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DR. GLOW – DERMATOLOGIST DAVID COLBERT SHOWS HOW TO SPARKLE LIKE THE STARS

Dr. David Colbert is not your typical doctor. Sure, he's the founder and head physician at the New York Dermatology Group, certified by the American Academy of Dermatology, with a degree in internal medicine, a fellowship in acne and wound healing, and a residency at New York-Presbyterian Hospital. But he's also an author, art enthusiast and avid surfer who speaks fluent French and even flirted with a career as a professional dancer before deciding on medical school.



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This “skin Superman” is the dermatological equivalent of Clark Kent, spending his days treating patients at his Fifth Avenue office in New York, then moonlighting on red carpets and fashion shows, and funding major charitable operations in Third World countries. He has his own line of skincare products, and has published a book entitled, *The High School Reunion Diet*. It is what it sounds: a plan involving lifestyle changes, diet, and at-home skincare that will make everyone jealous of your good looks when you run into them later in life!

Dr. Colbert is the master behind radiant beauties such as Adriana Lima, Sienna Miller, Rosie Huntington-Whiteley, Robin Wright, and most of the Victoria's Secret models. He's also the go-to-on-set dermatologist to the stars: “I'm contracted by the Oscars and movie production houses to make sure stars glow on the red carpet,” he explains. Fresh off of the set of the latest X-Men franchise, Colbert has worked on several major titles during his career, including *The Constant Gardener*, *Salt*, and *A Beautiful Mind*. He makes sure that elaborate costumes and intense makeup don't irritate actors' skin. In fact, he has developed an entire product line based around the formulas he created for *Salt*.

Even if you aren't headed to a red carpet anytime soon and don't have Dr. Colbert on speed dial, Colbert also treats patients at his practice in New York, opens pop-up treatment centers around major media events, and sells his own line of celeb-worthy products online. His skincare line is labeled as “daily nutrition for your skin” and can come in the form of diet, but also via his line of products and regular facials and treatments. He urges his clients to adopt a healthy daily lifestyle, and he's happy to help you along the path to wellness, but he wants you to do some work, too. A quick read of his book and you'll be waking up to a glass of H2O, eating wild salmon, blueberries and almonds by the plateful, taking vitamin E supplements, and calling everyone you went to school with to show off your fabulous skin.

Luckily, Colbert's treatments are tailored to busy schedules, travel, and of course last-minute gala event primping. His red carpet beauty *It*-formula is the Triad facial. Naomi Watts is among the famous fans of the three-step process, which incorporates microdermabrasion, laser toning, and chemical peeling to exfoliate the skin and boost collagen production. It only takes twenty minutes and doesn't leave any redness, so you can go head straight to the red carpet, the runway, or your office. “Our products help maintain the fabric of your skin—the thread count of your skin, so to speak. By giving your skin the ingredients it needs using our products and doing the triad, it will look great. It's like restoring a painting,” he says of his exclusive mix of chemistry and art.

His Tone Control Facial Discs may sound like they're straight off the *X-Men* set, but they are actually at-home beauty cures designed for everyday life. The mini microdermabrasion pads brighten and balance the skin, giving a more uniform color and a sexy sheen. In his words, the Colbert method is “a simplified system of luxurious skincare products that deliver really fast results.”

Dr. Colbert attributes his success to “a combination of years of experience and a ‘less is more’ motto.” His products are available at outlets such as Paris's Colette and Barneys New York, and include fancy ingredients like lavender oil, ginkgo biloba and gotu kola, but his approach to beauty is quite basic. His products include only a handful of active ingredients, and you can forget trendy superfoods—he prefers you to focus on whole, unprocessed foods like vegetables, olive oil and berries. The High School Reunion Diet includes “no processed food, five glasses of water a day, lots of green leafy vegetables like kale and spinach, almonds, white fish, Greek yogurt and olive oil. Essentially a Mediterranean diet without bread. Eating these things gives you a supernova glow.” He also advocates moderate, but not extreme, exercise, so no need to enter an Iron Man challenge: “Take the stairs instead of the elevator, go for a swim, and just move around.”

