



# Campaign Highlights

Drs. Michael Somenek &  
Troy Pittman  
Board Certified Plastic Surgeons



## **No Vaccine, No Cosmetic Surgery** Troy Pittman, MD FACS -Board Certified Plastic Surgeon Washington, DC

My partner and I recently made the decision to stop seeing  
unvaccinated patients in our aesthetic surgery practice in Washington,  
DC. Ironically, we  
announced our decision a day before Mayor Bill DeBlasio announced that  
New York City would require vaccination in order to attend restaurants, gyms,  
and theater.

This decision was not an easy one and it was made for several reasons. To begin with, *our main priority is to protect the health and well-being of our patients and staff.* Of course, that's the obvious PR response that everyone gives. However, it was **also to protect the unvaccinated who would be seen in our office for purely elective cosmetic procedures and MedSpa services.** No one NEEDS to get a facial or a Botox injection.

The backlash on social media has been real. We've been called imbeciles, bullies, and morons and those are some of the more benign ones. I'll get back to this, but first, let me give you a little background.

This is not our first wild ride thinking about COVID. *When the pandemic started in March 2020 and DC was put on lockdown, we closed our office for 5 weeks and stopped operating for nearly three months when a moratorium was placed on elective surgeries.* As two surgeons that derive much of our practice income from operating, we felt this in more ways than one. When things opened back up, we dedicated a significant amount of time and effort to keep our patients, our employees, and ourselves safe. **We tested every surgical patient, screened employees in the office daily for symptoms, did more temperature checks than a gourmet chef and donned uncomfortable masks for more than 18 hours a day at times.** At that time, there was no end in sight, but we were making it. We were keeping everyone safe and healthy.

Let me give you a little perspective on our practice. My “partner” in the practice is also my husband. That's right, we live and work together which just about equates to being together 24 hours a day. *If one of us were to get COVID, the practice is shut down for 2 weeks. That's 2 weeks of work lost for our 15 employees and 2 weeks of canceled patients that have rearranged their lives to have surgery. Aside from the obvious short and long-term health effects, testing COVID positive is a big deal on so many levels.*

Then the vaccine came! I cried tears of joy the day in late December when I received my first shot. Not only because it was a step toward normalcy but because I was witnessing one of the greatest medical advances of all time. Science was on our side! All of our employees slowly received their shots and we formed our protected bubble. After the second shot, it was hard to not feel invincible. We could actually see the faces of our patients and co-workers again. *As a physician, it was hard to see a downside to such a medical miracle.* Then politics came into play.

**The greatest medical advance of our lifetime became the most politicized medical intervention of our lifetime.** Suddenly *the choice to become (or not become) vaccinated became something more than making a choice for your own health and safety.* Just as masks had become less about stopping disease



transmission and more about individual liberty, the choice to be vaccinated became somewhat of a political disposition.

And now, the next level of this seemingly never-ending, real-life game of Jumanji, **the delta variant**. Ten times more contagious and more pathogenic with the propensity to affect younger individuals at a higher rate. **Unvaccinated individuals have repopulated 96% of the once nearly empty COVID wards.** We are moving in the wrong direction. While it is somewhat encouraging that the death rate has not started to climb as precipitously as it did in previous case number spikes, we are now back to mask mandates and are once again, in a position to make some hard choices.

Once again, we are faced with making the decision between performing a rapid COVID test on every individual that we encounter (a logistically impossible task) or limiting who comes into the office. *So, we chose the latter.*

Let us see the forest through the trees here. We do 100% elective, cosmetic medicine. We do not participate with insurance and do not see reconstructive patients unless they have a cosmetic concern. The one exception to this is that we are continuing to see our unvaccinated patients that are in an active phase of recovery from surgery.

*Moments after we announced this policy on social media, we were flooded with messages of disapproval. Ironically, not from any of our current patients.*

It's always amazing how brave people get when showing their bravado in an anonymous forum. Initially, we tried to respond in a non-emotional, polite manner, trying to explain ourselves and justify why we made this decision. We quickly realized that this was futile. At the end of the day, I don't need to justify my decision to anyone. It's my private business and we are committed to providing the highest level of care for our patients. Ultimately, we don't owe anyone an explanation.

