

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY



Flat Stomach, Sexy Arms,
and Firm Thighs: How to
Remove Fat Forever!



30s

40s

50s

SECRETS TO
LOOKING YOUNG
AT ANY AGE...



A woman with dark hair pulled back, wearing a white bikini, is posing in a studio setting. She is leaning forward with her chin resting on her hands, which are clasped over her knees. The background is a plain, light-colored wall.

**INSIDE
TIP**

According to Dr. DiBernardo, different beauty issues reside in different layers of the skin, which determines the appropriate laser solutions to target these specific areas. The uppermost layer of the skin is home to pigment and small vessels. Problems such as large pores, texture and declining collagen production occur in the middle layer. Skin-tightening treatments act on the deepest layer of the skin, and fat-melting technologies actually affect the area directly beneath the skin itself.

LASER

WITH THE SUMMER SUN BEHIND MOST OF US, IT'S THE IDEAL TIME OF YEAR FOR LASER TREATMENTS. FROM SIGNS OF AGING AND BROKEN BLOOD VESSELS TO EXCESS HAIR, HYPERPIGMENTATION AND STUBBORN ACNE, THE RESULTS YOU'RE LOOKING FOR MAY BE AS CLOSE AS YOUR DERMATOLOGIST OR PLASTIC SURGEON'S OFFICE—WITHOUT THE NEED FOR SURGERY.

BREAKTHROUGHS

WRITTEN BY PAIGE HERMAN-AXEL

THE EVOLUTION OF LASERS

Just a few years ago, much of the buzz centered on downtime-free nonablative lasers that provided subtle results over a series of treatments. But the pendulum has swung (once again). "The fractional trend started three years ago with the introduction of Fraxel," says New York City dermatologist David Goldberg, MD. Today, the focus is on fractional lasers because they offer just about all of the results achieved by their ablative counterparts, but with significantly less recovery and risk. The main tradeoffs: multiple treatments and possible downtime.

But where is the laser industry headed? Although there are many technologies that can treat a wide array of concerns, New York City dermatologist Heidi Waldorf, MD, explains, "We still don't have one technology that combines surface improvement and tightening with no downtime. The trend may be toward combination machines that get more texture and tone improvement."

find your perfect laser treatment

According to Montclair, NJ, plastic surgeon Barry DiBernardo, MD, "With so many lasers, patients are often confused. The best thing to do is find a physician that is well-versed in lasers and has experience using multiple technologies so they can guide the patient to the best solution for their issues and concerns." The beauty of using many of today's lasers is the ability to tailor treatments to each patient. With so many options, there seems to be something that fits anyone's individual needs—including their budget, the time they have to recover and the discomfort they are willing to endure.

AFTER YEARS OF UNPROTECTED SUN EXPOSURE, IT'S HARD TO DETERMINE WHICH FINE LINES, WRINKLES AND AGE SPOTS ARE THE RESULT OF AGING VERSUS UV RAYS. HOWEVER, THERE ARE A WIDE ARRAY OF TECHNOLOGIES—FROM NO-DOWNTIME TREATMENTS WITH SUBTLE RESULTS TO THOSE WITH SIGNIFICANT DOWNTIME THAT OFFER UP THE MOST DRAMATIC RESULTS—THAT CAN ADDRESS DAMAGED AND AGING SKIN AND PROMPT COLLAGEN PRODUCTION TO REJUVENATE YOUR APPEARANCE.

+

LIGHT-EMITTING DIODE (LED), COOLTOUCH, GENTLEWAVES

GOOD FOR *subtle changes with no downtime*

A variety of modalities can be used to slightly soften fine lines and even out skin tone without recovery time. All of these technologies claim to work by stimulating natural collagen production in aging skin. In addition to calming the inflammation associated with sunburn, West Palm Beach, FL, dermatologist Kenneth Beer, MD, finds these treatments best for soothing the skin before and after procedures. "However, they are better in conjunction with fractional resurfacing and other collagen-stimulating treatments rather than on their own," Dr. Beer says.

