FASHION NOW: YOU NEED A SEXY BOOT, A WELL-CUT COAT AND A KNOCKOUT DRESS WE'VE GOT THE SEASON'S 95 BEST PLUS: THE NEW NEW AGE ENERGY HEALING MEETS MEDICINE WHEN A MEDIUM IS THE MESSENGER
FOREVER 21

Who says skin can’t get smoother and cleaner—and hair healthier—with age? In ELLE’s blockbuster roundup of the most cutting-edge head-to-toe rejuvenation, the future looks better than ever. By Katherine Kluzniak
PLUMPER, SOFTER, YOUNGER
FACE FORWARD

BONE UP
While slumping cheeks and deepening nasolabial folds may be among the most obvious spots for an injectable plumper, "an area that's neglected in terms of filling is around the chin," says Manhattan dermatologist Arielle Kauvar, MD, who sees "dimpling and furrowing from volume and structural loss" along the jawlines of women as young as 60. But don't blame shrinkage entirely on the age-related fat loss that causes trouble elsewhere in the face. "Women in particular tend to lose bone mass in their jaw, below the mouth, and around the chin," says Kauvar, who rounds out this neglected zone with deep injections of fillers such as Radiesse, Radiesse Lift, or Vollure into two target areas: in the indentations just below the corners of the mouth and in a very thin strip along the edge of the jawline. "You end up with a nice, tighter, more youthful contour." And, according to New York dermatologist Paul Jarrod Frank, MD, because fillers in the jaw are subject to significantly less facial movement than those placed in the cheeks or forehead, they tend to last 25 to 40 percent longer.

TWO-TIMER
The antaging ultrasound device Ulthera, which utilizes heat to tighten tissue, has revealed a surprising off-label benefit: It reduces adult acne, which affects up to 50 percent of women. In a study conducted by Nashville dermatologist Michael Gold, MD, 22 patients with moderate to severe acne saw 80 to 90 percent improvement two weeks after a single treatment. "As we age, our hormones can turn on the sebaceous glands," Gold says. "Ulthera does what we call 'bulk heating,'" so while it's tightening skin, "you also get thermal damage that then shrinks and destroys the sebaceous glands." (This, he says, will not result in increased skin dryness.) Plus, three months later, patients will start seeing the skin-lifting effect that Ulthera was FDA-approved to deliver.

PATCH JOB
Beloved by Euro socialites, MesoGlow facials—in which small amounts of non-crosslinked hyaluronic acid (a less viscous type than what’s in FDA-approved fillers such as Restylane and Juvederm) are injected all over the face with a mesotherapy gun—aren’t available here in the States. However, an at-home sheet mask, currently in development in Singapore, could create similar fresh-faced plumping, no gun required. Researchers at the National University of Singapore are in the early stages of testing microneedle patches, each embedded with hundreds of tiny pinpoints made of lidocaine combined with a water-soluble hyaluronic acid in a hardened state. When pressed against the skin, each little point penetrates about .3 mm deep, equivalent to the thickness of three standard pieces of paper. According to the project’s lead scientist, Kang Lifeng, PhD, "Upon contact with the skin’s interstitial fluids, the
microneedles absorb water and soften to become hydrogels, which act as shallow "fillers" that uniformly smooth and plump the skin. This effect, he says, lasts up to four months; he anticipates that a version of the product might come to market "at any time."

VEIN LINE

With age, skin thins, subcutaneous fat decreases, and blood vessels dilate—a triple threat that can sometimes result in a network of blue veins showing through on temples and foreheads. By targeting the hemoglobin that flows through veins with a YAG laser, small-to-medium-size vessels can be safely erased in one or two zero-downtime sessions, similar to those used to treat spider veins on legs. (Concealer is still the only option for larger facial veins.) "We usually have many more veins than we need," says Kaurar, who says that trained dermatologists can identify which veins are small enough to be removed without posing any health risks. Years after doing the procedure on dozens of early test subjects, "I actually haven't seen any [vening] come back," she says.

LIP SERVICE

A new hyaluronic acid injectable, Restylane Silk, offers "a different kind of fill" than other FDA-approved high-viscosity fillers, according to Miami-based derm Joely Kaufman, MD. "It doesn't look like you've had your lips done. It looks natural." Silk's tiny molecule, which is a fifth of the size of those in standard Restylane, allow it to be injected superficially, in small drops spaced closely together across the lips, to restore texture and fill fine lines. "It's super, super smooth," says dermatologist Marina Peredo, MD, of Manhattan and Smithtown, New York, who explains that because Silk overly restores surface layers, the lips look more hydrated than inflated, "almost as if you're wearing a lip gloss." An added bonus is that it is less prone to other low-viscosity HA's for this region. "While the lips are generally the most sensitive area for injection," says Kaufman, Silk contains lidocaine, which "makes it comfortable." Results last at least six months.

SOME STRONGER, THICKER, HEALTHIER: HAIR RAISERS

GROWTH POTENTIAL

Due to "trauma, stress, and hormonal changes," says New York derm Erin Gilbert, MD, PhD, "up to 40 percent of women experience hair loss by age 50." But an upgrade to an old favorite, minoxidil, could provide some relief. In in-house clinical studies, 81 percent of female test subjects using the high-dose Women's Rogaine with 5 percent minoxidil exhibited a 49 percent increase in hair volume in six months. By increasing blood flow to follicles that shrink with age, "minoxidil stimulates resting follicles to begin to produce hair," says hair-restorative specialist Alan J. Bauman, MD, of Boca Raton, Florida. And according to Gilbert, Rogaine's new foam formulation also reduces one very unwanted side effect: the "risk of causing unwanted hair growth if it drops onto the forehead." The new version has also dropped the solvent propylene glycol, resulting in less flaking and itching than with past formulas.