Having said all of that, we still feel the need to justify that we are doing the right thing. As I see it, the decision to stop seeing unvaccinated patients is about risk mitigation for both groups. New data shows that the vaccinated can carry and spread the virus (hence the new mask mandates). However, **unvaccinated individuals make up 98.7% of new cases in DC and 99.3% of new cases in our neighbor Virginia.** The overwhelming conclusion of this is that breakthrough cases are exceedingly rare, and the virus is being perpetuated predominantly by the unvaccinated. Furthermore, according to the CDC, **unvaccinated people are eight times as likely to get the virus, 25 times as likely to be hospitalized and 24 times more likely to die.** There's no arguing that this group is high risk! Not only of being infectious but also of contracting the virus with dire consequences. **We are not discriminating against the non-vaccinated, we are protecting them.** The same *applies to the controversial mask mandates.* For the

most part, vaccinated people will be fine. We wear masks to protect the unvaccinated.

**Limiting our practice to only vaccinated individuals is not political, it's responsible.** We are protecting our vaccinated patients and staff from exposure to those that are most likely to have COVID. *We are also protecting the unvaccinated, who have the most to lose, from contracting the virus from a vaccinated carrier.*

There is no perfect situation here. Science teaches us to make decisions that will most likely have a positive effect on the largest number of people. In the coming weeks, we may even see DC follow in New York City's footsteps. Regardless of what's going on outside our doors, we can certainly control what's going on inside them. We stand by our decision, despite it not being unanimously popular.

**About Dr. Pittman**



Dr. Troy Pittman completed his medical training at the State University of New York at Buffalo. He went on to residencies in both General Surgery and Plastic Surgery at Rush University Medical Center in Chicago, IL. Dr. Pittman gained extensive experience in the full spectrum of Plastic Surgery including cosmetic surgery of the face and body, body-contouring surgery after massive weight loss, reconstruction of the face and body following traumatic injuries or major cancer surgery, as well as trauma, burn and wound surgery at the world-renowned Cook County Hospital Trauma Center in Chicago. Following his Plastic Surgery residency, Dr. Pittman completed a fellowship focused on Aesthetic and Reconstructive Breast Surgery at Georgetown University Hospital in Washington, DC under the direction of one of the world's experts, Dr. Scott Spear. During his fellowship, Dr. Pittman focused on advanced techniques in breast augmentation, mastopexy/augmentation, implant-based breast

reconstruction, and perforator-based microvascular reconstruction of the breast.

**Troy Pittman, MD FACS -Board Certified Plastic Surgeon, Washington, DC**

**[www.somenekpittmanmd.com](http://www.somenekpittmanmd.com)**

<https://la-story.com/2021/08/no-vaccine-no-cosmetic-surgery-dr-troy-pittman-ta-lks-about-vaccinations/>



[www.fox5dc.com](http://www.fox5dc.com)

## Analysis: 'No Vaccine No Service' decisions explained



**WASHINGTON** - A 'No Vaccine, No Service' policy is being adopted by a growing number of restaurants in the country -- and right here at home -- as the COVID-19 delta variant fuels a rise in cases in the U.S.

But it doesn't stop only at restaurants.

Bars, gyms and even an aesthetic surgery practice have implemented the policy as well.

**D.C. plastic surgeon, Dr. Troy Pittman, and chef and owner at 1310 Kitchen and Bar, Jenn Crovato, joined us now with more on their decision to close their doors to unvaccinated customers.**

<https://www.fox5dc.com/news/analysis-no-vaccine-no-service-decisions-explained>

# GOOD HOUSEKEEPING

[www.gh.com](http://www.gh.com)

**14 Best Sunscreens of 2021, According to Skincare Experts** Dermatologists weigh in on the best sunscreen for every skin type.



