



# BODY SHOP

Who isn't looking for a subtle yet transformative tweak these days? We turn to the best in the business—a roster of top Hollywood docs—for the last word in did-she-or-didn't-she treatments, lasers, and fillers. By Megan O'Neill

## SLIM FAST

For clients seeking to streamline exercise-resistant bulges, dermatologist Annie Chiu, MD, goes hot and cold—pairing the radio-frequency device Vanquish, which kills fat cells with heat, with CoolSculpting, which destroys fat cells by freezing them. “Clients love the two together,” Chiu says of Vanquish’s ability to treat broad expanses, such as the abdomen, and CoolSculpting’s capacity to zero in on hard-to-tone areas, such as saddlebags.

For a quick, pre-awards show fix, Chiu recommends Futura Fit, a device that couples ultrasound (to break down fat with sonic vibrations) with an electrical current that prompts muscles to involuntarily contract, efficiently sweeping the fat into the circulatory system, where it’s naturally metabolized by the body. “People will do it the day of an event to get into their dress,” Chiu says of the treatment, which can last for up to four weeks (and as long as nine months after eight sessions).

## FILLER UP

When it comes to fillers, mixing and matching multiple types in a single session is the best way to achieve airbrushed-looking skin. Dermatologist Simon Ourian, MD, starts with Voluma (a deeply injected hyaluronic-acid filler) “to lift the cheeks,” overlaid by shallower shots of wrinkle-filling Juvéderm Ultra Plus. L.A.- and New York-based derm David Colbert, MD, opts for a different combo of HA fillers: ultrafirm Radiesse to chisel the jaw; Restylane at the temples to restore the face’s youthful shape; and low-viscosity Belotero Balance for eye bags to “take 10 years off,” he says.

Below the neck, Sculptra is “the Hollywood secret,” Chiu says. The filler, made from collagen-building poly-L-lactic acid, usually requires three monthly injections to produce visible results, but its firming benefits can last for five years. Though FDA-approved for the face, derms use it off-label to tighten lax skin above the knees and on upper arms. Chiu’s latest trick is to inject it at the inner elbows to “improve that crepey, slightly loosening skin.”

## HIT REFRESH

Halo, a new hybrid laser, combines the resurfacing capabilities of gold-standard fractional devices such as Fraxel (which ablates a fraction of the skin’s surface at a time) with the collagen-boosting benefits of nonablative technology (which works by heating the deeper layers of skin and leaving the surface unharmed). Celeb derms love Halo’s suitability for all skin tones and its customization element: “You can turn up the ablative setting if you want big-bang results and are okay with needing more downtime, which can vary from one to two weeks,” Chiu says. Conversely, if there’s a red carpet in the near future, Chiu cranks up the nonablative setting to provide subtler tightening and toning with a speedier recovery.

For a last-minute luminosity boost, derms offer microneedling pens, which make tiny punctures in the skin with ultrathin needles—set for superficial or deeper penetration—to “trigger a cascade of healing” that bolsters collagen buildup and improves circulation, says dermatologist Norman Leaf, MD. (Derms apply numbing cream beforehand and recommend that their star clients allow 48 hours before filming, as slight redness can occur.) The results are cumulative: A 2014 study published in *JAMA Dermatology*, an international medical journal, found that after three microneedling treatments performed at two-week intervals, participants’ acne scars improved compared to those of control subjects. Multiple rounds “can create textural improvement comparable to that achieved from Fraxel,” Chiu says.

Derms are also using the pens to help active ingredients, including larger molecules like stem cells and growth factors, penetrate more deeply than they can in a cream. In his celeb-loved IV Vita-Infusion sessions—during which a radiance-bestowing vitamin-and-antioxidant blend is administered intravenously—Leaf goes over clients’ faces with a microneedling Rejuvapen to drive in growth factors. Chiu uses the Aquagold pen to place tiny amounts of Botox shallowly into the dermis, rather than injecting it into the muscle as usual, so that “it doesn’t affect large muscles on the face, but just provides a pore-tightening effect and a decrease in oil production.” ●