WHAT YOU'LL LOOK LIKE RIGHT AFTER
You'll have no redness or discoloration

WHAT IT FEELS LIKE *Little to no pain*

FINAL RESULTS *Subtle improvement in fine lines and discoloration over time*

NUMBER OF TREATMENTS NEEDED
Eight or more

DOWNTIME *None*

know what you're getting

There are many differences between the various lasers, and just because you might ask for one, doesn't mean the one you actually get will meet your expectations. Doctors generally have one or two lasers in their offices, and if he or she doesn't have the one you specifically ask for, do your homework. For example, if you ask for Fraxel and your doctor recommends another fractional resurfacing treatment, you may want to ask how it's different. And just like injectables, look for a logo on the machine to make sure you're getting the treatment you've asked for or that has been recommended for you. Regardless of the treatment you ask for and ultimately get, it's important to have realistic expectations.



AFFIRM, LASER GENESIS

GOOD FOR *improving the skin's texture and quality*

"These technologies are more powerful, offering decent results with little to no downtime," says Dr. DiBernardo. Affirm targets signs of sun damage like rough texture and pigment, and Laser Genesis works on texture and visible vessels, but both stimulate new collagen production that continues over time. These treatments do not target the uppermost layer of skin so there are few side effects.

WHAT YOU'LL LOOK LIKE RIGHT AFTER
Depending on the technology, you may experience mild redness for up to 24 hours.

WHAT IT FEELS LIKE *A warming sensation to mild discomfort; most patients don't require topical anesthetic.*

FINAL RESULTS *Subtle rejuvenation that includes smoother skin, improved tone and more uniform color*

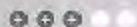
NUMBER OF TREATMENTS NEEDED *Four to six, spaced three to four weeks apart*

DOWNTIME *Little to none*



This patient was concerned about wrinkles around the eyes, sun damage and black skin. Botox and injectable fillers were administered as well as a series of Affirm treatments to give her a more youthful look. Procedure performed by Dr. Shino Bey Aguilera, Fort Lauderdale, FL.

AGING AND SUN DAMAGE LASER SOLUTIONS CONTINUED...



FRACTIONAL RESURFACING

(FRAXEL RE-STORE,
PROFRACTIONAL, MOSAIC, PIXEL)

GOOD FOR Improving signs of sun damage with minimal downtime

Fractional resurfacing offers a less invasive alternative to traditional resurfacing, through a series of treatments to reduce downtime and risk. "The caveat is, you need multiple treatments to see the improvement," explains Dr. Waldorf. Fractional resurfacing allows for skin-surface improvement with minimal risk and little downtime because each treatment creates thousands of microscopic wounds while leaving the surrounding skin intact. Over a series of office visits, the treatments resurface the entire face under local anesthesia (and possibly a sedative), improving fine lines, sun spots and other discoloration. They're ideal for those who have less time to be out of commission.

WHAT YOU'LL LOOK LIKE RIGHT AFTER

Like you have a bad sunburn for the first few days before flaking and dryness set in

WHAT IT FEELS LIKE A prickling sensation

FINAL RESULTS Improvement in fine lines, wrinkles, discoloration and texture

NUMBER OF TREATMENTS NEEDED
Three to six

ALSO GOOD FOR Acne scars, melasma, fine wrinkles around the eyes

DOWNTIME Fewer than five days



PEARL

GOOD FOR Reducing visible signs of aging in just one or two treatments

Utilizing a wavelength that has the pigment-improving capabilities of the erbium:YAG laser and the skin-tightening effect of CO₂ lasers, the 10- to 15-minute Pearl Laser treatment gently removes the damaged, uppermost layer of skin under local anesthesia. As it addresses the surface, it simultaneously heats the layers below to improve fine lines and wrinkles, and uneven skin texture.

According to Dr. Beer, "The Pearl device offers consistently effective, safe and predictable results."

WHAT YOU'LL LOOK LIKE RIGHT AFTER

You'll experience sunburn-like redness for the first few days, during which you'll need to keep the skin moist with an ointment.

You should be able to start wearing makeup on day three, and the skin should begin to peel at this time, as well.

