

BEAUTÉ

His 5th Avenue clinic has long been the go-to for the A-list and with the Colbert MD Skincare range landing in Australia, the star dermatologist talks through his skincare philosophy.

Confidential

DR DAVID COLBERT

Naomi Watts, Rachel Weisz, Michelle Williams, Rosie Huntington-Whiteley, Sienna Miller, Christina Ricci... the list of leading ladies who put their face in the hands of New York Dermatology Group founder Dr David Colbert reads like an awards show red carpet. But what is it about this particular skin doctor that inspires such dermal devotion?

Q You're based in New York but started your dermatology studies in France—how did this shape your skin philosophy?

I began my medical studies at La Faculté Libre de Médecine in Lille. I fell in love with the science and biology of the skin. The study and practice of dermatology in France is both an art and a science and it had its birthplace in Paris as a recognised sub-specialty in medicine. I've lived and studied in Paris, where I had the opportunity to work as a dermatological research consultant for Chanel. Although I earned my degree at New York Medical College and completed my dermatology residency at Columbia-Presbyterian Hospital in New York, my beginnings in Paris introduced the passion for research and development of skincare products, which led me to develop Colbert MD Skincare.

Q You work within the field of psychodermatology—can you tell us a little about this?

Psychodermatology focuses on the boundary between psychiatry and dermatology. The biology between treating skin disorders and a patient's behaviour is quite beneficial for a dermatologist to go forward with treatments, by learning how skin responds to emotional and environmental stressors and helping to moderate those responses.

Q You've also championed teledermatology—what is this?

Teledermatology is the practice of using telecommunications technology to deliver dermatologic services and clinical information. For some patients, this delivery system is convenient especially if they are unable to come in for an in-office evaluation due to distance or scheduling. With teledermatology, we can also accept images from film sets around the world. They email me a high-resolution digital photo and within seconds, I can say what the actor's skin problem is and what to put on it.

Q Speaking of Hollywood, you work with many actresses... What do their skincare concerns tend to look like?

They seek treatments that would give them the 'red carpet-ready' look or glow. I've developed the Triad Facial, which most of my patients are doing to revitalise their skin, leaving a youthful glow and smoother skin. It's a non-invasive treatment that includes microdermabrasion, laser toning and a gentle chemical peel.

Q Has high-definition film changed skincare for celebrities? High-definition film may have led to an underlying anxiety for those who are constantly in front of cameras. Therefore, I always recommend a gentle skincare routine for maintenance.

Q You also work with some Australian actresses... What's your view of Australian skin?

Australian women are constantly under the sun and may experience sun damage starting at a young age. I always recommend daily application of SPF 30 to ensure protection and prevent sun damage that can lead to sun spots, skin cancers, and, yes, wrinkles.

Q In addition to A-list stars, you also advise top models—what have these beautiful women taught you in return?

From them I have learned that less is more. Simple skincare and great nutrition and lots of water, rest, good sleep and a positive attitude will give you 'that glow.' Never overwork your skin and never eat processed food.

Q Finally, tell us about your charity work?

In 2009, I established NYDG Foundation, a charity that sends medical personnel and supplies to people in crisis around the world. The Foundation's ventures include leading a medical team to rural Cambodia in partnership with the Maddox Jolie-Pitt Foundation, to help people who have no access to dermatological care. I was also among the doctors who volunteered their medical expertise in Haiti after the January 2010 earthquake. We returned home to raise awareness, and hundreds of thousands of dollars for prosthetic devices for the earthquake's many amputee victims. ■



Introducing COLBERT MD SKINCARE



"It fills a niche for a simplified system that delivers results," says Dr Colbert. "It's a daily system that complements the skin's natural biorhythm. Instead of a vast skincare line with à la carte products, I wanted a cohesive range." A few highlights...



STIMULATE THE SERUM

Features plant actives and nutrients to boost collagen production while glycolic acid smooths skin texture. Dr Colbert names this as the product of which he's most proud.



INTENSIFY FACIAL DISCS

The 'hero' buy in the range, these exfoliating discs "combine chemical and mechanical exfoliation to mimic the microdermabrasion segment of my Triad Facial, providing an instant luminosity," says Dr Colbert.



ILLUMINO FACE OIL

A blend of eight essential oils (including borage seed and passionfruit) and topical actives (retinol, vitamin C esters) that improves elasticity and suppleness, while hydrating and nourishing skin. The Illumino Body Oil is a favourite among the dermatologist's model clientele—good to know.

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