin like little balls," explains Grossman, who used it for six months before its official launch. "You're able to inject Belotero much more superficially," adds Nell. "It's perfect when you just want to fill in small lines."

Hyaluronic acid fillers—be it Belotero, Restylane, or Juvéderm—remain tops for smoothing wrinkles and adding natural volume. "Hyaluronic acid is the most abundant substance in the skin besides collagen," explains Colbert. "As we age, the amount shrinks." When injected, hyaluronic acid attracts water to the area, filling out the wrinkle. Colbert declares it his favorite injectable.

**COST: About \$500 per syringe, which can treat multiple areas**  
**TREATMENTS NEEDED: every 6 to 12 months**

Xeomin has Botox's same active molecules (botulinum toxin Type A) but doesn't contain as many carrier proteins. (PureTox is similar, and will launch within two years.) The idea is that a more pure variety must be better. Not necessarily so, says New York plastic surgeon Robert Grant, MD. "Botox remains the gold standard," says Grant. "It was the first to market and has the longest track record. Xeomin and Dysport are first cousins to Botox. They work the same way but differ in how they diffuse and how long they last." As every body is different, everyone is going to metabolize injectables in a different way. What's good for one person may not necessarily be good for another.

"Because there are less carrier proteins associated with it, the idea is that the body will develop less resistance to Xeomin," explains Grossman. "No one really knows because it hasn't been around very long." Grossman says the problem with using the same muscle-immobilizing injectable in the same spot is that your body gets used to it. After a while, you require more product to get the same result. "This becomes more expensive," Grossman says.

Dysport and, now, Xeomin give patients more options. "If someone gets used to one, they can switch to another," Grossman muses. "Maybe with Xeomin, there will be less chance of developing resistance. We'll just wait and see."

**COST: \$400 to \$600 per treatment**

**TREATMENTS NEEDED: every 6 to 8 months**

Fractional lasers (commonly referred to as Fraxel) penetrate the skin's top layer with thousands of microscopic beams of intense light. "We want to stimulate the body's wound healing mechanism, which includes depositing new collagen," explains Brightman. The more collagen you are producing, the smoother your skin will be.

It takes one to three weeks to see results—although skin keeps improving as it produces more collagen. "You can see results up to three months later," Brightman adds. After treatment, patients usually have "moderately severe

64%

of women who tested cosmetics with B-complex vitamins reported a significant reduction of wrinkles in the eye area.

sunburn," according to Colbert. "Trixel is more aggressive. It's more invasive, with more downtime, but that's part of the formula. It's perfect for women in their forties, fifties, and sixties, who want a more aggressive procedure." **COST: \$850 to \$1,500 per treatment.**  
**TREATMENTS NEEDED: 3 to 5 treatments, 2 to 4 weeks apart**

## elasticity

Woodstock, Georgia-based personal trainer Karin Pearson Wyatt, age 56, started seeing a loss of elasticity when she turned 47. "My skin started looking looser," she says. "I could train my body all day and get amazing results, but when it came to my skin, this wasn't the case anymore. Gravity was just making everything drop." The "drop" is a sure sign that elasticity is waning.

### At-Home Fixes

To stop or reverse the loss of elasticity, you must be proactive by stimulating your collagen and elastin production. The very same ingredients that work for wrinkles (retinoids, antioxidants, and peptides) will work on elasticity. Oxygen is recommended by aestheticians such as Michelle Peck, who treats 54-year-old Madonna. "Every type of treatment we do, I start and end with oxygen," insists Peck. "It's critical but we don't get enough of it, because of how we live our lives." We suggest that you try BioElements V-Neck Smoothing Crème with peptides (\$61; bioelements.com), Murad Resurgence Rejuvenating Lift for Neck and Décolleté with retinyl palmitate (\$85; murad.com), L'Oréal Revitalift Anti-Wrinkle + Firming Face & Neck Contour Cream with retinyl palmitate (\$17; cvs.com), and Natura Bissé Oxygen Complex (\$145; naturabisse.com).