One thing is for sure when it comes to SPF: It's extremely important to wear it regularly. But not all sunscreen is created equal. That's why at the Good Housekeeping Institute Beauty Lab, we are constantly testing the best sunscreens and SPFs and regularly consulting top dermatologists to find the best sunblock to keep your skin protected, healthy and youthful all year long.

In our most recent tests, our chemists evaluated over 75 body and face sunscreens and surveyed over 8,000 consumer testers to get insight into the qualities people *actually* care about when it comes to sun protection.

After

narrowing the field to the top 39 sunscreens, Beauty Lab Director Birnur Aral, Ph.D. and chemists Sabina Wizemann and Danusia Wnek enlisted the help of consumer testers across demographics and races including (but not limited to) White, Black, Latinx and Asian. Each tester used a label-masked product at least twice over the course of a week.



After reviewing tens of thousands of responses from over 600 testers, our experts narrowed in on the top-performing picks. Whether you're looking for formulas suited for sensitive skin, sunscreens for kids and babies, zinc oxide formulas, sunscreen for oily skin or even natural sunscreen, our pros have the perfect SPF pick for you.

## **How do I choose the best sunscreen for my skin?**

**Here are some factors to consider when choosing the right sunscreen and SPF for you:**

✓ Broad-spectrum protection "to protect against both harmful UVA/UVB rays," says Lucy Chen, M.D, F.A.A.D., board-certified dermatologist at Riverchase Dermatology. Exposure to these wavelengths can lead to dangerous sunburns (a.k.a. skin damage and potentially skin cancers), dark spots and disrupted collagen production — UV exposure is responsible for 80% of visible skin aging. And SPF 30 or greater is best, says David Lortscher, M.D., board-certified dermatologist and CEO of Curology. "Most people don't apply their sunscreen perfectly, so it's best to have at least a number 30 to ensure proper coverage," adds Dr. Chen.

✓ **Active ingredients:** Most often, you'll have to choose between chemical and mineral sunscreens as your main SPF agents:

- **Chemical formulas absorb UV rays and converting them into heat,**  
**according to Michael Somenek, M.D. "This process allows the body to**  
**release the UV rays, which ultimately prevents the skin from burning," he**  
**says.** Chemical sunscreens tend to be better for swimming due to their water-resistant nature but while these lotions and sprays are easier to apply with no white residue, you will need to reapply sunscreen more often than you would with a physical or mineral option.
- **Mineral sunscreens** (also called physical sunscreens) form a barrier on your skin that reflects or filters UVA and UVB rays. The dispersed zinc oxide and/or titanium dioxide formulas can be more difficult to spread on your skin and leave behind white cast, but they usually last longer than chemical formulas.

✓ **Water-resistance** to stand up against sweaty days or time spent swimming.

Heads up: There's no such thing as *waterproof* or *sweatproof* sunscreen.

Under current FDA guidelines, there are only "water-resistant for 40 minutes" or "water-resistant for 80 minutes" options. Forget about reapplying every two hours: Instead, heed the water-resistance time on the bottle and layer the product on more frequently when swimming, sweating or toweling off.

✓ **Formula type:** Our Beauty Lab pros tend to prefer lotions and creams over sprays since "they last on skin longer than sprays [and] are more likely to form a uniform protective coating over skin than sprays," says Wizemann. "If your skin is

prone to dryness, a cream may be better for you," adds Dr. Chen. As for kids, "Sprays are easy, but they might require a second coating, so spray generously," she says.

✓ **Your skin type:** If you have dry skin, "Look for ingredients like dimethicone, glycerin, aloe and oils and avoid spray or gel sunscreens with alcohol," advises Dr. Chen. She adds that those with oily skin should opt for a lightweight sunscreen that contains ingredients like silica or isododecane.

Now that you've got the lowdown, check out the best sunscreen formulas from our Beauty Lab, plus dermatologist recommendations. And remember, no matter what you use, make sure to apply your sunscreen daily, at least 15 minutes before heading out to properly allow the protective film to form!

<https://www.goodhousekeeping.com/beauty/anti-aging/g1288/best-sunscreens/>



# 16 skin care products to use in your 20s, according to experts



The skin care routine you have in your 20s can impact the way your skin looks in a few decades, so it's the perfect time to lay the groundwork for a happy, healthy complexion that maintains its youthful glow for years to come.

