

# MORE

SIMPLE SECRETS OF GORGEOUS WOMEN

#1  
WAY TO  
PROTECT  
YOUR BRAIN  
AS YOU  
AGE

FIND  
THE IDEA  
FOR YOUR  
NEW  
BUSINESS  
IT'S EASIER  
THAN YOU  
THINK

NEW  
BEAUTY  
RULES  
FOR  
30,40,50

BEST BEAUTY  
PRODUCTS  
OF THE YEAR  
ENTER TO  
WIN THEM ALL

YOURS,  
MINE & OURS  
THE NEW WAY  
MOMS AND  
DAUGHTERS  
SHOP

A SECOND  
ACT THAT  
FEEDS  
YOUR SOUL

NAOMI  
WATTS

ON HOW LIFE HAS  
MADE HER BRAVER

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"Women searching for perfection want to do whatever it takes to get rid of every last line," says New York dermatologist Francesca Fusco. "They zero in on one area, whether it's the jawline or the lips, and keep asking for more filler there, but they are not looking at what that does to their face as a whole. I tell patients to take a photo rather than look in the mirror because it's easier to see yourself clearly that way."

In rare cases, overuse of fillers is indicative of a deeper problem. "Some women who go too far with injectables probably have body dysmorphic disorder, which causes them to see themselves as much worse than other people see them," says Katharine Phillips, MD, director of the Body Dysmorphic Disorder Program at Rhode Island Hospital. "BDD affects about 2 percent of the population, more than anorexia, and it may be becoming more common as people are increasingly exposed to unrealistic beauty ideals. Many people with BDD spend enormous amounts of time comparing themselves with celebrities online, which only makes them feel worse." Even if you don't have BDD, it can be hard to ignore the plethora of images that makes going au naturel seem like the exception rather than the norm.

The goal with fillers, as with all beauty treatments, should be to look like yourself, just a bit better. I, for one, remain a fan of anything that can give me a little lift, including injectables. Being aware of the risks, though, will help ensure the best results (see "6 Rules to Prevent Overplumping," page 105). Meanwhile, we may have reached another tipping point. Celebrities who go too far are now subjected to viral levels of ridicule, and doctors are seeing an increasing number of patients who specifically ask not to be overfilled.

"I recently had a well-known woman come in," Fusco says. "She had a completely overdone face. I dissolved the inflated areas and gave her just a little Botox. She ended up looking so much better." \*

# INJECTABLE-FREE LIFTING AND SMOOTHING

**ONE WAY TO AVOID** overfilling or overfreezing is to opt for, or alternate your injectable appointments with, treatments that lift, smooth and tighten without needles.

**ULTHERAPY** tightens skin via ultrasound. A dermatologist or plastic surgeon runs a wand over the epidermis to deliver ultrasound energy to the skin's deepest layers. "This causes the collagen proteins there to denature, or unwind, and as they re-form, they line up in a tighter pattern, which results in tighter skin," says plastic surgeon Jon Turk. You typically need only one session, although it can take up to three months to see the final results. And while there's no downtime—just a bit of post-procedure redness—the pain factor can be pretty high. Turk, for one, offers intravenous sedation to make it more manageable. Cost of one treatment: \$1,500 and up. For more information, go to [ultherapy.com](http://ultherapy.com).

**RADIO FREQUENCY** therapy, under brand names such as Exilis, Thermage and Pelleve, is similar to ultrasound therapy in that a handheld wand is used to direct energy into the skin. That heat denatures collagen, which then heals in a tighter formation than before, resulting in firmer, tighter, more plumped-up skin over time. Results typically become apparent in 90 to 120 days, and you need three to six sessions for the best effect. While radio frequency therapy is mildly to moderately painful, Turk says patients have found it tolerable without anesthesia (though you may ask for topical lidocaine to soften the sting); plus, there's no downtime. Cost per session: \$500 and up. For more info, go to [btlaesthetics.com](http://btlaesthetics.com), [thermage.com](http://thermage.com) or [pelleve.com](http://pelleve.com).

**MICROCURRENT FACIALS** are administered via a tiny wand that sends an electric current through

your skin to strengthen and shorten the muscles underneath, in a process similar to the toning of biceps through exercise. The strengthening helps because "weak facial muscles can cause skin to sag," says Shellie Goldstein, an aesthetician and acupuncturist in New York City who specializes in anti-aging treatments. You'll notice an immediate lift, though Goldstein recommends a series of 10 sessions. "Just as with exercising your body, it takes time to strengthen facial muscles, so the effect is cumulative," she explains. Interestingly, she often uses microcurrent facials in conjunction with acupuncture. Not only do the tiny needles create microtraumas on the skin, prompting increased collagen production, but, she says, the practice also "improves circulation and aids in lymphatic drainage," which can enhance the lifting effects of the current. Cost per session: \$150 and up. For more information, go to [hamptonsacupuncture.com](http://hamptonsacupuncture.com).

**LASER MICROPEELS** such as Clear + Brilliant and the Sciton Micro-LaserPeel are done in a doctor's office. A handheld wand delivers low-level fractional laser energy, meaning that the laser beam is divided into thousands of zones, which target tiny spots ("fractions") of your skin. The effect is to polish the skin's surface; the laser's heat on the dermis also creates mini traumas that may stimulate collagen production (though to a lesser degree than Ultherapy or radio frequency treatments). The procedure tightens the skin and gives a glow, says Ellen Marmur, MD, a Manhattan dermatologist. A series of four to six treatments administered two to four weeks apart generally yields the best results, which last about a year. You may experience redness or even tiny pink dots for up to a week after each treatment, but beyond that, there's no downtime. Cost per session: from \$500. Go to [clearandbrilliant.com](http://clearandbrilliant.com) for more information. —L.W.