Most important, make sure to get that beauty sleep. When you wake up “drink one or two glasses of water right away. Our bodies are like sponges—we need to re-expand.” His travel-friendly Tone Control Facial Discs send molecules deep into the skin to help reverse the hyperpigmentation caused by sun damage. He recommends leaving it on for two minutes every morning to reduce brown and red spots.

Does he have a secret to perfect skin? “The one thing women don't do enough after age 35–40 is use a facial oil. It's the secret to lustrous skin,” he says. Colbert's own Illumino face oil is his top-selling product, a mélange of highly effective esoteric ingredients like yangu oil to improve elasticity, marula oil to hydrate, and antioxidant-rich passion fruit oil. “Those three things together give instant glow and fill in fine lines; they enable makeup to go on better, and they immediately give you a red carpet glow,” Colbert says.

But what exactly does it mean to “glow”? “I think glow comes from within. When I came up with the name for this product—Illumino—I was in Sicily, and I thought to myself: What makes people light up and glow? I thought of Vermeer paintings and wondered what makes those glow. It's ‘illuminin’, an ingredient in fine oil painting that adds light. When your skin is healthier from the inside out, it reflects light and seals in moisture, making you glow, too.”

While it may appear that they just woke up looking like that, it takes a lot of work to stay glowing on the Victoria's Secret runway—plus a little help from Dr. Colbert, of course. “Victoria's Secret models are obviously young, so that contributes, but they also take really good care of themselves and they follow the High School Reunion Diet. They do the triad to protect, tighten and firm their skin, and they use products like the Tone Control Discs, the serum and the Illumino, because that replicates having a facial at home and gives a really great glow.” He continues: “Sometimes before a show we'll set up shop in London or NYC and do full body Triads so that their legs, arms, chests and faces all look great and everything's glowing.” For those without the luxury of a top doctor on hand for a full-body treatment, Colbert's Illumino body oil is an at-home version—a lighter-weight version containing hydrating passion fruit, orange and argan oils, plus anti-aging retinol.

Even with his number on speed dial for every Hollywood A-list, and a bustling, full-time practice in NYC, Dr. Colbert does manage to find time to relax and give himself his own prescription for eight hours' sleep per night. In fact, he's a big advocate of practicing what he preaches: “I stay hydrated. I eat a lot of protein and try to avoid eating too many carbohydrates or sugar. I stay focused, and I love my job! I mix it with art, charity and chemistry.” He also kicks back through his favorite pastime, surfing: “I work hard for two or three months then I go surf for a week. I just got back from surfing with my friend, a big surf photographer, Biarritz and Portugal.”

While he's saving your skin, Dr. Colbert is also busy saving the world. His NYDG Foundation sends medical personnel to crisis-stricken people across the globe. “We reach out and do different charitable events,” he says of the initiative that has included leading a medical team in rural Cambodia in partnership with the Maddox Jolie-Pitt Foundation to help people with no access to skincare. After the January 2010 earthquake, he flew over to help victims in Haiti, rallying his famous friends to contribute to the cause. He's since raised hundred of thousands of dollars for prosthetic devices for those who lost limbs during the terrible quake. “Our next big project is a microcredit lending program for Cambodian women near the Thai border. We built a fresh water plant and a playground,” he says.

There's breaking news, too: he'll be launching a brand new Illumino face mask this month. IT will be exclusively at Barney's before rolling out to other retailers. “It incorporates all the components of the oils in a brightening, hydrating relaxation mask for after a long day, or after you've flown from China to New York,” he explains.

Dr. Colbert's products may be popular, but he doesn't recommend using them all—at least, not all at once. “The biggest mistake I see among patients is not knowing where they fall on the skin spectrum and not using the right products for their skin types. Another big mistake I see is over-treating, and buying twenty different products.” Dr. Colbert's approach is gentler and simpler, but elegant: “Don't overdo it. You want to be conservative, and you want to go to someone who knows what they are doing. Ask questions. Don't do too much at a time. I think a little bit of Botox is good, but not too much. And don't start too young or there's nothing to do later,” advises Colbert, who recommends starting around age 35–40. He adds: “If you see a friend who looks good and went to someone good, that's already a good start.”

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