Not sure where to start? Shop TODAY called up a few top dermatologists to find out what you should be focusing on in your 20s, and we also got them to recommend a few of their favorite products!

**Best cleansers for your 20s**  
**The Ordinary Retinol 0.2%**



Think you're too young for a retinol in your 20s? Think again! **"Using a product with retinol from an early age helps increase cellular turnover and stimulate collagen production. This can minimize the appearance of hyperpigmentation, fine lines and wrinkles later on in life,"** board-certified facial plastic surgeon Dr. Michael Somenek, who's based in Washington, DC, said.

**If you're new to the world of retinol, Somenek suggested easing in with this gentle yet effective serum. "It minimizes dark spots and fine lines and evens out the skin's texture,"** board-certified facial plastic surgeon Dr. Michael Somenek, who's based in Washington, DC, said.

[https://www.today.com/shop/best-skin-care-products-20s-t228764#anchor-Best\\_cleansersforyour20s](https://www.today.com/shop/best-skin-care-products-20s-t228764#anchor-Best_cleansersforyour20s)



[www.abc4.com](http://www.abc4.com)

## What do the numbers 10, 3, 2 and 1 have to do with better sleep?

- On Good Things Utah this morning – Are you struggling to fall and stay asleep at night? There is a method that one doctor says will help. Dr. Jess Andrade recently caught the attention of thousands of people after her Instagram reel explaining “sleep hygiene basics” took off online. In the video, Dr. Andrade introduces the “10-3-2-1-0 Method”, a step-by-step guide on how to prepare yourself for a night of optimal sleep throughout the day. Click here for more:

<https://www.glamourmagazine.co.uk/article/10-3-2-1-0-sleep-formula> •

Plus, the beauty steps we take each morning can be instrumental in keeping our skin looking youthful and energized. And by that same logic, any skincare mistakes we make in the mornings can be equally detrimental. That means that neglecting the proper beauty practices can cause our skin to prematurely age and show the flaws we all want to get

rid of. **According to Dr. Michael Somenek, board certified plastic surgeon from Washington, DC, there is one common morning beauty mistake that can cause your skin to age exponentially. “It’s possible to age your face**

before you have even had your morning cup of coffee,” Dr. Somenek told us. “And the mistake all comes down to whether you wash your face and the method you employ.” It turns out that washing your face in the morning is way more important than any of us thought. Even if you wash your face right before bed, you still have to cleanse again in the morning.

- And Surae brings us the hottest Labor Day deals this morning, what to watch out for before the weekend even begins. And speaking of shopping, Reagan has the Amazon dress that is getting thousands of rave reviews. We'll show you why it's so popular and where you can find it!
- And at the end of the show, a story too cute not to share! Tracy Trigg owns a small farm with an adjoining preschool in Newstead, New Zealand. Each morning she personally dresses her traffic patrol officer in a fluorescent vest. The traffic patrol officer is a hen. The hen is named — wait for it — Henry. Henry was named by the students. Since January, the uniformed chicken has encouraged drivers to use extra caution in the parking lot at the rural Newstead Country Preschool, which Trigg started with her family in 1997. Henry struts around the parking area, approaching cars, squawking and greeting students for about 15 minutes before the school day begins at 8 a.m. Motorists drive very carefully near the school, knowing Henry is on patrol. Hope you join us for this Hot Topic and so much more this morning on GTU.

<https://www.abc4.com/gtu/what-do-the-numbers-10-3-2-and-1-have-to-do-with-better-sleep/>



# TODAY

[www.today.com](http://www.today.com)

## The best skin care products for your 60s, according to experts

According to dermatologists, these tried-and-true products target all kinds of complexion concerns.



Whether you've been a skin care junkie your whole life or are trying to make up for lost time, your 60s come with their own unique set of complexion concerns that can't be avoided. Luckily, a solid skin care routine can help you conquer this fabulous decade with grace and a gorgeous glow.

