

# B A B



## What the Derm Can Do

- Hyaluronic-acid fillers like Juvéderm and Restylane continue to be popular wrinkle fixes. When hyaluronic acid is injected into lines, it binds to water, immediately plumping the skin. It's used on wrinkles around the mouth, crow's-feet, and forehead lines, and results last about six months. Both brands cost \$600 to \$1,000 per syringe, depending on the doctor. Juvéderm Ultra Plus is a more viscous hyaluronic-acid filler. "It can fill deeper wrinkles and replace more significant volume loss," notes Brandt. A bigger needle is used with thicker fillers, so patients may experience more pain during injection and more redness and swelling afterward. Juvéderm Ultra Plus is \$600 to \$1,000 per syringe, and results last six months or longer.
- Another option is Fraxel, a laser that makes tiny microinjuries to deep layers of skin to trigger production of collagen, tightening skin and improving texture. A new version, Fraxel SR1500, penetrates up to 30 percent deeper, making it a more effective catalyst for collagen production. "While it can require more recovery time, this laser has greater wrinkle-smoothing capabilities," says Brandt. Sessions take 90 minutes, and mild redness, swelling, or peeling is common for a few days afterward. Three to five sessions at intervals of two to four weeks are recommended, at around \$1,000 per session.
- "Botox remains the gold standard for treating frown lines and crow's-feet," says Alster. The injections paralyze muscles beneath expression lines and cost \$300 to \$500 per area. Effects are visible within days and last up to four months.
- On the horizon is Isolagen, currently in FDA trials. Isolagen is a process in which a skin biopsy from a patient is used to grow millions of collagen-producing fibroblast cells over the course of a few weeks. These cells are then injected back into the patient's wrinkles, lines, and scars. "After a few months," notes Brandt, who is one of the doctors conducting trials, "scars and wrinkles are diminished and skin looks rejuvenated." The process could be approved by the FDA in a year or two. "Theoretically, the new fibroblasts will continue to produce collagen for years," says Brandt. For more information, visit [isolagen.com](http://isolagen.com).

# Get Perfect Skin

Do fine lines, breakouts, or sunspots have you feeling less than fabulous? Read on for the top new face fixes.

**N**o matter what your age, the pursuit of complexion perfection is universal. But the number of treatments that promise a flawless face can be confusing. We asked three leading dermatologists—Tina Alster of Washington, D.C.; Joshua Wieder of Los Angeles; and Fredric Brandt of New York and Miami—for the most up-to-date, effective options.

## SMOOTH WRINKLES

"My favorite treatment for lines includes injectable fillers like Juvéderm and Restylane," says Alster. "But topical products that infuse skin with moisture also temporarily plump wrinkles."

## BEST BEAUTY

says Wieder. Try Neutrogena Healthy Skin Anti-Wrinkle Intensive Face Lotion SPF 20 (\$17.99) with retinol, or ask your doctor about prescription retinoids like Renova and Tazorac.

- A new category of antiaging treatments is aimed at preventing sugar from damaging skin. When we consume sweets, excess sugar attaches to elastin fibers, causing them to harden. This process, called glycation, makes skin lose elasticity and wrinkle more easily. "Products containing anti-inflammatory alistin prevent glycation," says Brandt, who recently introduced Dr. Brandt Lineless Anti-Glycation Serum (\$90).
- "Temporarily plump wrinkles with Hyalogy products," says Alster. "They contain micronized hyaluronic-acid particles small enough to penetrate the skin and plump lines." Try Hyalogy P-effect Essence (\$170).

## BANISH ACNE

"Accutane is the most rigorous treatment for severe acne," says Wieder. "Photodynamic therapy is the next best thing, and for less serious breakouts, try salicylic acid, benzoyl peroxide, and topical and oral antibiotics."

