

Peak Performance

A new wave of treatments and products improves your complexion today—and how it behaves in the future.

by **GENEVIEVE MONSMA**



POKE(R) FACE

At-home derma-rollers can help stimulate collagen production and make products penetrate more deeply.

What: "I think of stem cell therapy as PRP on steroids," says Dr. Goldenberg. "Stem cells from an umbilical cord are the youngest source you can find. And at that point of infancy, the stem cells have not become specialized, as they are in an adult. So wherever you inject them, in theory, they take on the job that needs to be done there, like growing hair on the scalp or producing more collagen in the face," he says. (Cost starts at \$2,500.) Dr. Howe does not offer stem cell therapy, but he supports this hypothesis. These stem cells are pluripotent, he says, which means they're capable of developing into a variety of cell types, including cells that produce collagen and perform other structural functions in the skin. "It's exciting, but these stem cell treatments come from a donor, which means that even if the cells are extensively tested for infection, there are still unknowns," Dr. Howe says.



If your desire is to look good for your age, this movement is great news. "We've always known the body has the power to heal itself, and these new treatments harness that power," says Gary Goldenberg, M.D., a dermatologist in New York. Topical skin care can also encourage your skin to work better. Keep reading for more on these promising treatments and products, with one caveat: Some of these newer treatments don't have the data to prove their claims. "In theory, these regenerative strategies make sense, but the evidence of their efficacy is still primarily anecdotal," says Neal Schultz, M.D., a dermatologist in New York.