Wondering what you should focus on first? Shop TODAY is taking the guesswork out of things and sharing some tips (and product recommendations!) from top derms so you can spend more time living your life and less time reading skin care labels.

Best sunscreens for your 60s



## CeraVe Foaming Facial Cleanser



Foaming cleansers sometimes get a bad reputation for drying out skin, but board-certified facial plastic surgeon Dr. Michael Somenek said this one is the exception. "It is suitable for all different skin types and cleanses the skin without making it feel dry or tight. It also contains three essential ceramides to cleanse the skin without leaving the skin feeling stripped," Somenek, who's based in Washington, D.C., told us.

Of course, it also helps that this bestselling CeraVe cleanser is fragrance-free and noncomedogenic, so it won't clog pores!

[https://www.today.com/shop/skin-care-products-60s-t228806#anchor-Bestsunsc\\_reensforyour60s](https://www.today.com/shop/skin-care-products-60s-t228806#anchor-Bestsunsc_reensforyour60s)

# Bustle

[www.bustle.com](http://www.bustle.com)

## Derms Explain How Often You Actually Need To Wash Your Face

And what happens if you skip that cleanse.



Washing your face is one of those staple hygiene practices — much like brushing your teeth and taking a shower — that people should (in theory) be doing on the reg. But, with celebrities denouncing their daily body cleanse, it's time to revisit the basics. And so Bustle asked experts the all-important question: How often should you wash your face, *really*?

To get to the bottom of the skin care practice, it's important to first understand the purpose of cleansing. "In the most basic form of [face] washing, assuming we are using water and a mild version of soap, we are absorbing some of the natural oils created by our skin, and helping it shed the top layer," says Dr. Orit

Markowitz, New York City Board-Certified Dermatologist and Founder of OptiSkin. This ensures your face is clean and ready to soak up the rest of your skin care routine (hence why it's always step one).

Face washing is the part of your regimen that rids your complexion of any gunk it's accumulated, which is a foundation of having healthy skin. **"Washing your face gets rid of excess oil, dirt, and other impurities that build up on your skin throughout the day," says Dr. Michael Somenek, M.D., a double-board certified plastic surgeon. "It also helps unclog pores that are blocked, and provides your skin with the necessary hydration to prevent it from becoming rough, dry, and wrinkled."** In other words: It'll help keep acne and fine lines at bay. Despite being a key practice for a healthy glow, you can overdo it. Or you could be doing it incorrectly. More on dermatologist-backed rules below, including how often you actually need to wash your face.

## How Often Should You Wash Your Face?

While everyone can agree on what facial cleansing is for, how often you should do it is when opinions start to differ. Some skin care devotees are strict proponents of the double cleanse. Others do it a standard two times a day, while many people skip face wash in the a.m. Then there are those who allow a day (or longer) to pass without touching their cleanser at all. (Is that you, Jake Gyllenhaal?)

The consensus? You should wash your face at *least* once a day, but shoot for twice. Generally, the pros say your evening cleanse is more important than washing your face in the morning — and that's because your skin is exposed to much more external pollutants. "The night wash is so important because of the dirt and grime and pollution that builds up during the day," says Dr. Mara Weinstein, M.D., a board-certified dermatologist.

Though the morning cleanse is more of a feel-it-out situation, it can (often) be pretty damn important too. "Washing in the morning ensures your skin is clean," says Weinstein. "There's a hygiene issue where people don't wash their sheets or pillowcases as often as they should. [Cleansing] also gets off any leftover residue from the evening before so there's no leftover dirt or bacteria on the skin." It also removes excess oil that built up overnight, she adds, which can happen if your skin is on the oily side.

The good news for those who dread the face washing chore? Your a.m. cleanse doesn't have to be intense. "Let's say your skin runs dry and you wake up feeling like your face is tight and dry," says Weinstein. "Instead of doing a full

cleanse, you can just do a splash of water or use micellar water or something else that's very gentle and non-stripping."

