

Look Better Naked!

NEW!  
Fat-Blasting  
Workouts

# Women's Health

## BEST. ABS. EVER.

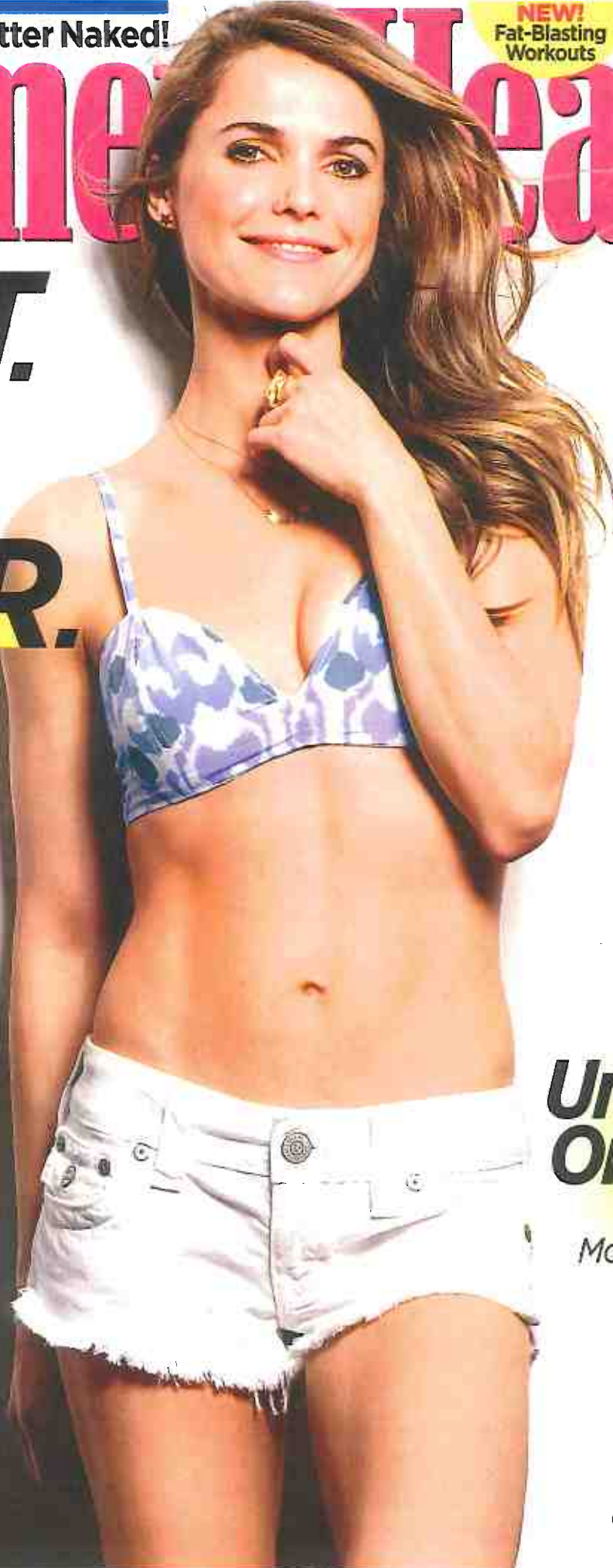
*Easy Steps  
to a Lean,  
Sexy Belly!*

*Keri  
Russell*

*How She Scored  
This Hot Body,  
Two Kids Later*



**HEALTH ALERT**  
**Seven**  
**"Little" Lies**  
**Women**  
**Tell Their**  
**Doctors**



## Drop Two Sizes

No Cardio  
Needed!

**FIND  
SWIMSUIT  
BLISS**

Stress-Free  
Shopping  
Guide, p.66

**BE A MORE  
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Tips, Tricks & Fab  
Food Ideas

## Unlimited Orgasms!

Longer, Stronger,  
More Plentiful Peaks.  
Yes, Please!

May 2013

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style + **beauty**

*How Top Skin Docs  
Turn Back Time*

They might be in the flawless-skin business, but dermatologists are still real people who face the same aging issues as the rest of us. Except they always have an M.D. at their beck and call! Here, their tricks for looking preternaturally young.

