



THE QUICK

Fix

WRITTEN BY **ALYSSA MONTEMURRO**

As the holiday season approaches, the only thing more daunting than the amount of parties looming over your calendar, is the sudden realization that your complexion may not be up to par. Thankfully, whether you're looking to erase pesky crow's-feet or banish stubborn brown spots and fine lines, the latest in-office treatments require spending little more than an hour at your dermatologist's office. Better yet, when done correctly, these subtle, minimally invasive procedures are not only quick but effective, sometimes leaving your skin looking plumper, tauter and years younger with as little as a single treatment. Here, we consult a handful of the industry's leading dermatologists and skin experts on the top complexion-enhancing treatments to help you turn back the clock in an instant, whether you have just days or even hours until your next event. No waiting. No downtime. Just

tighter, brighter-looking skin—period.

DR. ROBERT ANOLIK:

1-2 Weeks Out: For an instant touch-up, New York-based dermatologist Dr. Robert Anolik recommends getting Botox injections along the frown lines, crow's-feet and platysma neck bands, otherwise known as the muscles that connect the jawline to the clavicle. "When you're expressing yourself and smiling and laughing a lot, as one does during the holidays, you're actually pulling down on these neck bands, which can make the neck look lower than it is and a bit stringy," explains Anolik. "One of the biggest complaints that I get from women over the age of 30 is that their neck is starting to droop, and that's because these neck bands are constantly being pulled down on, decreasing the skin's laxity over time."

1-2 Days Out: If you have just a day or two to spare before the big event, Anolik suggests an Aquagold microchanneling treatment, in which a customized blend of Botox and hyaluronic acid filler, like Juvederm Volbella, is stamped into the surface of the skin using the Aquagold microneedling device (a small medical-grade canister outfitted with 24-karat gold needles). "When applied to trouble areas like the area between the eyebrows and around the mouth, this procedure tends to give the appearance of a smoother skin surface while also helping to improve its overall quality and elasticity."

DR. PAUL JARROD FRANK:

2 Weeks Out: For a full-body touch-up, celebrity cosmetic dermatologist and founder of PFRANKMD, Dr. Paul Jarrod Frank, recommends the new FDA-cleared Emsculpt device for the quick strengthening, toning, and firming of the abdomen, butt, and thighs. Compared to doing 20,000 full contraction crunches or squats, the 30-minute toning session induces 20,000 supramaximal muscle contractions that will leave the body feeling as if it just completed an intensive workout, but without any of the downtime or sweat required. "This revolutionary treatment burns fat and builds muscle to help sculpt your body, allowing you to achieve fitness goals that would otherwise remain out of reach," says Jarrod Frank. "You can begin to feel tangible results immediately following the treatment; however, positive results are seen two to four weeks after the last session and continue to improve for several weeks following the treatments."

Signature Facial Treatment, which is offered exclusively at my practice," adds Jarrod Frank. "It increases clarity and texture while enriching the skin with nutrients and minerals from the waters of Montecatini, Italy. The skin is gently cleansed using antioxidants and natural botanicals. It is then toned with the MDNA SKIN The Rose Mist refreshing balancing elixir and followed with the application of the exclusive Chrome Clay Mask. Upon magnetic removal of the mask, The Serum is then infused into the deeper layers of the skin with the micro-massaging vibrations of The Skin Rejuvenator. This stimulates the muscles and tissues creating a gentle lift and definition to the contours of the face, resulting in a fresh, hydrated, and replenished glow."

*Emsculpt, \$1,000 per treatment.**MDNA Skin Signature Facial Treatment, \$375.***DR. DENNIS GROSS:**

1 Day Out: To reverse dullness in a flash, Dr. Dennis Gross suggest his new Jet Facial: a 30-minute customizable anti-aging treatment "designed specifically for busy, stressed out New Yorkers." Like a microneedling session without the needles, this quick and easy treatment uses a powerful jet stream to penetrate the skin without touching it, allowing for the

subdermal layer to absorb a powerful cocktail of ingredients that effectively cleanse, exfoliate and micro-circulate the skin for a clearer, brighter complexion. "The best part about this facial is that you will see immediate results after just one treatment," explains Gross. "Skin looks luminous, bright and rejuvenated, and there is zero downtime, so you can continue onto your next errand without pause."

DR. DEBRA JALIMAN:

1-2 Weeks Out: When confronted with an endless number of holiday parties, and thus, countless holiday party photos, the last thing you want to see staring back at you is a gummy smile, or for that matter, a pebbly chin. For that, New York-based dermatologist Dr. Debra Jaliman recommends a few drops of Botox. When injected into the muscles around the mouth and chin, the injectible can help relax the hyperactive muscles causing that elevation in the upper lip and that pebbled appearance that can sometimes form across the chin.

If dull, tired skin is more your issue, Jaliman also suggests an illuminizing peel using a combination of alpha-hydroxy acids and salicylic acids. When combined, these potent ingredients gently exfoliate and rejuvenate the skin, revealing a more vibrant, radiant-looking complexion after just one peel and little to no downtime. For first-time patients, Jaliman does recommend getting your treatment at least one week before an event in case you have a reaction to any of the ingredients. As she says, "you don't want to risk it."

DR. DAVID COLBERT:

3 Weeks Out: The fastest way to erase lines is to inject them. But celebrity dermatologist Dr. David Colbert doesn't stop there. In addition to addressing fine lines and wrinkles with a subtle amount of Botox and Restylane filler, he also recommends his patients team that with one of his signature Triad facials: a three-part treatment that includes microdermabrasion, laser toning and a gentle chemical peel. "The Triad Facial will not only give you a dewy glow, but can also enhance your cheekbones and will last for several months, taking you well into the new year," says Colbert.

1-2 Days Out: Sometimes the best way to rejuvenate your skin isn't about what you put on it, but rather what you put into it. It's no secret that our diets play an important role in the quality and vibrancy of our skin, which is why Colbert also suggests getting an IV therapy session at the recently opened NYDG Integral Health & Wellness Center, where a trained physician will prescribe you a custom cocktail of ingredients that can help target everything from skin rejuvenation to comprehensive immune support. After all, your skin will only ever look as good as you feel.

*Triad Facial: \$600-\$800.**Bespoke IV Therapy Session: Prices starting at \$750.*