If you want your skin to really soak up your serums and creams, a morning cleanse (and an evening one, for that matter) is a good idea. "You should cleanse your skin in the morning prior to applying products, sunscreens, and medications," says Markowitz. "It's important to get the skin clear so those products can get in and do what they need to do." If there's any residual makeup, oil, or debris on your face, she says it can act as a barrier that prevents proper absorption.

### **What Happens If You Don't Wash Your Face?**

If you skip out on your face wash, you're left with residue that sits on your pores — which can lead to unwanted skin woes. "The bacteria, pollution, dirt, dust exposures from the day, and makeup will build up and clog your pores, which can lead to breakouts," says Weinstein. "If you have sensitive skin, it can cause redness. If you're eczema-prone and you don't cleanse, all that bacteria buildup can lead to infection."

You also won't have the best glow if you don't regularly wash your face. **"You may find that your skin is aging prematurely, drying out, or that your skin tone is dulling," says Somenek.** So if you want to have a bright, even radiance, you're going to want to stay on top of your cleansing routine.

### **How To Wash Your Face**

For your healthiest complexion, derms suggest abiding by the following best practices.

**Use lukewarm water: Use the Goldilocks of water temperatures when cleansing, says Somenek. Too-hot water can damage your skin barrier, he explains, which can lead to dryness and irritation.**

Use your fingertips: Weinstein recommends washing with your hands rather than a cleansing tool or washcloth. "If you're using a good cleanser, use your fingertips in a gentle, circular massage," she says.

**Use the right cleaner for your skin type: Grab an acne-targeted cleanser if you're battling breakouts, a hydrating face wash if your skin is parched, and a creamy cleanser if your skin is irritated, says Somenek.**

**Pat your skin dry: After you cleanse, Somenek suggests using an antimicrobial towel (since bacteria grows on the average towel) to gently pat your face dry. "Avoid rubbing it, which can irritate the delicate skin on the face," he says.**

<https://www.bustle.com/style/how-often-should-you-wash-your-face>

# MarketWatch

[www.marketwatch.com](http://www.marketwatch.com)

We asked 6 doctors which face masks they wore each day to protect themselves from COVID-19. Here's what they shared.



The CDC recommends that even those who are fully vaccinated wear masks in indoor public places now. But with so many masks on the market, consumers can often feel overwhelmed by which one to pick. If that sounds familiar, the first thing to remember is that a variety of masks, worn correctly, offer protection against COVID-19. "The key is that you have something on," explains Dr. Karl Mingos, who serves as the interim dean of the school of health sciences at the

University of New Haven, and is the founding director of the university's master of public health program. "Any public place I go in, like a store, I always wear a face covering and maintain distance when possible."

And it's important for the mask to fit properly. It should cover both your nose *and* your mouth, per the CDC, with the mask secured under your chin. The mask should also fit snugly against your face. There should not be large openings or gaps around your nose, mouth and the sides of your face. Below, doctors and nurses share the masks that they personally wear to protect themselves.

### **KN95 masks**

"I have KN95 masks," says Minges, which he uses when COVID-19 rates in his community begin to spike. (He says he likes to reserve N95 masks for healthcare workers and others at high risk of illness.) "Don't get a knockoff one though. The most important thing is to check that the FDA has authorized that version," he says. Minges didn't recommend a specific KN95 mask, but here are three KN95 masks that the FDA approved and NBC News independently reviewed.

### **Easy-to-wear cloth masks**

Dr. Raj Dasgupta, associate professor of clinical medicine, pulmonary and critical care at USC Keck Hospital, says the most important thing, after safety, is to pick a mask that you will wear comfortably all day. His pick is:

### **Masks that deliver comfort and safety**

Comfort — as well as safety — is a key for NYC-based orthopedic surgeon Dr. Gbolahan Okubadejo, who opts for the: MOCACARE Level 1 mask, (\$0.52 apiece)

"It's made of triple layers of non-woven fabric that physically block respiratory droplets and partially block airborne irritants. It's comfortable because the fabric is soft and breathable. And unlike other masks, this feels weightless on the face," says Okubadejo.