WHAT IT FEELS LIKE A series of brief pinches

FINAL RESULTS Improvement in fine lines, wrinkles, discoloration and texture

NUMBER OF TREATMENTS NEEDED One or two

DOWNTIME Three to five days



PLASMA RESURFACING

(PORTRAIT PLASMA)

GOOD FOR Softening fine lines and unwanted pigment with results that improve for up to a year or more

When used on a low setting with topical anesthesia, two or three plasma resurfacing treatments can help remove fine lines and unwanted pigment, and prompt collagen production. Portrait Plasma is currently the only technology that utilizes plasma energy, which stimulates the generation of new skin under the surface in order to replace damaged outer layers. To improve the appearance of deeper wrinkles in only one treatment, Portrait Plasma can also be used on a high-energy setting. Dr. Coundouriotis says, "Great for wrinkles and lines, Portrait Plasma achieves close to the results seen in the past with a CO₂ laser, but without the prolonged healing and risk of pigment changes." However, some doctors report that Portrait Plasma results are not totally predictable and can widely vary based on the individual patient and the physician using it, so find a practitioner who has experience with the machine.

WHAT YOU'LL LOOK LIKE RIGHT AFTER

Expect redness and peeling. The high-energy treatment results in more peeling and possibly some minor crusting. Dr. Coundouriotis explains, "The initial healing phase is six to eight days for high-energy treatments. You may be pink for up to a month, but this can easily be covered with makeup."

WHAT IT FEELS LIKE A warming sensation

FINAL RESULTS Improvement in fine lines, wrinkles, discoloration and texture; high-energy treatments can soften deeper wrinkles as well.

NUMBER OF TREATMENTS NEEDED
One or two

DOWNTIME Up to five days for low-energy treatments; a week to 10 days for high-energy treatments

resurfacing or a facelift?

Laser resurfacing and facelifts both have their strengths, but when used together, the two provide an even more rejuvenated look. Dr. DiBernardo explains, "A facelift can tighten, but only light- or energy-based devices can improve the quality and function of the skin." But lasers alone can't accomplish what a facelift can. Laser resurfacing is great for addressing the skin's surface as well as wrinkles and discoloration, but only a facelift can address gravity- and age-related changes, like sagging skin and fat, and eliminating excess skin. When used together, a laser treatment coupled with a facelift is a dynamic duo, which is why many plastic surgeons use both when designing a facial rejuvenation plan. Many surgeons will only use laser resurfacing in limited areas if it is done at the time of a facelift, since the combination may increase the complication rate.



To address the signs of aging, this patient underwent a facelift, necklift, Radiesse injections and full-face high-energy Portrait Plasma resurfacing treatment. Procedure performed by J. David Holcomb, MD, Sarasota, FL.

PROBLEM: Sun damage and rough texture

SOLUTIONS: Fractional resurfacing, Pearl, Affirm, Laser Genesis

what is plasma?

You may remember learning about the different states of matter in high school—solids, liquids, gases—and that supercharged gases are called plasma. Whereas lasers use light, Portrait Plasma uses nitrogen plasma to heat the skin in a controlled fashion in order to stimulate collagen production. According to Dr. Coundouriotis, "Portrait Plasma is partially ablative, meaning that the energy delivered to the skin is destructive to the outer, sun-damaged layer of the epidermis while heat is sent deeper into the dermis. This stimulates new collagen formation, as well as contraction of existing collagen. One advantage is that the skin's pigment cells are left intact, so there's no risk of hypopigmentation. Another added benefit is that improvement continues for up to a year."



To combat melasma and discoloration, one treatment of Fraxel re:pair was performed. This patient also underwent blepharoplasty. Procedure performed by Dr. William F. Groff, La Jolla, CA.



FRACTIONATED CO₂ RESURFACING

(FRAXEL RE:PAIR, ACTIVEFX, DOT THERAPY, MIXTO SX, ECO₂, TOTALFX)

GOOD FOR | significant skin resurfacing with less downtime

Fractional technology is now being applied to CO₂ resurfacing, allowing doctors to deliver the benefits of the ablative treatment with less downtime and risk of permanent pigment changes. Dr. Goldberg believes, "Fractionated CO₂ devices are replacing traditional CO₂ resurfacing, mainly because the results are dramatic and consistent, and the treatment is extraordinarily safe without anywhere near the same risk of complications like scarring and loss of pigment, although these can occur in some patients. But patients still need to recognize that there is some downtime." By targeting zones deep in the skin as opposed to the entire skin surface, fractional CO₂ resurfacing is a one-time treatment performed with local anesthesia. It offers mild improvement in wrinkles, discoloration and scarring by stimulating collagen production. The companies behind these treatments also claim that skin tightening is a result.

