

Expert tips for WINTER skin care

Posted by Brigitte Segura on Dec 4, 2016 in COLLABs, EDITOR FAVes, fashion, GIFTS, LIPS, NYFW, SKIN CARE, the [BEAUTY] bits



Now that the chill of the winter has arrived, our skin care needs yet another tweak. An amped up moisturizing regime to protect from irritation is in store, but what about the dermo options to keep the youthful glow? With all the new injectibles to keep the you looking youthful and help avoid

future wrinkles, it's important to get an idea of what's out there from an expert-*not just your friends.*

I reached out to Dr. Goldenberg, Medical Director of the Dermatology Faculty Practice at The Mount Sinai Medical Center to give us a few options to lift, smooth, and protect skin from the cold and to look great during the winter - *just in time for the holidays.*



I sat down with Dr. G and asked some questions I was curious about, here's what he recommends.

Brigitte Segura: What do you recommend for sensitive skin during this weather to keep our skin from being irritated?

Dr. Goldenberg: Gentle skin care is a must. Use a gentle facial cleanser + like CeraVe or Cetaphil from the drugstore. For the body, use a gentle body wash like dove sensitive skin, and use Vanicream as moisturizer.



Brigitte: What about a mask?

Dr. G: Try Neutrogena hydro boost water gel, 2-3 times per week.

Brigitte: OK, now for the special care, what's the suggestion with Botox? Should a session last thru the winter? What do we ask for? What age group? How often do we get refreshed?

Dr. G: Botox can be used all year-round, and every 3-4 months for most folks. In the younger age group (25 or older) it can and should be used to prevent wrinkles. In those that already have wrinkles and lines at

rest (without marking facial expressions) it should be used to improve appearance and decrease or prevent future wrinkles.

Brigitte: What about filler? Who should use it and for what reason, how often.

Dr. G: Fillers are safe all year-round. For younger patients (25+) fillers can help improve appearance and fullness of lips, lift cheekbones and improve fine wrinkles and lines. In addition, for older patients, fillers can be an alternative to a facelift and some (bellafill) can produce a long lasting (five years or longer) response. This in combination with laser resurfacing can produce what some call a liquid facelift.



Brigitte: What about fuller lips? What are some options nowadays?

Dr. G: Fillers specifically designed to improve shape and fullness of lips have improved dramatically over the past several years. Softer correction with long lasting results is possible. Additionally, new fillers specifically designed for wrinkles around the mouth are also approved.

Brigitte: What about skin texture to get a glow ? How do we improve acne scarring and spots on the face safely?

Dr. G: Clear and brilliant is a great option! Microneedling with platelet rich plasma (PRP) is a great way to improve the appearance of fine wrinkles and lines, acne, acne scars, melasma and other hyperpigmentation. This treatment also gives the skin a glowing appearance that patients love. With little down time, this is a great option before the holidays.

Expert tips for WINTER skin care story and interview by Brigitte Segura.