



“You have only one face. Choose a physician who can demonstrate her experience with examples and references.”

burst blood vessels and diminish skin redness, including that caused by rosacea, a chronic acnelike condition. Because it causes some collagen reformation, it also has some effect on fine wrinkles.

What It Can Do

- Destroy tiny burst blood vessels, including those caused by rosacea.
- Diminish sun spots on hands, neck and chest, “which you couldn’t do with CO₂ laser resurfacing without causing scarring,” notes Bruce Katz, M.D., director of the JUVA Skin & Laser Center in New York City.
- Reduce some fine wrinkles.

Drawbacks

- Same as those from Nd:YAG lasers.

Time and Cost

- Five or six treatments, three weeks apart; \$500 to \$750 each.

Got Fine Lines Plus Acne Scars or Rough Skin?

CONSIDER: Nonablative laser/microdermabrasion combo

THE SCIENCE: This double procedure pairs a nonablative laser with microdermabrasion, an exfoliating treatment. “Nonablative lasers tighten skin but don’t really affect its surface quality—rough spots, acne scars and pigmentation,” notes Dr. Sobel. “Microdermabrasion does correct these irregularities.”

What It Can Do

- Reduce fine lines, improve mild acne scars, diminish skin pigmentation and produce a smoother skin texture.

Drawbacks

- “Patients do get somewhat redder than they would if we were doing just one of the treatments,” Dr. Sobel notes. Women with sensitive skin should not get the combination treatment.

Time and Cost

- Three to six treatments, two to six weeks apart; \$750 to \$950 each.

Got Thin Lips?

CONSIDER: Hyalan gel injections

THE SCIENCE: About 3 to 5 percent of Americans are allergic to collagen, which means they can’t get lip-enhancing collagen injections. But for years, European dermatologists have been using hyalan, a collagen substitute. Unfortunately, the FDA hasn’t approved the stuff yet, but it will probably be available here within the next year. Because hyalan gel is entirely synthetic, it causes no allergic reaction—and there’s no waiting for the two allergy tests (spaced at two-week intervals) that doctors normally perform prior to injecting collagen. “The effects are comparable to collagen and last about the same amount of

time,” explains Seth Matarasso, M.D., associate clinical professor of dermatology at the University of California School of Medicine in San Francisco, who is evaluating hyalan for an FDA-sponsored study.

What It Can Do

- Plump up lips and smooth lines around the mouth.

Drawbacks

- Injections last only about four months.
- Not yet available here, but should be within the next year.

Time and Cost

- One to three syringes per treatment; \$400 per syringe.

Warning to All Interested Women

It seems like *everyone* is now offering laser treatments, from fancy spas to anyone with an M.D. following her name. “You have only one face,” notes Wilma Bergfeld, M.D., head of clinical research in the department of dermatology at the Cleveland Clinic Foundation. Don’t go anywhere where you’re just going to be treated by a technician, she recommends, and “choose a physician who can demonstrate her experience with plenty of examples and references.”

Derm-in-a-Box

Hoping to stop time in a bottle? Here, some of the latest products that promise to turn back the clock—or at least slow it down. Plus, what derms have to say.



Ellen Lange Skin Science Retexturizing Peel

(\$65, 800-652-6438)

THE DEAL: A four-step at-home glycolic acid peel (5 percent solution) that’s painted on the face with a brush, then quickly foams up; touted as an exfoliator.

DOCTOR SAYS: “There may be a very mild exfoliation effect, but a peel needs at least a 10 percent formulation to be really effective and unveil fresh skin,” says New York City dermatologist Dennis Gross, M.D.



Joey New York Super Duper Lips

(\$25, 800-563-9691)

THE DEAL: This gel contains lactic acid (an exfoliator) and honey (a natural humectant), which helps lips retain water. But the lip-plumping secret may be in the directions: You’re supposed to massage the gel into the lips for seven minutes.

DOCTOR SAYS: Notes dermatologist Sobel: “By massaging so much, you’re causing inflammation,” making your lips redder and swell seductively.