*By Karina Giglio*

PHOTOGRAPHS BY ALEXANDRE WEINBERGER

## Beauty Buzz

waves deep into the layers of the skin and heats everything, causing both an immediate contraction and the growth of new collagen to gradually firm the skin. It's a significant improvement in one procedure, but it looks natural and continues to get better over the next six months. A topical numbing cream is applied to minimize discomfort." Cost: \$1,200

to \$3,000, based on treatment area  
**> Restylane:** "Under the eyes, I love Restylane—a hyaluronic acid-based filler—for filling in the hollows that develop as we age because of volume loss. I do it once a year." Cost: \$400 to \$800 per syringe (you'll need one or two)

### Can't wait for...

**> Spanx for the skin:** "In the next year, we'll see

over-the-counter under-eye gels that really tighten and maintain that look until you wash your face at night. These will be much more advanced than any lifting or de-puffing products out now—they can make the lower lid look as if you had an 'eye job.' But the effects are temporary—just like how Spanx don't actually make you thinner or get rid of cellulite."



### Whitney Bowe, M.D., 34

Bowe is a dermatologist with offices in New York City and Westchester, New York. She's also a clinical assistant professor of dermatology at SUNY Downstate Medical Center.

### What's aging her:

**Wrinkling and fine lines.** "UV light breaks down collagen, which is what gives skin its strength and support—like scaffolding—and elastin, which is what makes skin plump. When you're fair-skinned like I am, that breakdown happens even faster because your skin doesn't have pigment to protect it against damage from those UV rays."

### Must-have products:

**> SPF moisturizer with niacinamide:** Olay Professional Pro-X Age Repair Lotion with Sunscreen Broad Spectrum SPF 30 (1), \$47, target.com. "This is a great time-saver because it's an anti-aging cream and SPF in one. Niacinamide increases collagen production and softens the appearance of lines and wrinkles. The SPF is key for protecting against future sun damage."

**> Nightly exfoliating cream:** Everlasting Elegance Glycolic Facial Cream 10% (2), \$25, getmegreatskin.com. "This combines glycolic acid with moisturizing, hydrating delivery systems to slough off dead skin to keep my complexion bright and smooth."

**> Retinol serum:** RoC Retinol Correxion Deep Wrinkle Serum (3), \$20, at drugstores. "Retinol stimulates collagen production to keep skin smooth and lightens dark spots. I like this one by RoC because it is gentle yet provides all the benefits of stronger retinols. I apply it to my face, neck, and chest. And I





