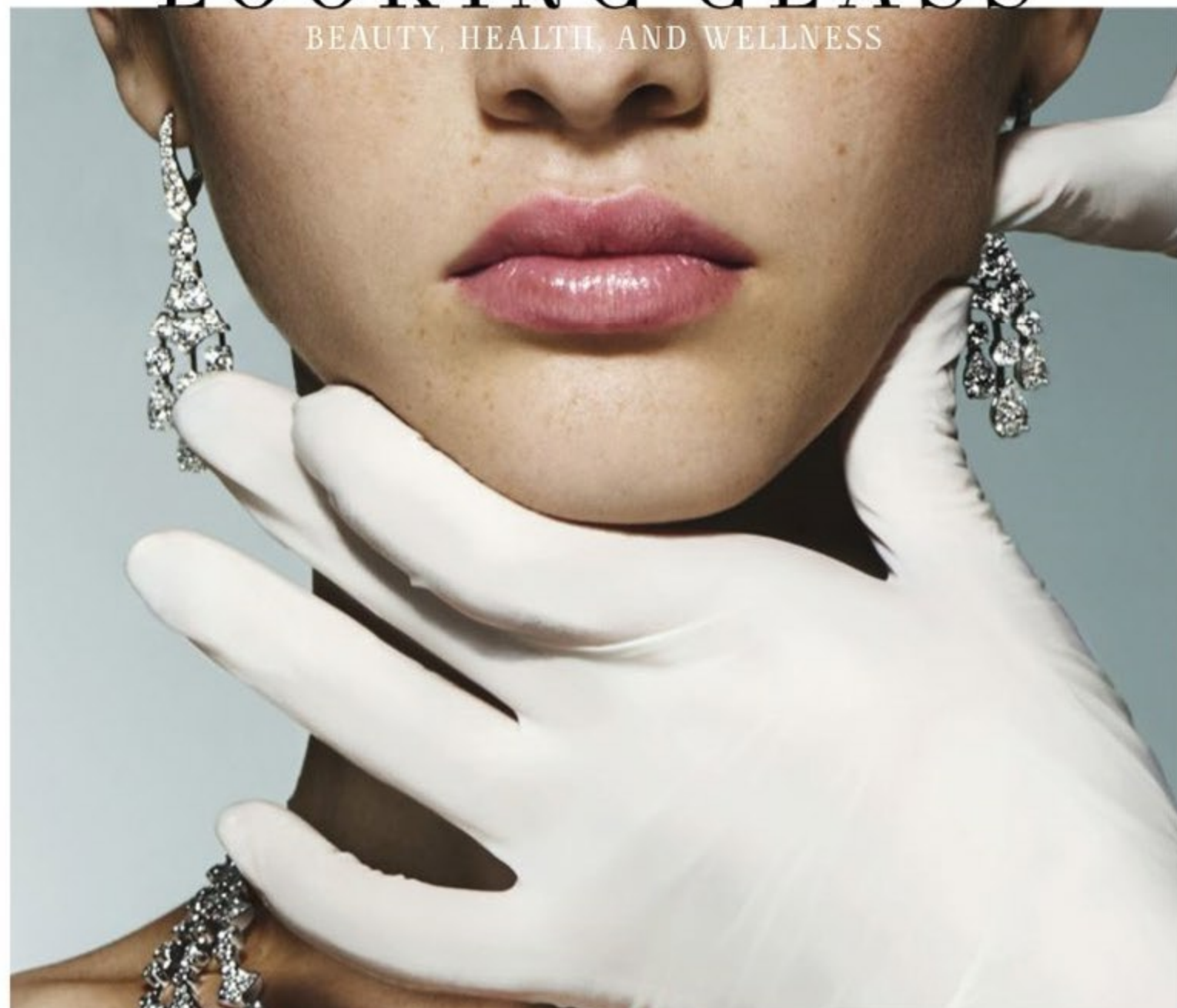


# LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS



FOUNTAIN OF YOUTH

## FACE IT

From New York to Paris, a guide to the best cosmetic derms, plus the newest treatments and essential product picks. *By Fiorella Valdesolo*

