



Dr. Amy Wechsler



The best quick fix is still **Botox**. It can open up one's eyes and give a rested, relaxed look within days. **Thermage** is an excellent, non-invasive skin tightener in lieu of plastic surgery. There's also **Voluma**, a hyaluronic-acid filler that lifts as it fills and re-volumizes cheeks, giving an instantly more youthful appearance. I like fragrance-free, hypoallergenic **Cetaphil** lotion following in-office procedures, since the skin is more sensitive, as well as **Chanel Hydra Beauty Sérüm**, which is deeply hydrating and also offers antioxidant protection. (dramywechsler.com)



Dr. Macrene Alexiades-Armenakas



The best treatment option rivaling plastic surgery today is the **ePrime**, a fractional radio-frequency device, which has been shown to yield one-third the result of a lower face-lift. The device employs hair-like needles that are inserted directly into the deeper layer of skin and that release the radio-frequency energy, well known to induce skin tightening. It is currently the best option for those who wish to tighten and turn back time naturally, without the scars and potential for alteration of their natural appearance that may occur with surgical face-lifting. For wound healing, I would recommend **Lancôme Absolu L'Extrait**, as it contains rose native-cell factors. (nyderm.org)

Dr. David Colbert

Ulthera, the ultrasound non-surgical face-lift, is a very efficient and natural way to tighten and lift facial and neck muscles. There is no downtime, and results can be dramatic. It is more popular than **Botox**. I recommend applying ultra-rich **Colbert M.D. Heal & Soothe Night** cream with shea butter afterward to minimize soreness. (colbertmd.com)



The Doctor Is In

The best procedures, treatments, and healing products in lieu of plastic surgery. Experts weigh in . . .



Dr. Ava Shamban



I deploy a combination of injectables, such as **Voluma**, and lasers and peels. These treatments address signs of aging, from volume loss in the deepest layers of the skin to the fine lines, wrinkles, and brown spots that appear in the top layers. I recommend **SOS Post-Procedure Recovery Kit** by **Avène**. (avamd.com)



Dr. Gervaise Gerstner



Fraxel is the gold standard for re-surfacing one's skin. If you have a face-lift without addressing the texture, the surgeon is cutting and re-draping "dirty" skin; **Fraxel** will address both the texture and tightness prior to opting for surgery. The **Fraxel Dual Laser 1550/1927** is best: the 1550 wavelength targets wrinkles, scars, and pores; the 1927 wavelength targets brown spots. The best healing product post-Fraxel is **SkinMedica TNS Essential Serum** and/or **SkinMedica TNS Recovery Complex**. (gerstnermd.com)



Dr. Fredric Brandt



Botox and fillers are the best options in lieu of surgery because you can actually lift the face, re-contour, and restore volume with minimal to no recovery time. When I administer my **Can-Ulift** procedure, a combination of fillers, I recommend an **Arnica** cream for bruising and **Dr. Brandt Skincare BB cream** or **CC glow** to conceal any redness or irritation and to protect the skin from the sun. After a treatment, skin can be at its most sensitive. (drfredricbrandt.com)



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