## Important JUVÉDERM® Treatment Considerations

### A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

**Indication:** In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

**Contraindications:** JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

**Warnings:** JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

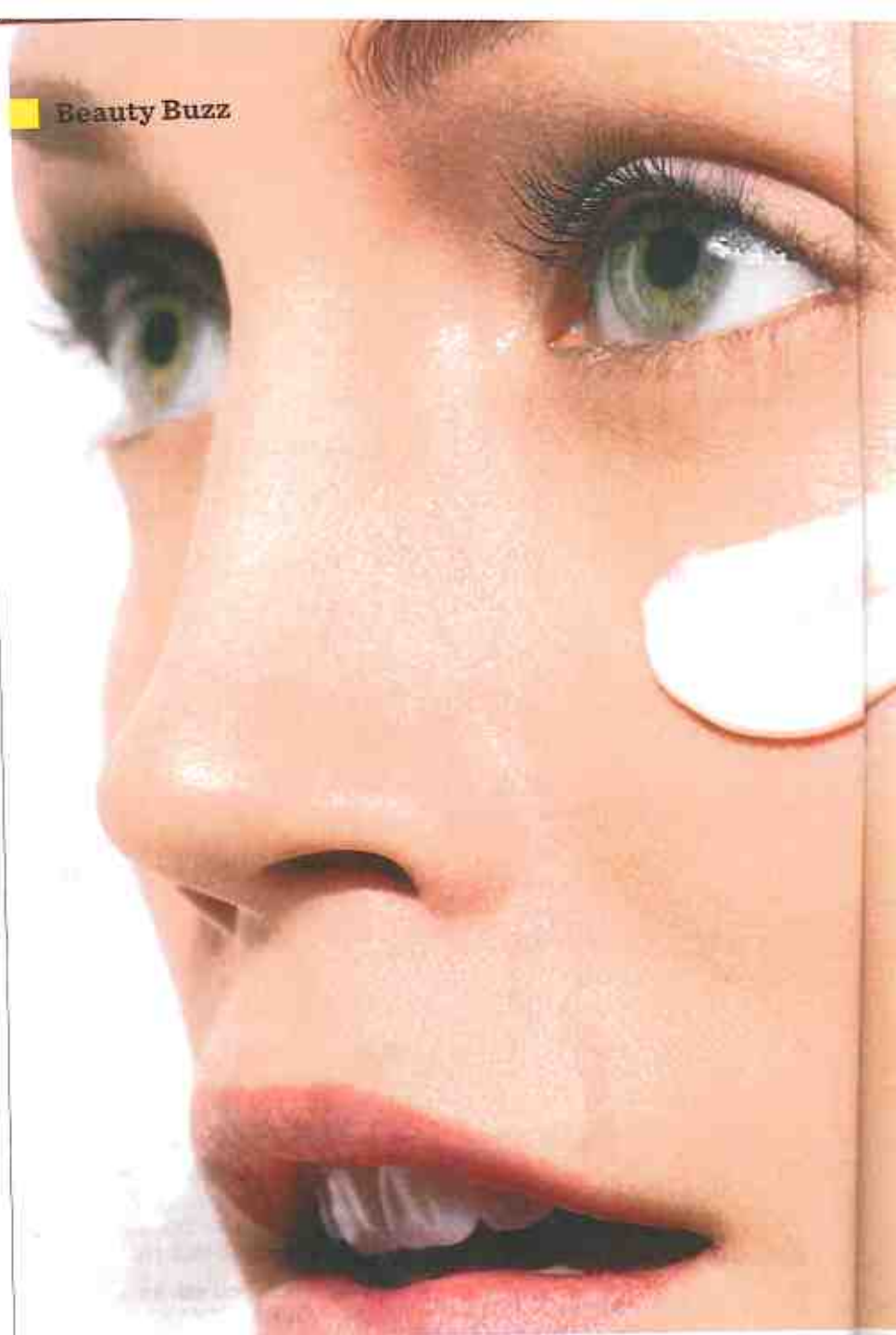
**Precautions:** The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

**Adverse events:** The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

**Important:** For full safety information, please visit [www.juvederm.com](http://www.juvederm.com) or call Allergan Product Support at 1-877-345-5372.

**CAUTION:** Rx only.

APC80EN11



gently dab it under my eyes instead of adding the extra step of eye cream."

### **In-office treatments she swears by:**

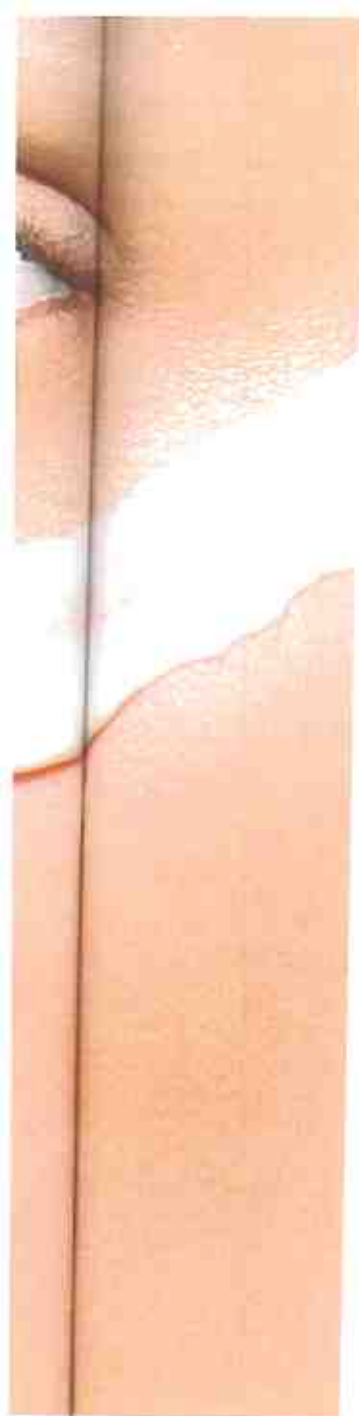
> **Botox:** "I do it every three months; it's the best for smoothing lines and wrinkles." Cost: \$400 to \$800 per session

