



NEW FRONTIERS

Forget “forever young.” The new name of the game is aging gracefully. And thanks to a spate of new products and technology—from wrinkle removers that actually let you smile to fat blasters for the subtlest of smoothing—that objective is more attainable than ever. **By Megan Deem**

GOLDEN LOBES: HOLLYWOOD’S NEWEST SPOT TREATMENT

We can thank the trend of “ear parties” (those constellations of earrings that dance up the sides of each ear) for alerting us to an entirely new body part about which to have a complex—our lobes: specifically, those that are too thin (due to genetics or

to aging) and cause Noor Fares wings to droop or Jemma Wynne solitaires to point in wonky directions. “Studies have shown that if your earlobes look saggy, droopy, and kind of aged, it can negatively impact how others perceive you,” says Laurel Naversen Geraghty, MD, a dermatologist in Medford, Oregon, citing research such as a

2015 paper in the *Journal of Aesthetic Plastic Surgery* that found drooping lobes contributed to making a person appear more tired, older, and generally less attractive. Geraghty uses Juvéderm to plump up anemic ears. “We can give a youthful curvature to the earlobe, plus fullness and support.”

TEMPLE UNIVERSITY: A SAFER WAY TO FILL UP

For years, those suffering from resting bitch face have relied on injectables to appear kinder and gentler: Botox to soften the “elevens” (those vertical lines above the nose that make you look like you’re frowning) or a touch of filler at the temples to treat the “shadow that can make a person look angry,” says NYC dermatologist Ellen Marmur, MD. (This also makes the eyes look bigger, brighter, and wider.) Doctors had been doing this off-label, but in 2015 the FDA warned that inexperienced injectors could hit one of the blood vessels in the temple, leading to irreversible blindness. Marmur has developed a protocol, soon to be presented at the American Academy of Dermatology’s annual conference, for tweaking the temple without endangering the blood vessels: “The key is injecting very deep, which lifts all the layers—muscle, fat, and skin—together.” Want to know if your doc has learned the technique? Marmur suggests cross-checking your derm on aad.org or asds.net, as well as asking a few questions: How many temples has your doctor injected; what are the two most common side effects of injecting in this area (bruise-like pain for two days and swelling); and how much filler does the average person need (around 1.5 milliliters per side)? “If the doctor can’t answer you,” Marmur says, “perhaps they are not experienced enough.”

FULL SERVICE: AN INJECTABLE FOR EVERY NEED

“When injectables first came into the market a decade ago, they were just designed to fill lines,” says Manhattan dermatologist Joshua Zeichner, MD. “Now we have so many specialized hyaluronic acid injectables, from thick to thin, flexible to stiff, that we can target almost any particular need.” Looking for a plumper with especially long-lasting results? The newest to get FDA approval is Juvéderm Vollure XC, which studies have shown can fill smile lines for up to a year and a half, thanks to

a cross-linking technology that combines large- and small-chain hyaluronic acids. “Similar products last six months to a year, so patients really like that this one [lasts] 18 months,” says Annie Chiu, MD, a dermatologist in Los Angeles who has used the filler “all over” patients’ faces, including the undereye area and lips. Need something to smooth out lines without creating the dreaded “immovable-bricks-in-my-face” effect? Say hello to Restylane Refyne and Defyne. “They have true flexibility, meaning they can compress out of their position and return to their normal state,” says NYC dermatologist Robert Anolik, MD, who alternates between the two when treating fine lines on the areas of the face that move the most, such as around the lips and eyes. (Refyne is for moderate wrinkles, while Defyne is designed for deeper grooves.) Looking for an all-over treatment for those barely-there creases? Derms are taking their HA fillers out of the syringe. “After a laser resurfacing treatment like Fraxel, I’ll smooth Belotero, which is a very thin hyaluronic acid, all over the face to hydrate the surface and mask superficial lines that are too fine to inject,” Anolik says.