WHAT YOU'LL LOOK LIKE RIGHT AFTER You'll appear sunburned and your skin will begin to flake off within seven days. After about three to five days, you may be able to wear makeup and most of the pinkness should dissipate in about one to two weeks.

WHAT IT FEELS LIKE A heat sensation

FINAL RESULTS Improvement in wrinkles, discoloration and scarring; possible slight tightening of the skin

NUMBER OF TREATMENTS NEEDED One

DOWNTIME About a week or more



ERBIUM:YAG LASER PEEL

(CONTOUR MICROLASERPEEL)

GOOD FOR | visibly reducing the signs of aging in one or two treatments

Fine lines, freckles and other discoloration are no match for the erbium laser, which offers many of the benefits of CO₂ resurfacing with the option to adjust the depth and power so you can get lighter or deeper resurfacing depending on your needs. Dr. Beer explains, "Although it cannot go as deep as the CO₂ laser, the results can come pretty close without as much downtime or risk." One or two treatments performed with topical and/or local anesthesia yield improvement in the skin's appearance. Not all plastic surgeons or dermatologists have maintained their initial enthusiasm for this laser, which can cause hypopigmentation or scarring.

WHAT YOU'LL LOOK LIKE RIGHT AFTER Your skin will be red and slightly raw for up to a week, but the erbium laser treatment generally does not result in crusting. It takes about one week for skin to heal, and a month or two for redness to subside.

WHAT IT FEELS LIKE A warm sensation

FINAL RESULTS Significant improvement in fine lines, wrinkles and discoloration

NUMBER OF TREATMENTS NEEDED One or two

DOWNTIME Two weeks or more



After a procedure with the erbium laser, the skin will be red and slightly raw for up to a week, but the erbium laser treatment generally does not result in crusting. It takes about one week for skin to heal, and a month or two for redness to subside.



The signs of aging were a major concern for this patient, age 60. A facelift, upper and lower blepharoplasty and laser resurfacing with an erbium laser refreshed her appearance. Procedure performed by Robert Zubowski, MD, Paramus, NJ.

AGING AND SUN DAMAGE LASER SOLUTIONS CONTINUED...



CO₂ RESURFACING

GOOD FOR | significant improvement in lines, wrinkles and pigmentation

CO₂ resurfacing can erase years from your face and dramatically improve the appearance of wrinkles and pigment, but it is not a lunchtime procedure. For many, the recovery is more uncomfortable and takes longer than surgery. You'll need to follow specific skin-care instructions for one month before and several months after treatment, and stay out of the sun for life. Performed under general anesthesia or IV sedation, it's a one-time procedure that carries a risk of scarring and permanent pigment changes, so it's usually reserved for those with lighter skin tones. Because CO₂ resurfacing goes from one to three millimeters in depth (significantly deeper than other laser treatments), it may moderately tighten skin, as well as improve the surface.

WHAT YOU'LL LOOK LIKE RIGHT AFTER *Immediately after, your skin will be raw and oozing, and probably covered in ointment and bandaged. Crusts will form over the first week, and the healing skin beneath will be pink and very sensitive. Although the skin heals within a month, redness can persist for about two or three months.*

WHAT IT FEELS LIKE *With general anesthesia, you'll be asleep, but under light sedation you may feel warmth.*

FINAL RESULTS *Significant improvement in fine lines, wrinkles, skin laxity and discoloration. Pigmentation changes (hyper- or hypopigmentation) may occur over a period of months, and are usually permanent.*

NUMBER OF TREATMENTS NEEDED One

DOWNTIME Two to six weeks or more

PROBLEM: Wrinkles

SOLUTIONS: Pearl, Portrait Plasma, erbium laser

PROBLEM: Rough skin texture

SOLUTIONS: Affirm, Laser Genesis, fractionated CO₂ resurfacing



LASER SOLUTIONS FOR OTHER BEAUTY CONCERNS

CELLULITE TREATMENTS

GOOD FOR softening the appearance of cellulite

A variety of cellulite treatments, like VelaSmooth, Accent Your Body, TriActive, SmoothShapes, and Cellulite Procedure from Thermage, are available to help temporarily reduce the appearance of lumps and bumps, and most utilize a combination of massage, vacuum, radiofrequency, laser light and/or infrared light. It's important to remember that there is no cure for cellulite, and the results of these treatments (which can take up to an hour) are unpredictable.