### In-Office Fixes

It sounds too good to be true, but the results speak for themselves with radiofrequency device Exilis, which was officially launched in 2010. It is known to work wonders on sagging cheeks, eyebrows, and the dreaded jowls. Not a laser, Exilis delivers controlled heat via radiofrequency and ultrasound under the surface of the skin. Fat cells are heated up, then proceed to burst. "The body transports extra fat through the lymphatic system, so you essentially pee it out," explains dermatologist Jeanine Downie, MD, co-author of *Beautiful Skin of Color*. Downie offers the treatment in Montclair, New Jersey. "It's one reason you need to drink a lot of water in the time before you have this treatment done. The water helps flush the fat out."

Heat disrupts your collagen fibers, triggering the production of new collagen for up to four months post-treatment. Restits simply keep appearing in the mirror. "It reduces the

fat layer by at least one to two inches," adds Downie.

On the horizon is Thermage TotalTip, a buzzworthy new addition to the Thermage radiofrequency machine yielding improvement in the neck and lower face. "It sends heat more deeply into the tissue to wound the skin," explains Grossman. "This causes new collagen growth and helps to lift and tighten sagging skin."

**COST: \$200 to \$300 per treatment.**  
**TREATMENTS NEEDED: 6 treatments, 1 to 2 weeks apart**

## age spots

One of the most persistent skin problems that can make a woman's face, hands, and décolletage look years older is age spots. Caused by an overproduction of the pigment melanin, these freckle-like spots reproduce abnormally with excessive sun exposure. Heat may also play a part, says Los Angeles dermatologist Jessica Wu, MD, who estimates that one-third of her clients will come in with pigmentation problems. While protecting with sunscreen every day is essential, Wu always tells patients: "If they're working out at the gym or doing hot yoga, they need to cool down afterward with a cool washcloth. And they need to avoid saunas and steam baths as a general rule."

### At-Home Fixes

According to Dr. Gross, retinoids work "to fade dark spots resulting from photo-aging, hyperpigmentation, hormonal changes, and blemish scars." Try Glow by Dr. Brandt Overnight Resurfacing Serum with time-release retinol (\$85; drbrandtskincare.com). Vitamin C gets results, too. Try Skinceuticals C-AHA Serum (\$133; skinceuticals.com) and Garnier Skin Renew Clinical Dark Spot Overnight Peel with glycolic acid (\$16; walgreens.com).

Exfoliants such as glycolic acid—and even microdermabrasion—help to slough off discolored skin. Find glycolic acid in Bliss That's Incredi-Peel! Spa-Strength Glycolic Resurfacing Pads (\$49; blissworld.com). Or try PMD Personal Microderm (\$179; personalmicroderm.com), a handheld microdermabrasion device that sloughs with aluminum oxide crystals and vacuum suction.

Maintain results with daily sunscreen. "Look for a sunscreen with SPF 30 or 50, with filters for UVA rays," says Wu. Try SkinMedica Daily Physical Defense SPF 30+ (\$42; dermstore.com), an oil-free mineral sunblock for face and eyelids, and Neutrogena Age Shield Face Lotion Sunscreen Broad Spectrum SPF 70 (\$81; neutrogena.com).

### In-Office Fixes

IPL (a.k.a. "Photo Facial") stands for Intense Pulsed Light therapy and has been around since the nineties. Short

80%  
of sunspots  
can be removed  
with just one  
laser treatment.





## dry skin

Healthy skin turns over every 28 days, as dry skin cells fall off to make way for younger cells underneath. As we age, this process slows and leaves skin dry and rough. Sun exposure can also make skin tough and leathery.