IT TAKES TWO: COMBO THERAPY FOR INSTANT RESULTS

To firm up facial skin, Heidi Waldorf, MD, a dermatologist in Nanuet, New York, has long been a fan of both the radio-frequency treatment Thermage (good for “very dense skin without a huge amount of sagging,” she says) and the ultrasound Ultherapy (for

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“when I really need to go deep to get tightening of the loosey-goosey skin around the jawline and neck”). Yet, since both take at least six months to reach max effect, Waldorf has begun to cap off an application of either with Silhouette InstaLift. As its name suggests, Silhouette InstaLift (aka “the suture lift 2.0”) boasts instantaneous results by inserting strands, made of the same dissolvable material as surgical stitches, under the skin to raise the cheeks, jowls, and neck. “You get a synergy between the two [procedures], and both immediate and longer-term improvements,” she says. According to Waldorf, the combo can be done in under two hours (including the all-important numbing time), and other than minimal icing afterward, patients can “go about their business.”

Be advised, though, that not everyone is a candidate for InstaLift: Waldorf says she avoids using the treatment on those with thin skin (on whom the thread material could be “visible or palpable”) or those with a history of reactivity to stitches (because they’re made from the same material as InstaLift).

HOT TO HANDLES: A WARMER WAY TO ZAP FAT

We’ve heard a lot about fat-freezing procedures that blast away unwanted areas of fat by causing fat cells to “freeze” and die off, but for Manhattan dermatologist Dennis Gross, MD, the best way to vanquish undesirable pockets of fat is actually with heat. “It’s more effective than anything I’ve seen,” he says of treatments like SculpSure, which uses a high-temperature technology that bypasses the top layers of skin (avoiding painful bruising) and goes straight to fat cells, causing them to rupture. (Cells are eventually whisked away by the immune system and excreted.) SculpSure is administered via a flexible bar-shaped device that can be placed anywhere there’s a pesky bulge; the FDA has currently approved use on the abdomen, inner and outer thighs, love handles, and back. “Because of the flexibility of the handpiece, you can match the contours you’re trying to improve,” Gross says. (It’s a feature that he says works especially well on the curve of the inner thigh.)

According to data from SculpSure, the first procedure removes 24 percent of the fat in the area of treatment, with additional procedures removing roughly 18 percent. It usually takes two to three 25-minute SculpSure sessions, spaced four to six weeks apart, to get maximum results. Still, SculpSure has its limitations: “Cellulite is partly fat and partly bands of dense fibers, which do not dissolve with any fat-reducing laser,” Gross says.



FACE TIME

1. **GIVENCHY** Le Soin Noir & Blanc Masque swirls together the regenerative and luminizing powers of two different types of algae (and its brush-assisted application

was inspired by the Japanese massage technique of Kobido). 2. **BIOEFFECT** EGF + 2A Daily Treatment, powered by epidermal growth factors synthesized from barley seeds in a high-tech Icelandic lab, protects skin from the

deleterious effects of pollution, such as hyperpigmentation and wrinkling. 3. With the press of a button, **LANCÔME** Advanced Génifique Sensitive Antioxidant Serum releases a calibrated dose of ferulic acid and vitamin E on first use,

providing a month’s worth of ultrapotent skin care. 4. **ALGENIST** Genius Liquid Collagen is rich in nourishing microalgae-derived oils to restore skin’s bounce. 5. **ESTÉE LAUDER** Advanced Night Repair Eye Concentrate

Matrix protects against daily wear and tear in the delicate eye area with two types of hydrating and plumping hyaluronic acid, as well as patented ingredients to help skin repair itself while you sleep.

Givenchy Le Soin Noir & Blanc Masque and Estée Lauder Eye Concentrate Matrix: Ben Goldstein/Studio D