SkinCeuticals Primacy Eye Balm

(\$68, 800-811-1660)

THE DEAL: This eye cream contains soy isoflavones to help reduce puffiness and firm the skin around the eyes. Soy contains estrogen derivatives, so the isoflavones reportedly protect against dryness associated with age-related estrogen loss.

DOCTOR SAYS: “Soy is relatively new,” notes Dr. Sobel. “It may be a stretch to say isoflavones have the same benefits as estrogens.”



RoC Protient ActiPur Daily Firming Treatment and Eye Contour Gel

(\$20 each, at drugstores)

THE DEAL: Containing the new ingredient Protient—a mix of tyrosine (a protein-building block) and DMAE (a firming nutrient)—these products claim to improve crow’s-feet immediately.

DOCTOR SAYS: “The ingredients penetrate skin and may have an effect on collagen,” says dermatologist Bergfeld. “But to sustain any effect with a topical cream, you have to keep using it.”

TOP: ALEX NEWHALL; HAIR: TIGRINE FOR ARTISTS; MAKEUP: REBECCA FOR GARDEN NEW YORK; STILLS: CHRISTOPHER GALLO



2001: A Face Odyssey

If you look at your face and fixate on little lines, leftover acne scars and broken blood vessels, you could consider one of these four new face-perfecting procedures. *Glamour* reports.

CO₂ LASER PEELS? Collagen injections? So twentieth century. But cosmetic dermatology marches on, and the flesh doctors are forever formulating kinder, gentler treatments for women who want to improve the look of their skin. *Glamour* has uncovered four new nonsurgical procedures (targeting young faces with mild wrinkling, broken capillaries or pigmentation) to help you get the baby-butt-smooth skin you crave—without having to clear your schedule or cash in your 401(k).

Got Wrinkles Around Your Eyes and Mouth?

CONSIDER: Nd:YAG laser treatment

THE SCIENCE: The lasers most commonly used by derms today are ablative (meaning they cause a controlled burn on the skin, removing the top layer of cells) CO₂ and erbium lasers. They help remove deep wrinkles while forming healthy new collagen, the fibrous protein that keeps your skin looking plump and wrinkle-free. But an ablative laser treatment also means enduring about three weeks of the sun-burn from hell—skin that's first red, then oozing and then just peels off altogether. In contrast, the newer Nd:YAG laser is nonablative, so it doesn't burn the outermost layer of skin. It does, however, cause collagen reformation, which fills in and plumps out fine lines.

What It Can Do

- Reduce fine wrinkles, especially around the eyes and mouth.
- Keep you from looking like a burn victim. "It doesn't make you

bruise or swell, and you can go back to work right away," says New York City dermatologist Michele S. Green, M.D.

Drawbacks

- Results are not as dramatic as those from ablative lasers.
- You may experience mild redness later that day, which could last up to a week. Anything that alters collagen will have some effect on skin.
- You'll need multiple treatments. "Ablative lasers are a one-shot deal, but they're brutal," explains Dr. Green. Nonablative laser treatments are gentler but require repeated treatments to achieve a lasting effect.
- Treatments must be spaced at least two to six weeks apart. "You need to see how much inflammation there is and how your skin reacts before the next treatment," stresses Dr. Green.
- Results—from any laser procedure—won't last forever. "Some patients may want a maintenance treatment every six months," says New York dermatologist Howard Sobel, M.D. "But some may not need it again for several years if they maintain their skin by using topical creams, staying out of the sun and always wearing sunscreen."

Time and Cost

- Three to six treatments, two to six weeks apart; \$500 to \$750 per treatment—in all, about half the cost of a CO₂ laser resurfacing.

Got Burst Blood Vessels or Facial Redness?

CONSIDER: V-Beam laser treatment

THE SCIENCE: The V-Beam laser is also nonablative, and treatment can be performed during your lunch hour. It's primarily used to eliminate

ALEX NEWHALL; HAIR: YOUSUKE FOR ARTISTS; MAKEUP: REBECCA FOR GARDEN NEW YORK; STILLS: CHRISTOPHER GALLO