### At-Home Solutions

Glycolic, lactic, and salicylic acids speed the rate of cell turnover. Look for these acids in home peeling products such as Dr. Dennis Gross Skincare Extra Strength Alpha Beta Face Peel (\$88; [dpskincare.com](http://dpskincare.com)), a two-step product that comes with 30 presoaked towelettes. Facial oil helps, too. Experts like Colbert—who developed the popular facial oil Illumino (\$125; [colbertmd.com](http://colbertmd.com))—swears by it. “Your oil production slows down after age thirty-five,” says Colbert. “Adding some oil back gives you dewy skin and won’t make you break out, like mineral oils can.” Another best bet is hyaluronic acid, which draws water into skin and stores it. Find it in SkinMedica Dermal Repair Cream (\$120; [skinmedica.com](http://skinmedica.com)).

### In-Office Fixes

Created by Solta Medical, the same manufacturer as the Fraxel, Clear + Brilliant “is a much more superficial version of Fraxel, with very little downtime,” says Brightman. “For a couple of days, some people might have a slightly sunburned look and feel a little more dry. That’s it.” It works by creating thousands of microscopic holes in skin, invisible to the naked eye. This damages skin, triggering the production of collagen and elastin. All you’ll feel is a warm tickling or prickling sensation.

Many doctors apply antioxidant serum after the procedure. “Think of a Buntt cake,” says Brightman. “If you poke holes in it and pour icing on it, it gets down deeper into the cake.” A more even tone is visible one to three weeks post-procedure, although skin improves as it produces more collagen. Expect results to continue to improve, up to three months after a treatment.

**COST:** \$200 to \$350 per treatment.  
**TREATMENTS NEEDED:** 4 to 6 treatments

blasts of intense light penetrate below the skin’s surface, damaging melanin that makes age spots. The skin repairs the damage, leaving you with a more even skin tone.

“This is still a great option for brown spots,” says Westchester-based dermatologist Debbie Palmer, who has been using the IPL for over ten years. “It’s less invasive than a laser and recovery is quicker.” Redness disappears after a day, and brown pigmentation gets darker then flakes off after several days. “It has minimal downtime and you get visible results after one treatment,” explains KerriAnn Erdmann, RN, at Ava MD Beverly Hills. However, darker complexions and tanned skin are not good candidates.

**COST:** \$300 to \$500 per treatment.  
**TREATMENTS NEEDED:** 3 to 4 treatments, 3 to 4 weeks apart

## pores

When clogged and dilated with excess oil, pores will tend to stretch out, making them all the more visible to yourself and others. Pores can also become more visible with sun exposure. And as we age, skin inevitably loses its suppleness and begins to shrink, pulling down the edges of pores. This makes them appear significantly larger.

### At-Home Solutions

Clean, empty pores appear tighter and smaller. When they’re tighter, light reflects better off the skin, making skin appear more radiant. While you can’t change pore size, you can minimize their appearance with glycolic, lactic, and salicylic acids—and microdermabrasion. Regular exfoliation sloughs off the dead skin cells that can back up pores, making them appear larger. Try Dr. Brandt Pores No More Vacuum Cleaner (\$45; [drbrandtskincare.com](http://drbrandtskincare.com)), an exfoliating mask with salicylic and glycolic acid; and SkinEffects Resturfacing Effects Skin Renewal System (\$25; [cvs.com](http://cvs.com)), a two-step microdermabrasion and peel system.

### In-Office Fixes

“Medical” Facial Traditional spa facials—complete with steaming, painful pore extraction, and masks—are passé, particularly on Gina Mari’s block of Wilshire Boulevard in Beverly Hills. An aesthetician to the stars (Heidi Klum is a rumored client), Mari uses a combo of therapies including microdermabrasion, oxygen, and LED light to clear out pores and improve skin’s appearance. “You can’t change the size of a pore, but if you keep it cleaned out, you can make it less visible,” explains Mari. To try LED light at home, opt for LightStim for Wrinkles (\$249; [lightstim.com](http://lightstim.com)), which emits wavelengths that help stimulate collagen and elastin and reduce the appearance of large pores.

