

SPECIAL EDITION | OUR BIGGEST HAIR ISSUE EVER! NEVER HAVE A BAD HAIR DAY AGAIN

# NEW BEAUTY<sup>®</sup>

THE BEAUTY AUTHORITY

can you really  
**STOP  
AGING?**

doctors share the  
shocking truth

courteney cox

**WHY SHE  
WENT  
TOO FAR**

and what she  
did to fix it

FACT OR FICTION

**PERFECT  
SKIN  
IN A  
BOTTLE**

experts debate the

**FUTURE  
OF BEAUTY  
CREAMS**

*(The)* **SECRET TO  
LOOKING  
YOUNGER**

NEWBEAUTY.COM

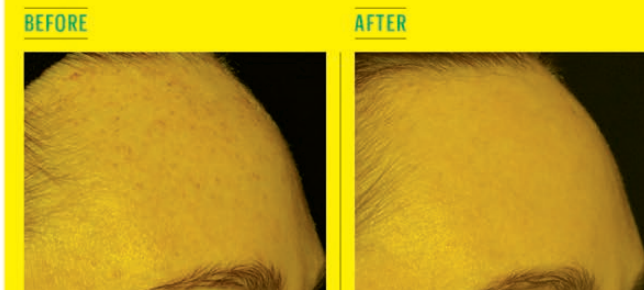
## LAYER UP

The order you apply your products in makes a difference. Skin needs to be prepped with an exfoliant, which eats away at dead skin cells that can clog skin, to receive what will be applied to it.

**Start with the heavy hitters.** The first product applied should always contain active ingredients. Celebrity aesthetician Shani Darden says to start with retinol or other strong ingredients.

**Go from thinnest to thickest.** Put your products on in order of consistency. "Start with the lightest one and follow with those that contain occlusive agents," says Dobos. Serums go on before creams, balms and moisturizers.

**Lock it in.** You want to create a sealed barrier of sorts, which can be done with moisturizer. Another reason to save hydrators for last: Darden says they can dilute the strength of your other products. Sunscreen should always be last.



New York dermatologist Gary Goldenberg, MD, used one round of the Fraxel DUAL nonablative laser to minimize sun damage on this patient's skin.

## TREATMENTS ON THE SURFACE

In order to determine which nonablative laser or treatment you'll benefit from, you need to know what they target. "There is a myriad of lasers, and each is designed to address a different area of concern and work on different layers of skin. Some devices work on the surface to address superficial fine lines, wrinkles and hyperpigmentation," explains Beverly Hills, CA, facial plastic surgeon Kimberly Lee, MD. Treatments like IPL, light peels and nonablative superficial lasers can make a world of difference in skin tone and texture, but usually don't get deep into the skin to provide more structural support in terms of increased collagen or elastin. Orlando, FL, plastic surgeon Armando Soto, MD, adds that because most lasers allow variable settings, which will determine how deep the laser penetrates into the skin, treatment results can vary widely. "Depending on the laser, the patient's goals and needs, and the settings chosen by the provider, a laser can affect the epidermis alone to target surface-related issues, or affect the skin on a much deeper level. This is why not all treatments are the same in terms of benefits and risks, and why some outcomes are better than others, even when the same laser is used."

## TREATMENTS TO TRY

### 1 TIGHTEN UP

Anything categorized as **nonablative** works on the outer layers of skin. Tissue tightenors that employ ultrasound or radio-frequency energy are said to deliver a steady stream of heat to the dermal or subcutaneous layers to tighten skin on the surface.

### 2 SMOOTH IT OUT

**Noninvasive fractional lasers** work from the inside out to improve skin texture. While they may not be as aggressive as lasers that ablate skin (ablating the skin affects the outer layer, too), nonablative treatments tend to have little to no downtime, but a series of procedures are usually needed.

### 3 REMOVE DEAD SKIN

**Chemical peels** that range in depth from light to medium (like light glycolic peels) work on the outer layers of skin to exfoliate dead skin.

**PRODUCTS TO TRY**

**THE ANTIOXIDANT ADVANTAGE**  
Environ Youth EssentiA Antioxidant Defence Crème, \$102, [dermaconcepts.com](http://dermaconcepts.com)

**SUN SHIELD**  
HydroPeptide Solar Defense Non-Tinted, \$48, [hydropeptide.com](http://hydropeptide.com)

**SERIOUS HYDRATION**  
Sisley-Paris Ecological Compound, \$250, [sisley-paris.com](http://sisley-paris.com)

An illustration of a person in a small boat on water, holding a long pole. To the right of the boat are three skincare products: a blue bottle of Environ Youth EssentiA, a white tube of HydroPeptide, and a clear bottle of Sisley-Paris Ecological Compound. Red dashed lines connect the products to their respective descriptions.