### Your Skincare Black Book

#### DR. MACRENE ALEXIADES

*The derm with an artist's eye.*

Alexiades is discreet about her client list, but, considering her knack for freezing time without freezing faces, it's clear why it reportedly includes a number of big name actresses and models. "I make you look like your best you and then keep you there for the rest of your life," she says. Her signature treatment is a liquid face-lift using filler injected behind the hairline. NEW YORK CITY, NYDERM.ORG

#### DR. ROBERT ANOLIK

*The Michelangelo of Botox and filler.*

Anolik got an education in Botox's myriad uses from his mentors (the late

Dr. Fredric Brandt chief among them), and he is known for wielding it adroitly for his A-list New York clientele for everything from erasing fine lines to contouring jaws to softening neck bands. "It's putting droplets of Botox into the neck of almost everybody over the age of 30," he says. "When those muscles stretch, they pull down in a line from the jaw to the clavicle, making the neck look worse. Injecting lets it sit higher." NEW YORK CITY, LASERSKINSURGERY.COM

#### DR. DAVID COLBERT

*The NYC derm with a holistic MO.*

Colbert opened his sprawling NYDG Integral Health facility earlier this year, which

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has allowed him to employ an "inside out, outside in" approach to rejuvenating skin. That means crafting bespoke combinations of therapies like vitamin IVs with more traditional lasers and injections. NEW YORK CITY, NYDERMATOLOGYGROUP.COM

#### DR. HAROLD LANCER

*The Beverly Hills A-lister pick.*

A favorite of boldfacers from Beyoncé to Victoria Beckham, Lancer is known for cocktailing modalities head to toe and zeroing in on specific areas of concern—like earlobes, which he plumps with filler, and inner arms and thighs, which he firms with a radiofrequency treatment. BEVERLY HILLS, LANCERSKINCARE.COM

#### DR. RHONDA RAND

*The L.A. lifestyle derm.*

Rand, who courts Angelina Jolie as a patient, prides herself on designing personalized skin fixes. Two frequently booked procedures: Clear + Brilliant laser with PRP (platelet-rich plasma) to address sun damage, and the BTL Exilis Elite, a radiofrequency and ultrasound system that lifts the face and neck—"great results with no downtime." LOS ANGELES, RRMDINC.COM

#### DR. TINA ALSTER

*The go-to for DC power players.*

Alster has been spreading the gospel of medical lasers since founding the Washington Institute of Dermatologic Laser Surgery in 1990. The fact that her main clientele is everyone on the Hill (and her office is a few blocks from the White



#### INTRODUCING THE TWEAKMENT

The latest entry in the skincare lexicon is born of the trend in favor of tiny tweaks over dramatic treatments. "People used to come in twice a year for a complete overhaul; now they come for smaller amounts and more often," says Dr. Timm Golueke. A little can truly go a long way, says Dr. Rhonda Rand: "Botox sprinkles can soften the face a bit, just one Clear + Brilliant laser treatment gives skin an immediate healthy glow, and a tiny bit of lip filler can make the mouth look the way it used to, not detectably bigger."

### Is the Chest the New Neck?

According to top doctors, anti-aging concerns have indeed gone south.

Left alone, the fragile skin on your chest is yet another mirror of your age. "I tell my patients you should treat your chest the way you finally started treating your neck and the way you've been treating your face for many years," says Munich-based Dr. Timm Golueke. The biggest issues, according to New York dermatologist Robert Anolik, are hyperpigmentation (both sun spots and an overall dull brownening of the skin) and a weakening of the collagen layer, which translates into fine lines and creases. He favors strong, non-ablative resurfacing like Fraxel Dual laser all over, ruby lasers for sun spots, and, to plump the surface, injections of Juvederm's Volbella hyaluronic acid filler blended with saline to make it more liquid, which is then starped into the skin with an Aquagold needling device. Botox can also be effective for décolletage damage. "Injected very diffusely throughout the décolletage, it can minimize the superficial muscle fibers that could be contributing to the lines that are forming," Anolik says.