### What the Derm Can Do

- For cystic acne, "Accutane is the closest thing to a cure," says Wieder. One course of the oral prescription, which contains a high dose of vitamin A, takes 15 to 20 weeks. It works by decreasing oil production, so side effects include dry skin and chapped lips. Accutane causes birth defects, so you must not get pregnant while on it.
- For moderate acne, topical or oral antibiotics are good options. Ziana is the only approved prescription acne gel to combine an antibiotic (clindamycin) with a retinoid. "For adults with acne who also want to fight wrinkles, Ziana is great," says Brandt. A new prescription oral antibiotic is Solodyn. One extended-release pill a day battles the bacteria that cause acne.
- Experts consider photodynamic therapy the best in-office procedure for serious acne. First, a solution called Levulan is applied to the skin. It is absorbed by oil-producing glands, making them sensitive to light. Then, when a light treatment is used, oil glands shrink and bacteria are destroyed. "For someone with scarring, this treatment is a two-in-one, as it can also reduce existing



## MUST-HAVES

scars," says Alster. It can be painful, depending on the light source employed to activate the Levulan, and skin will be red and peeling for a few days after. You must avoid sun exposure after each session, and up to six treatments are recommended, every two to four weeks. The cost is \$500 to \$1,000 per session. Though results are said to be long-term, it's often not covered by insurance.

### Best Skin-Care Options

- For occasional breakouts, products with salicylic acid help unclog pores, while benzoyl-peroxide products boost cell turnover and kill bacteria. "Low-percentage salicylic acid, such as 0.5 to 2 percent, is often better tolerated than benzoyl peroxide," notes Wieder, who recommends treating minor breakouts with over-the-counter products containing salicylic acid or, if acne is more persistent, 5 to 10 percent benzoyl peroxide. If wrinkles are also a concern, try Patricia Wexler M.D. MMPi 20 Anti-Aging Acne Serum (\$55), which has 2 percent salicylic acid and line-fighting ingredients.

## ERASE SUNSPOTS

"Pigment-specific lasers are the best in-office treatment," says Alster. "At home, I recommend treating discoloration with ingredients that boost cell turnover," she says.

### What the Derm Can Do

- To zap off brown spots, ask your dermatologist if one of the Q-switched ruby, alexandrite, or Nd:YAG lasers is right for you. "These target spots, heating up melanin and destroying it after one to three treatments,"

says Alster. "Each pulse of the laser feels like a hot pinprick, and skin will feel tight and sunburned for a few days after." The cost is around \$250 to \$1,000, depending on the area treated, but results are long-term for those who stay out of the sun.

- "For blotchiness, IPL [intense pulsed light] and peels are top choices," says Alster. IPL works similarly to the pigment-specific lasers mentioned above, heating up melanin and destroying it. Up to four sessions are required, spaced one month apart, at \$400 to \$1,000 per session. For faster results, your dermatologist can apply Levulan before treatment with IPL. "This will make dark areas more sensitive to light, so only one to three treatments are required," says Alster. IPL with Levulan costs about \$1,000.
- "In-office peels remove a layer of skin to reveal a more even complexion," says Brandt. A light TCA (trichloroacetic acid) or Resorcinol peel can be done once a month until pigment problems are resolved, at \$250 to \$1,000 per peel. There is no downtime, but skin will be a bit flaky for a few days. A medium TCA peel (which goes deeper than Resorcinol and which Brandt claims should be done annually at most) costs \$1,500 and can clear up more serious blotchiness, but skin will be quite red and peel for a week.
- "If you have rough, peeling brown spots, see a dermatologist," says Brandt. "It may be a sign of a precancerous lesion." These can often be treated topically with a prescription gel like Aldara, an immune-response modifier that stimulates the immune system to detect and eliminate abnormal cells. Pain and side effects are minimal. Treatment lasts from four to 16 weeks.

### Best Skin-Care Options

- The easiest way to keep brown spots at bay? Sunscreen. Mexoryl SX, a newly FDA-approved sun filter, blocks harmful short UVA rays. Lancôme UV Expert 20 with Mexoryl SX (\$35) deflects long and short UVA rays and also contains UVB blockers.
- "Products that increase cell turnover will improve pigmentation problems," says Alster, who recommends antioxidant-packed SkinCeuticals C E Ferulic serum (\$122). We also like iS Clinical Super Serum (\$125) with kojic acid and arbutin, ingredients that work to inhibit the production of melanin. **Caitlin Gaffey**

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