> **Sculptra:** "As someone who loves to work out, I'll likely see volume loss in my face sooner than if I were a couch potato. It's a common thing: If you're a regular gym-goer with a low BMI and great muscle tone, the fat pads in your face start to disappear and you lose those youthful contours. Sculptra is a great filler for adding back that volume, which also

helps stretch out fine lines and wrinkles from underneath. It encourages your skin to produce more of its own collagen, so the results are natural and gradual—and last up to two to three years." Cost: \$700 to \$1,500 per session

### **Can't wait for...**

> **Topical probiotics:** "We know that live, active yogurt cultures can improve gut health by introducing good bacteria that decrease inflammation. I've seen research about a new topical probiotic-derived ingredient called Bonice1 that has been found to improve skin elasticity, while reducing fine lines."



**What's aging her:** Pigmentation changes. "In dark skin, melanin is great because it functions as a natural sunscreen. Black skin can provide an SPF of 13, which decreases skin-cancer risk. But melanocytes—the cells that produce the pigment in our skin—are very sensitive. Any trauma to the skin (like acne or tweezing) can result in too much or not enough pigment being produced. So I end up with areas that are too dark or too light. Plus, I have rosacea, which makes my skin sensitive."

**Must-have products:**  
**> Redness soothers:** Prescription Metrogel and Aveeno Ultra-Calming Daily Moisturizer SPF 15 (1), \$17, at drugstores. "I use Metrogel on my cheeks to minimize rosacea flare-ups. The Aveeno moisturizer contains feverfew to decrease redness and soothe irritated or sensitive skin, plus SPF to protect skin from the sun, which can cause rosacea flare-ups."

**> Brightening serum:** Obagi Professional-C Serum 20% (2), \$103, obagi.com for info. "I apply three or four drops to my entire face. The Obagi serum brightens skin to even out the overall tone."

**> Exfoliating hand moisturizer:** Glytone Retexturize Body

Lotion SPF 15 (3), \$49, dermstore.com. "Our hands get just as much sun exposure as our face and neck do. As a result, hands often look more wrinkled, dehydrated, and discolored. This contains glycolic acid to gently exfoliate, and it protects against future spots with SPF."

**In-office treatments she swears by:**

**> Microdermabrasion:** "I get this every other month, as long as my rosacea is under control—if not, it's too irritating. The exfoliation is superficial, so it removes excess pigment from the top layer of the skin." Cost: \$150

**> Electrodesiccation:** "People of color often get hereditary benign 'moles' called dermatosis papulosa nigra on our faces and necks as we get older. This treatment uses an electrical current to burn the moles, which then gradually fall off in a week." Cost: \$200

**Can't wait for... New over-the-counter treatments for hyperpigmentation:** "Researchers have tested a product that's a combination of ellagic acid, which lightens skin, and salicylic acid, which softens the skin. It should even out skin tone and fade dark spots."



**Jessica Wu, M.D., 45**

The author of *Feed Your Face*. Wu is an assistant clinical professor of dermatology at the University of Southern California.

**What's aging her:**

**Dark spots.** "A few years ago I started to notice brown spots on my cheeks. I grew up near the beach in Southern California and I never wore sunscreen as a teen, so I'm sure that's where the spots came from. We know the sun's UV rays stimulate skin to make more pigment. Plus, research has shown that Asian women typically develop brown spots and melasma before we get wrinkles. Heredity and hormones can also contribute, which is why women tend to have more discoloration than men do."