Mari isn’t the only one doing these “medical” facials. In Colbert’s popular Manhattan office, the Triad Medical Facial, microdermabrasion, laser toning, and chemical peeling are all the rage. “We’re famous for this,” admits Colbert. (Naomi Watts and Rachel Weisz are reputed fans.) “It’s non-invasive and has no downtime,” says Colbert, who insists that celebrities can walk a red carpet the very same night after one of these facials.

**COST:** up to \$400 per treatment.  
**TREATMENTS NEEDED:** 1; more visits get more dramatic results

## cellulite

Regardless of our fitness level or daily diet, we all have lumpy, bumpy skin to some degree. Cellulite is caused by fat that is pushed under the skin, causing a dimpling effect. Many products can help minimize its appearance, but, according to 44-year-old Margarita Abate of Greenbrook, New Jersey, exercise makes all the difference. “I do cardio four days a week, and I started doing strength training,” says Abate. “I’m also eating less processed food and more produce. It has helped with my cellulite, because I’ve lost thirty-six pounds and it’s defining my muscles. That is what works for cellulite.” Experts agree with Abate: When it comes to cellulite, a healthy lifestyle matters most.

## The Skin Care Cheat Sheet

Here’s what you should be doing for a superior complexion, morning and night.

### In the morning

- Cleanse with a non-irritating, pH balanced cleanser (such as Cetaphil).
- Apply antioxidant serum or lotion to fight free radicals and offer additional protection from the sun’s ultraviolet rays.
- Hydrate to keep skin supple, using a moisturizer of SPF 30 to 50.
- Apply antioxidant eye

cream to protect and hydrate the thinnest, most sensitive skin on the face.

### In the evening

- Thoroughly cleanse and remove makeup.
- Apply retinol face serum or retinol cream, which will stimulate the production of new skin cells and inhibit the breakdown of collagen and elastin.

- Apply eye cream. (Pat, don’t rub, around delicate eye tissue.)
- Hydrate with creams that contain hyaluronic acid or peptides.

### 1-3 times a week

- Exfoliate (this involves a peel, microdermabrasion, or acid serum) to remove the top layer of dead skin and keep that healthy glow.

### At-Home Solutions

If you’re exercising and drinking water, try products with caffeine. They won’t fight cellulite, but can help camouflage its appearance by moisturizing and plumping skin, explains Bank. It also helps increase circulation in the skin. Try Anushka Caffé Delight Thigh Thinning Duo (\$75; [anushkaspas.com/shop](http://anushkaspas.com/shop)), with a thigh scrub and antioxidant-rich cream. Massage can also help. Try the Bliss FatGirlSlim Lean Machine (\$145; [blissworld.com](http://blissworld.com)), which comes with a caffeine-based cream and vacuum massager that lifts, suctions, rolls, and pulses skin.

### In-Office Fixes

Cellulaze is one of the most effective treatments available. Under local anesthesia (or twilight anesthesia, if requested), the doctor takes a tiny cannula and—via incisions—physically breaks up bands of tissue. “If you break those bands, the skin pops up,” explains Grossman. “You then allow skin to smooth out and heal that way, stimulating new collagen.” Just one treatment can significantly improve the appearance of cellulite, although you’ll have at least one month of swelling and bruising (so factor in enough time before swimsuit season).

VaserShape, an ultrasound device using heat to melt fat out of the fat cells, requires three to five weekly treatments, lasting 40 to 60 minutes each. “You can definitely see visible tightening,” says Nell, who adds that it also offers noticeable tightening of loose and saggy skin.

**COST:** \$6,000 to \$7,000.  
**TREATMENTS NEEDED:** One 2- to 2.5-hour treatment

Whatever treatment you get or groundbreaking product you line up to try, just know this: “You are changing the course of how your skin behaves,” says Gross. “If you intervene quickly enough in the aging process to keep building collagen, you really can reverse the clock.” ●

90%

of premature skin aging symptoms are caused directly by the sun.