

The
Beauty
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DO YOU NEED A SKIN DIET? | THE REINVENTION OF KRISTIN DAVIS
IN DEFENSE OF THE NAP | INSIDE REBEL WILSON'S MAJOR MAKEOVER
FACE-SCULPTING SOLUTIONS | THE BODY-GLOW PRODUCT MOMENT

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BEAUTY

by **Tatiana Bido**



How to tackle the biggest beauty problems with early intervention and more intensive treatments.

→ When faced with a cosmetic concern, finding the appropriate solution can be a guessing game. There are so many options today, so it can be confusing to know where to start or what to try next if something doesn't work. These are the top treatments for hair, skin and body improvements, according to the experts.



Concern: Constant Breakouts

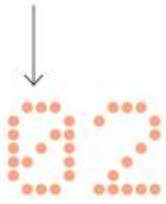
DO THIS FIRST: If stubborn acne is ruling your life, you're not alone. According to the American Academy of Dermatology, acne is the most common skin condition in the U.S. and affects up to 50 million Americans annually. It can be difficult to treat, but your first line of defense can be found in the skin-care products you're using. According to Montclair, NJ dermatologist Jeanine B. Downie, MD, ingredients to look for are "benzoyl peroxide, retinol or retinoids, salicylic acid, glycolic acid and bakuchiol."

"Acne treatment is a juggling and balancing act, and sometimes it's simply a matter of trial and error because of its unique but vast variability," adds Bloomfield Hills, MI dermatologist Linda C. Honet, MD. "And because acne affects 80 percent of Americans at some time in their lives, it is quite a ubiquitous dermatologic condition."

THEN TRY THIS: When you've exhausted every acne-fighting ingredient on the market and the breakouts don't end, Dr. Downie suggests making an appointment with a dermatologist ASAP. "Topical dapsone, prescription retinoids like Altreno, spironolactone, and antibiotics like clindamycin or erythromycin, can work very well for acne. If topicals don't work, then I will prescribe oral antibiotics, or even oral Accutane."

New FDA-approved topicals will be available soon, including Winlevi, a 1-percent clascoterone cream that Dr. Downie says is "non-drying," and Twyneo, which combines benzoyl peroxide and a retinoid.

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Concern: Wrinkles

DO THIS FIRST: For the onset of fine lines and wrinkles, Dr. Honet recommends the gold standard in anti-aging, a topical retinoid. "Prescription-strength retinoids like tretinoin or tazarotene are anti-aging powerhouses, effectively reversing sun damage, retexturizing skin, stimulating collagen and elastin production, reducing the depth of wrinkles, and improving laxity."

THEN TRY THIS: Dr. Downie says that if you're not doing more to stimulate collagen, you're missing out. "The next step is radio-frequency microneedling or laser-resurfacing treatments like Fraxel and LaseMD that create microinjuries to help build collagen," she explains. A new technology called ellacor was recently FDA cleared to treat wrinkles in the mid-to-lower face. Miami dermatologist Jill S. Waibel, MD says it works by "using hollow needles to remove micro-cores of excess skin." Unlike microneedling, which only punctures the skin, ellacor removes skin on the micro-scale, improving its architecture. However, the technology is very new, so there is no current data on long term efficacy.



Dr. Waibel performed three ellacor microcoring treatments to tighten skin and reduce this 69-year-old patient's deep lines.



Concern: Cellulite

DO THIS FIRST: To smooth dimples on the butt, thighs, arms, or abdomen, the winning equation includes losing body fat, firming the muscle under the skin, and increasing blood flow and circulation in the area. "We explain to patients that the best way to enhance circulation is through exercise and massaging," Houston plastic surgeon Henry A. Mentz, MD says. "With a consistent diet of low-fat, lean proteins and veggies, you will be able to maintain your desired results. We can't express enough that patients need to avoid sugar, starches, alcohol, and processed foods."

THEN TRY THIS: For stubborn dimples that just won't budge with diet and exercise, an injectable treatment called QWO can help, as it works by dissolving and releasing fibrous bands, redistributing fat cells, and stimulating the growth of new collagen. "QWO is injected by a trained and licensed provider directly into targeted dimples in the buttocks using a small needle, and injections take as little as 15 minutes," Dr. Mentz explains. "Three treatment sessions, repeated every 21 days, are needed." You can also expect some bruising. Another new option is FDA-cleared Resonic, which uses sound wave technology to break up fibrous bands, and results improve over time.



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