WHAT YOU'LL LOOK LIKE RIGHT AFTER
It's possible to experience slight redness that fades within 24 hours.

WHAT IT FEELS LIKE *Varies by the technology used, but can range from little to no discomfort and/or heat sensation*

FINAL RESULTS *Temporary smoothing of lumps and bumps*

NUMBER OF TREATMENTS NEEDED
Up to 16, depending on the treatment. Follow-up treatments may be necessary to maintain results.

DOWNTIME None



Four treatments of Accent were performed on both the buttocks and thighs to diminish the appearance of cellulite. Procedure performed by Flor A. Mayoral, MD, South Miami, FL.

LASERS CAN BE USED TO TACKLE A HOST OF BEAUTY ISSUES FROM HEAD TO TOE, SO WHETHER YOU ARE LOOKING TO SAY "SO LONG" TO YOUR RAZOR OR "BYE-BYE" TO BLEMISHES, LONG-TERM RELIEF CAN BE AS EASY AS AN APPOINTMENT WITH YOUR DOCTOR AND A LASER.

HAIR REMOVAL

GOOD FOR reducing or eliminating hair growth

Many modalities have been proven effective for reducing unwanted hair on various parts of the body. In most cases, laser solutions, which can include diode, alexandrite/ruby and Nd:YAG lasers, and Intense Pulsed Light (IPL), are recommended depending on the color of your skin, as well as the color of your hair. Dr. Waldorf adds, "The latest trend in hair reduction lasers is larger spot sizes so treatments don't take as long, and all of the machines have built-in cooling to protect the skin and the pigment, which minimizes risk."

WHAT YOU'LL LOOK LIKE RIGHT AFTER
The treated area may be slightly pink for a few hours.

WHAT IT FEELS LIKE *Potentially a pinching or snapping sensation*

FINAL RESULTS *Marked reduction in hair growth; periodic treatments are necessary to maintain results. It's possible to experience scarring or pigment changes if performed incorrectly.*

NUMBER OF TREATMENTS NEEDED *Up to 10 or more, depending on the areas treated and the color of the hair and skin*

DOWNTIME None



FIND A BEAUTY DOCTOR NOW!

Doctors reveal inside information on top cosmetic enhancement procedures. Turn to page 165

giving laser treatment a boost

Photodynamic therapy (PDT) involves pretreating the skin with a special medication called Levulan before IPL or laser treatment, and although PDT is most commonly used to treat actinic keratoses (precancerous lesions) and acne, it has other beauty benefits, as well. PDT can also be used to treat both the signs of aging and redness in one to three treatments. The drug allows the light to zero in on trouble spots, while causing little to no damage to surrounding areas, for significant results with little downtime.



VESSLS AND VEINS

GOOD FOR eliminating blood vessels and spider veins

The pulsed dye laser has long been the gold standard for treating broken blood vessels, but it can leave a temporary black-and-blue mark on the treated area. KTP lasers are great for fine vessels without bruising, however they are not as effective for bluish vessels or red vessels around the nose. The Nd:YAG laser, like CoolGlide, is effective for the bluish vessels and vessels around the nose, but it can leave pits similar to acne scars. According to Dr. Goldberg, "There's a new wavelength (940 to 980 nanometers) between the KTP and Nd:YAG lasers that works great for bluish vessels, as well as stubborn red vessels around the nose, and it's not as likely to leave pits." Regardless of the modality used, lasers can eliminate the broken vessels and spider veins with just one or two treatments that only take a few minutes.

WHAT YOU'LL LOOK LIKE RIGHT AFTER

You may be red, and some patients may experience a bruised appearance in the treated area for seven to 14 days.

WHAT IT FEELS LIKE *Stinging or a sensation similar to a rubber band snap*

FINAL RESULTS *After bruising subsides, the veins and blood vessels are less visible, though it may take more than one treatment to see complete clearing.*

NUMBER OF TREATMENTS NEEDED
One or two

ALSO GOOD FOR Redness, rosacea

DOWNTIME None

PROBLEM: Cellulite

SOLUTIONS: VelaSmooth, Accent Your Body, TriActive, SmoothShapes, Cellulite Procedure from Thermage, KTP lasers

PROBLEM: Spider veins

SOLUTIONS: Pulsed dye lasers, Nd:YAG lasers



As a rule of thumb, "The more significant the results, the more downtime you'll need," says Dr. Waldorf.

