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TRENDING

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## 5 Non-Surgical Ways To Tighten Up Your Skin

Olivia Munn is on the hunt for remedies to tighten up her skin after losing weight for the new *X-Men* movie. Here's what doctors recommend.



Olivia Munn didn't slack when it came to getting in shape for her role as Psylocke in *X-Men Apocalypse*. The actress worked out six to seven hours a day, ate raw food 80 percent of the time, and lost 12 pounds in the process. But, she says, it didn't do her skin any favors.

"I've realized there are adverse effects to losing weight," she tells *PeopleStyle*. "I'm not very tall, so any weight that I had lost changed areas of my skin, like my neck. I could see different parts of my skin didn't feel as, like, tight anymore and I think it's just because it was excess [skin] because of the lost weight."

Munn says she's trying to figure out how to tighten her skin without resorting to Botox or fillers. "I want to try to avoid anything like that," she says. "Not that there's anything wrong with it, but I believe that we, as women, should embrace our age and have no problem saying it. Sure, parts of my skin don't feel as tight anymore. But we can't control the day we were born."

Experts aren't surprised that Munn says her skin feels looser after she quickly lost weight for her role. "Rapid weight loss is more likely to lead to sagging than slow, steady weight loss," David E. Bank, M.D., director of the Center for Dermatology, Cosmetic, and Laser Surgery in Mount Kisco, New York, tells SELF. Genetics, how elastic someone's skin is to begin with, and how much weight they lost are factors in whether this happens as well, he says.

And, unfortunately, the older we get, the less likely our skin is to bounce back, Marc Malek, M.D., a board-certified plastic surgeon, tells SELF. "Skin loses elasticity as we age," he says.

Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, tells SELF that this is one of the most common complaints he hears from his younger patients after they lose weight. "Most patients will lose the buccal fat pad (aka apple of the cheeks)," he says. "That will result in loose skin and jowls. Interestingly, it may be just a few pounds that make a difference."

How often you gain and lose weight can also have an impact on your skin's ability to bounce back, Jessica Weiser, M.D., a board-certified dermatologist at New York Dermatology Group, tells SELF—especially if it's larger amounts of weight gain and loss. "The skin stretches to accommodate excess weight so a large quantity of weight gain and loss is more likely to cause skin laxity than smaller weight changes," she says.

So, what can you do about it? Bank says you can help your skin's elasticity somewhat through your diet (fish, sweet potatoes, blueberries, and drinking plenty of water have been found to help), but it depends on how much weight a person lost and how much excess skin there is. He also recommends products with ingredients that stimulate collagen, like retinol.

Goldenberg says fillers are typically recommended if someone has loose skin on their face. However, treatments like Thermage, which uses radiofrequency energy to help smooth and tighten skin, and Ulthera, an ultrasound treatment, can also be used. "These work by tightening the elastic and collagen fibers," Goldenberg explains.

Weiser also recommends an infrared light treatment, which heats the water molecules in the skin, stimulating collagen.

So, if you've noticed you have excess skin and want to do something about it, talk to your doctor. There are probably more non-surgical ways of treating it than you realize.