

# ELLE

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ELLE BEAUTY BODY HEALTH

# THE GENIUS AWARDS

ELLE SELECTED 24 OF THE NATION'S PREEMINENT HAIR, MAKEUP, AND SKIN SPECIALISTS AND PERSUADED THEM TO PART WITH THEIR MOST CLOSELY GUARDED BEAUTY SECRETS. REVEL IN THEIR ADVICE—NO APPOINTMENT NECESSARY



### THE LASER ARTIST TINA ALSTER, MD

Her medical colleagues may have nicknamed her Queen of Lasers, but with more than 300 published articles and eight textbooks on light-based therapies to her credit, Tina Alster, MD, a clinical professor of dermatology at the Georgetown University Medical Center in Washington, DC, more than lives up to the title. When not seeing patients or conducting research, Alster does consulting for Lancôme's skin-care product development.

**SECRET WEAPON:** Dermatologists mention sunscreen almost reflexively when asked for skin-care advice. But Alster insists on UV protection for more than the usual reasons. "Activated tan cells behave differently under laser than do naturally dark skin cells," she says. "Tan cells are already damaged by the sun, so the melanocytes are more sensitive to further

stress. Even the mildest laser flash on a tan can lead to hyperpigmentation." She

recommends new Lancôme UV Expert: "It contains mexoryl, which is a very effective UVA shield that only recently became available in the U.S."

**TRICK OF THE TRADE:** While Alster has been using Fraxel, a semi-ablative laser, to remedy facial wrinkling on the majority of her patients, she prefers the Portrait Plasma device for wiping out signs of aging on the hands, neck, and chest. "The Portrait isn't a laser; it incorporates energy in the form of heat, but it's laserlike in its effects," she says. "It doesn't have ablative lasers' risks, and you get better results on skin below the face than you do with Fraxel or other fractionated lasers."

**ALSTER'S KIT:** (From left) "Remergent DNA Repair cream helps restore thymine dimers, which are pieces of DNA broken by UV exposure," Alster says. "This product is really helpful for people with a lot of sun damage or minor levels of skin inflammation, which is why I recommend it after Fraxel"; Lancôme UV Expert 20 Sunscreen.



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