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THE NEW LOOK

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THE NEW ANTIAGERS

Look younger faster: These speedy treatments are the most cutting-edge in-office procedures—without any cutting. By Kari Molvar

THE LATEST FACE-SAVING breakthroughs are designed to shave minutes off the clock—and, of course, years off your face—often in less time than it takes to tap out a few text messages. And not only is the downtime minimal with these swift fixes, but so is the hit to your bank account. “The new breed of procedures gets you in and out of the office faster, so there’s less pain and lower costs overall,” says New York dermatologist Macrene Alexiades-Armenakas.

DOUBLING UP Top doctors are excited about the debut of eTwo, a dual-device facial procedure that smooths and firms multiple layers of your skin in one session, making it appealing to those with stubborn, deep-set wrinkles as well as superficial fine lines. It starts with a 20-minute blast of Sublime infrared light and bipolar radio frequency energies to stimulate collagen in the middle to lower regions of skin, “exactly where the cells reside that produce collagen,” explains Lincolnshire, Illinois, dermatologist Amy Forman Taub. That’s followed by a 20-minute pass of Sublative fractional bipolar radio frequency energy and heat directed at the upper layers of skin to further smooth forehead creases, nasolabial folds, droopy eyes, and a sagging jawline. Suzanne Owens, 45, from Marianna, Florida, tried it and noticed an immediate “lift” following her first session of eTwo, but more dramatic wrinkle reduction kicks in after 30 days and continues for around three months, according to Nashville dermatologist Michael Gold. Expect to do up to three sessions, a month apart, at a cost of \$600 to \$1,100 each. “On average, that’s about 30 percent less than what you’d spend doing six individual treatments, and it’s obviously a big time-saver,” says Taub. Also appealing: The bipolar devices don’t damage the surface of your skin, so “you’re not sitting at home with a weeping, oozing face for seven days,” notes Taub. In fact, Owens barely noticed any redness after a round of eTwo. “My skin stung a little, but it wasn’t uncomfortable. I covered up the redness with mineral makeup and went out to dinner that night with

my husband,” she says. A week after her first session, Owens says, she looks refreshed. “I feel like I’ve done something healthy for my skin without being invasive.”

SPIN SESSION Dealing with acne scars, sun spots, and uneven texture? Wrinkles too? Ask about the iPixel. This sleek hand piece neatly boosts a CO₂ fractional laser up on two wheels, so it can zip across your face and around tricky corners (like the chin and nose) in five minutes flat—or so the manufacturer claims. “I’d say 15 minutes is safer and more accurate,” says New York dermatologist Lori Brightman. Still, that’s a marked improvement over the 30-minute stint of intense laser heat from a traditional CO₂. “By virtue of it being on wheels, the iPixel offers a huge speed advantage over point-and-shoot lasers, which require a slow march across the skin,” says Alexiades-Armenakas. The iPixel’s beam creates microwounds to resurface the skin and stimulate elastin production using less thermal energy than other lasers. That translates into less redness and recovery time, a benefit that appealed to Erin Larson, 30, from Grand Junction, Colorado. “I could barely feel the laser on my face, which was not the experience with my previous CO₂ treatments. And with this, I wasn’t too red or flaky afterward.” Two weeks after her first session Larson was “stunned” at how quickly the iPixel evened out her skin tone. “It faded scars I had been battling for years,” she says. Most doctors recommend one to five monthly treatments at \$1,800 each (about \$300 less than the typical CO₂ visit) to get results that last for a year plus, depending on your age, says Alexiades-Armenakas.

THE NEXT WAVE On the horizon, a triple whammy: iPixel combined with an application of potent youth-enhancing elixirs—everything from wrinkle-fighting retinol to skin-plumping hyaluronic acid to acne-battling salicylic acid—followed by a pass of ultrasound therapy, all in one session. “The ultrasound is the final piece in the puzzle to drive active ingredients deep into the skin for total rejuvenation,” says Gold. While doctors are already experimenting with this trifecta abroad, it’s not available in the States—yet. “We’re very close,” hints Gold. ■

Good advice: Make sure your doctor has done at least 30 of these treatments beforehand and isn’t test-driving on your face, suggests dermatologist Michael Gold