**Must-have products:**

**> Lightening serum:** La Roche-Posay Mela-D Pigment Control (1), \$53, laroche-posay.us. "I apply a drop or two on my cheeks only, since that's where my sunspots are. It contains kojic acid to reduce excess pigment production, and lipohydroxy acid to exfoliate and slough off any darkness close to the skin's surface."

**> Rx-strength fading cream (2):** "Three nights a week, I apply a thin layer of prescription-strength hydroquinone and tretinoin cream to my cheeks. It helps fade any discoloration and dark spots, but can be irritating, so I don't use it every day."

**In-office treatments she swears by:**

**> TCA chemical peel:** "It's very popular for treating melasma and sun damage, especially for my patients with darker skin tones. Trichloroacetic acid works by



**Valerie Callender, M.D., 52**

Callender practices dermatology in the metropolitan Washington, D.C., area and is an associate professor of dermatology at Howard University.





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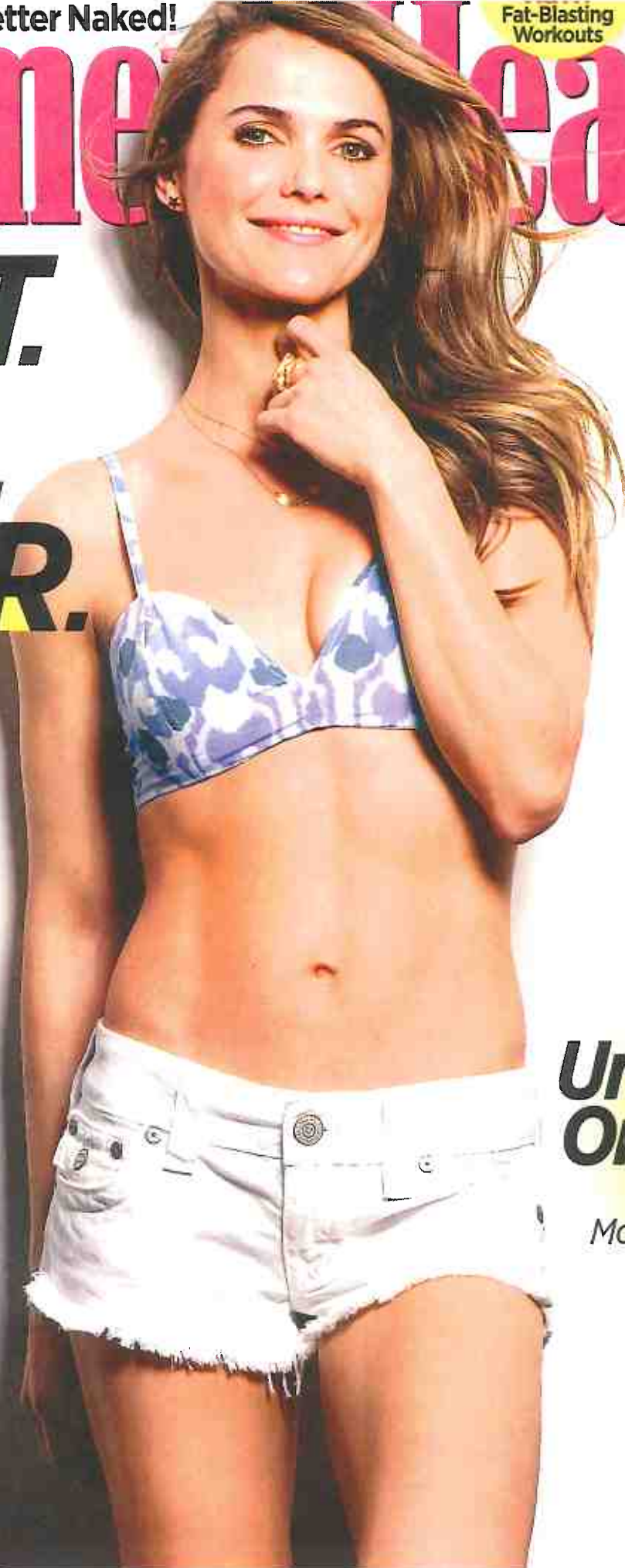
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