04

LASER SOLUTIONS

CONTINUED...

The next wave of lasers

We've all been anticipating the approval of noninvasive fat-melting devices like UltraShape, but word has it there are new (and some say better) technologies on the horizon. According to Dr. Beer, "UltraShape is just the first generation, and we'll see even better results with higher energy settings and different wavelengths. One technology that I am excited about is the LipoSonic device. It is presently used in Europe, and I expect it to be in the United States within the next few years," he says. But expect to hear even more about a totally new way to remove fat without incisions. The company is called Zeltiq Aesthetics, and rather than melting fat with heat, it works by freezing it. This technology is totally different than anything on the market because it heats the upper layers of the skin while freezing the deeper layers, and Dr. Goldberg explains, "Fat is more sensitive to cold injury than we thought." The details are very hush-hush at this point, but animal studies performed at Harvard Medical School have been quite successful.

In other big news, an emerging technology called Ulthera is slated to be the first ultrasound device to target the muscle and fascia layers beneath the skin that contribute to sagging. Until now, only a surgical facelift has been capable of tightening these tissues, and Ulthera's technology may be able to help doctors visualize the underlying muscle to zero in on problem zones.

ACNE

GOOD FOR | *reducing blemishes and killing acne-causing bacteria*

According to Dr. Goldberg, "The goal for treating acne with lasers is to mimic the effects of pills without the side effects. We want to shrink the oil glands like Accutane does and decrease bacteria like antibiotics do." Acne is responsive to lasers that employ blue light, which helps to destroy the bacteria that cause breakouts in the first place. While the ClearLight, CureLight and BLU-U devices (they're not technically lasers) use blue light, LED contains both blue and red lights that kill the bacteria and reduce inflammation. Smoothbeam uses a diode laser to inhibit the sebaceous glands from producing oil, and may be useful for acne scarring as well.

WHAT YOU'LL LOOK LIKE RIGHT AFTER

LED leaves no sign of treatment, but other lasers may leave skin pink and tender for a few hours.

WHAT IT FEELS LIKE

Nothing

FINAL RESULTS *Fewer blemishes after the first one or two visits, and continued clearing with subsequent treatments*

NUMBER OF TREATMENTS NEEDED
Three or more

DOWNTIME *None*

HYPERPIGMENTATION

GOOD FOR | *reducing pigment with no downtime*

To eradicate discoloration, the light used in IPL treatments destroys bothersome pigment in the skin while simultaneously stimulating collagen production. The wavelength or technology used depends on the color of the discoloration, and these treatments can be helpful for age spots, freckles and other superficial pigment issues like telangiectasias (small dilated blood vessels that look like pinpricks on the skin's surface). According to Dr. Coundouriotis, "IPL has been around for a long time and it's been proven to work. And when IPL is used to eliminate telangiectasias, the vessels release growth factors giving the skin a temporary glow after about three treatments." One version of IPL, called LimeLight, can be programmed to treat red or brown discoloration (or both).

WHAT YOU'LL LOOK LIKE RIGHT AFTER

You may experience mild swelling and redness that fade within a few hours. Brown spots may darken and become black scabs within one to three weeks before flaking off.

WHAT IT FEELS LIKE *Mild pinching or stinging*

FINAL RESULTS *Elimination of brown and red discoloration*

NUMBER OF TREATMENTS NEEDED *Up to five or six*

ALSO GOOD FOR *Persistent redness, rosacea, overall rejuvenation*

DOWNTIME *None*

PROBLEM: Brown and red spots

SOLUTION: IPL

PROBLEM: Blood vessels

SOLUTION: Pulsed dye lasers

PROBLEM: Acne

SOLUTION: Blue light

BEFORE



AFTER



This patient, age 40, received a combination of IPL treatments and Pixel fractional skin resurfacing to tackle sun damage, freckles and wrinkles. Procedure performed by Fior A. Mayoral, MD, South Miami, FL.