BODY OF WORK: A HEAD-TO-TOE TIGHTENING TREATMENT

When it comes to selecting the best option for laser skin tightening, derms have traditionally faced a Catch-22: “Ultrasound, like Ultherapy, is great because it goes deeper, but it’s also more painful,” says Manhattan dermatologist Paul Jarrod Frank, MD. “Thermage and other radio-frequency devices are less painful, but they really focus on the superficial layers of skin,” delivering less noticeable results. Enter the first machine to combine the best of both—the Exilis Ultra. “It’s amazing,” says Hema Sundaram, MD, a dermatologist in the Washington, DC, area, who swears a session of Exilis Ultra feels “quite pleasant” and more akin to a hot and cold stone massage. “It’s so popular right now, I actually just bought a second machine,” Frank says. “You can use it on the face, neck, arms, legs, abdomen—anywhere you want,” according to Sundaram, and doctors have found the dual-delivery system is ideal for work on the body, where target areas are more expansive. “In the past, we would use something like Thermage, which required a stamping motion, so you would do a pulse, then another, and keep moving.” On an area like the abdomen, that meant that by the time you returned to a section to apply another pulse, the skin was cool and therefore less receptive to treatment. “The Exilis Ultra employs a rolling technique, so you’re able to get a very wide area of skin up to temperature and keep it at tempera-

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ture,” she says. Three months after a single Exilis Ultra session, participants in a study published in the *Journal of Drugs in Dermatology* saw a 35 percent improvement in skin laxity and 19 percent increase in skin density.

BUMP WATCH: THE LATEST (AND GREATEST) CELLULITE BREAKTHROUGH

Cellfina, the device that slices fibrous bands pulling down on fat cells, became a dermatologist favorite for combating cellulite when it was FDA approved in 2015. While it remains popular as far as isolat-

ed deep dimples are concerned, when it comes to smoothing out, say, an entire leg, doctors have discovered that needle-based radio-frequency devices, like the Profound, in which 10 microneedles deliver radio-frequency energy deep into the skin, may be more effective (and less painful). As with Cellfina, “you only need a single session to see results,” says NYC-based derm Macrene Alexiades, MD, PhD. But whereas Cellfina instantly disrupts the bands of fat cells—thereby delivering pronounced results on the spot—the benefits of Profound, which relies on heat technology to stimulate the production of collagen (and eventually fills out puckered places), take a little longer to completely kick in. “The skin starts to look better right away and continues to improve over the course of six months to a year,” says Alexiades, who has developed a protocol that can treat both legs in 45 minutes or less and has begun a study to see if the machine can work its magic on crepey arms, elephant knees, and other places where texture is an issue.

BODY SHOTS: OUR FACES’ FAVORITE INJECTABLES EXPAND THEIR TERRITORY

Dermatologists continue to expand the off-label use of two facial treatments—Kybella, the double chin-dissolving shots, and Sculptra, the deep-wrinkle filler—for applications below the neck. Whereas handpiece-administered fat-melters cover a much broader swath of skin, needle-injected Kybella allows for supertargeted results, ideal for blasting very small pockets of body fat. “I’ve been using Kybella to contour the banana roll underneath the buttocks,” Zeichner says. “Or that little extra fat above the knees.” Sculptra, the poly-L lactic acid filler that jump-starts collagen production for long-lasting results, has proven effective at smoothing out fine lines on the body, such as those between the breasts (“It’s amazing for that,” Marmur says) or between the bicep and elbow. Marmur also uses Sculptra to add volume to certain areas—such as sloped shoulders plagued by falling bra straps or wobbly areas on the upper arm.

If the idea of having a needle inserted in your chest makes you squeamish, fear not. “Sculptra in the chest is minimally painful—2 or 3 out of 10 for just the needle pinch,” says Marmur, who applies a topical numbing treatment like lidocaine before treatment. (Heads up: Patients do experience mild bruising afterward.)

CORE CREW

1. Miranda Kerr keeps her gams gleaming with antioxidant-rich KORA ORGANICS Noni Glow Body Oil, a blend of stretch-mark-battling rose hip oil and vitamin-packed noni fruit extract. 2. The microneedling GLOPRO Body, which is equipped with a redness-reducing red LED light, is designed to address rough or sagging skin on the backs of thighs, upper arms, and abdomen, creating tiny channels that prompt collagen production and allow maximum absorption of active ingredients into the skin (the roller can be used to amp up the firming effects of the brand’s Knockout Knees Power Patches). 3. JUICE BEAUTY Green Apple Firming Body Moisturizer brightens and smooths skin with malic acid from organic apples. 4. LORD JONES High CBD Pain & Wellness Formula Body Lotion, which contains anti-inflammatory cannabis extracts, provides supreme moisturization while also helping to ease sore muscles.