A LOT OF PUCK

Counterintuitive as it may sound, plucking hairs might actually encourage a six-fold growth in new hair, according to a study out of the University of Southern California's Keck School of Medicine. When researchers selectively pulled 200 hairs, spaced 1 to 2 mm apart, from the backs of lab mice, the maceration prompted an immune system response,
sparking, 1,200 neighboring follicles to kick into gear. Study author Chung Ming Choung, MD, PhD, likens the effect to quorum-sensing behavior in nature. If, say, a small group within a herd of wildebeests gets skittish, "the whole group will make a collective decision, and will trigger a stampede of all 1,100 wildebeests. In a way, we are triggering a hair-follicle-regeneration stampede." But don't pick up your tweezers just yet. Choung, who plans to begin testing the developing theory on human scalps, hopes to replace the action of plucking with a topical molecule that could induce the same immune response.

FIRMER, TIGHTER, MORE DEFINED: CHIN UP

DOUBLE DOWN

Surgical neck lifts are facing some serious competition from two new radiofrequency devices that are far less invasive. ThermiTight, which both melts fat and tightens skin, delivers double-chin-eliminating radio-wave energy via a 2-mm-thick probe, which is inserted beneath the skin through a tiny incision and then slowly fanned back and forth. According to New York-based dermatologist Francesca Fusco, MD, the machine's heat-sensing technology allows for "a great deal of control over the temperature," which translates to ultra-precise sculpting. Local anesthetic is required during the treatment; afterward, patients can expect three days of bandages, along with bruising, swelling, and tenderness. Improvements in wrinkles are apparent in the first few days, with full results seen after three months. To tackle another hallmark of neck aging, crepiness, derms are using a handpiece that channels RF waves through hair-thin microneedles to reservoir the skin. EndyMed Intensif "delivers focal dermal radio-frequency heating with minimal disruption of the overlying skin" on all parts of the neck, Gilbert says. "This results in tightening and also collagen and elastin synthesis in the dermis." Even after one treatment, most patients experience significant smoothing of tissue-paper-like texture. The device can be used on a full range of skin tones, and is "reliable and predictable in its results," says New York dermatologist Dori Z. Day, MD.

SVELTE, SMOOTHER, SLEAKER

BODY SHOP

BLADE RUNNER

No amount of spinning classes will diminish cellulite, which affects more than 80 percent of women, but Collins, a new, rather low-tech option, eliminates even the deepest dimples in one sweep. During a one-hour session, a doctor isolates each dimple by suctioning up a three-inch-wide circle of skin into the Cellflina handpiece, injecting the area with a numbing solution, and inserting a thin blade 6 mm beneath the skin's surface, quickly and evenly severing the bands of septae that create the divot. Up to 50 dimples can be erased in an office visit. The insertion wound heals without stitches, bruising lasts only a few days, and, according to Washington, DC, dermatologist Theo Alster, MD, the solution appears to be permanent. "Once you release that band, the dimple literally pops back up," she says. Cellflina's precision is key: "Unintended mechanical subcision, done by derms for
From left: TATA RASHEL Retexturizing Body Balm contains red algae and rich plant-derived butters to keep skin taut and prevent stretch marks; SKINCEUTICALS Future Solution LX Replenishing Treatment Oil fortifies the skin barrier to protect it from age-accelerating environmental factors; the 15.5 percent glycolic acid in GLYTONE Body Lotion transforms rough spots, such as elbows and knees; antioxidant-rich FRESH French Body Buff Almandine features crushed almonds to slough off dead skin and cocoa butter to impart a healthy glow; MURAD Firming Peptide Body Treatment, which begins as a cream but melts into a light oil when applied, has been shown to make skin appear tighter with regular use.

decades, also uses a blade to slice through the septum. But because it’s done manually, the bands aren’t cut at a uniform depth, which results in unevenness, Alter says. Cellulase, a more recent invention, uses an internal laser probe to blast through the bands, but, like subcision, "it doesn’t uniformly disrupt the bands," she says. Cellulase’s "blade slices through bands all at the same plane, which makes all the difference."

BODY SHOTS
Kybella, the synthetic-bile-acid fat melter, has been used since its FDA approval earlier this year to safely and permanently, shrink double chins over the course of three to four months with a series of injections spaced four weeks apart. Next, derms anticipate new applications further south. When injected into fat, Kybella’s active ingredient, deoxycholic acid (a lab-concocted version of the same acid used by our bodies to break up dietary lipids), dissolves adipose cells, which are then eliminated through the lymphatic system. According to Joshua Zeichner, MD, assistant professor of dermatology at New York’s Mount Sinai Hospital, Kybella “opens the door for localized fat melting in other areas,” such as exercise-resistant crimp sheets that can make strapless dresses less than flattering. "Kybella’s mechanism should work anywhere," Kassem says, but derms are currently focusing on small areas; the larger the zone treated with the substance, the greater the inflammation and swelling.

HOLD TIGHT
"I can get an average of 40 to 50 percent tightening—and that’s an enormous amount for a totally nonsurgical procedure," says Frank of Exilis Elite, a device that heats tissues using radio waves to spark collagen growth, thus shrinking loose skin resulting from weight loss, pregnancy, or aging. "Everybody wants to tighten skin without surgery, and this is a great tool for broad areas," Frank says. After four to six no-down-time treatments, "90 percent of patients come back asking to do other areas." But why not use the tried-and-true ultrasound-based Ulthera, the derm favorite for skin tightening since its launch in 2009? According to Frank, the current Ulthera device head is too small to use efficiently on large areas, such as the stomach. Another plus for the Exilis: Unlike the jaw-dropping intensity of an Ulthera session, an Exilis session tones with zero pain.