### **Surgical masks**

When COVID-19 cases are low in his area, Minges says that he simply uses a blue surgical mask. That's also the choice of Dr. Samer Jaber, a dermatologist at Washington Square Dermatology, when he goes shopping. He opts for the:

"It's effective, fits well, it's comfortable and disposable, so if I get sweaty I can get rid of it," says Jaber.

On a related note, Dr. Reza Jarrahy, an associate clinical professor at UCLA, prefers the:

### **Halyard Fluidshield ASTM Level 3 medical grade procedure mask**

The reason? He likes a mask that ties over his head and at the base of his neck. "I find these to be more comfortable than the standard masks that loop around the ears. They're also easier to pull down and pull back up when a mask is required, such as when I'm eating or drinking," says Jarrahy.

Additionally, he likes masks that have a wire buried across the top so that the mask can be shaped to fit the contours of the nose and cheekbones. "One way to make sure you have a good fit, especially if you wear glasses, is to see if your glasses fog up when you breathe. If they do, the wire can be adjusted to a better fit that limits air escape from and entry into the mask," says Jarrahy. Learn more: **Halyard Fluidshield ASTM Level 3.**

**And Dr. Troy Pittman, board certified Washington, D.C. plastic surgeon says, "Ironically, I use the same brand mask in and out of the operating room. They're super comfortable because of the adjustable nose piece that customizes the fit. I hate when a mask is falling off my nose and landing as a chin strap." He prefers disposable masks because they're ultimately more sanitary. And they can prevent skin irritation and acne associated with the reusable cloth masks that people never wash.**

[https://www.marketwatch.com/story/we-asked-6-doctors-which-face-masks-they-wore-each-day-to-protect-themselves-from-covid-19-heres-what-they-shared-01631231858?link=MW\\_latest\\_news](https://www.marketwatch.com/story/we-asked-6-doctors-which-face-masks-they-wore-each-day-to-protect-themselves-from-covid-19-heres-what-they-shared-01631231858?link=MW_latest_news)



[www.today.com](http://www.today.com)

## 12 best creams and moisturizers to pair with retinol in 2021



Retinol is often touted as one of the most powerful skin ingredients out there, and while it can totally transform your skin, it can also aggravate it significantly at first. The initial redness and dryness are a small price to pay for the eventual results (trust us!), but you can help minimize the negative effects of retinol by using a top-notch daily moisturizer.



Shop TODAY polled several dermatologists and skin care experts to find out what ingredients we should be looking for while shopping for a moisturizer. They were also nice enough to share their product picks! With their help, you'll be enjoying all the benefits of retinol without all the annoying side effects.

Best moisturizers and creams to use with retinol, according to

experts **La Roche-Posay Toleriane Double Repair Face Moisturizer**

Retinol can work wonders for your skin and can treat the visible signs of aging, but it can also be pretty harsh on your skin. "In the first two to four weeks, the skin undergoes a process known as retinization, where the skin cells adjust to the retinol itself. This can lead to dryness, flaking and redness. That is why it is so important to pair your retinol with a moisturizer," Dr. Joshua Zeichner, board-certified dermatologist and director of cosmetic and clinical research at Mount Sinai Hospital's department of dermatology, said.

Dr. Liia Ramachandra, a former pharma executive and skin care expert, told Shop TODAY she loves this repairing moisturizer and touted the benefits of one key ingredient: niacinamide. "Niacinamide helps build cells in the skin while also protecting them from environmental stressors such as sunlight, pollution and toxins. It also plays an important role in soothing and helping to restore the skin barrier," she explained.

### **Honest Beauty Hydrogel Cream**

If you're already dealing with sensitive skin or allergies, retinol can exacerbate things and potentially cause rashes, but the right moisturizer can help your complexion adjust in the early stages of retinol use.

Ramachandra recommends this cruelty-free gel cream that contains two types of hyaluronic acid. "The ingredient is known to soothe inflammation and help strengthen the skin. Hyaluronic acid can also be used to plump and hydrate," she said.

### **Vanicream Moisturizing Lotion**

Prefer a more streamlined ingredient list? Boston dermatologist Dr. Ranella Hirsch loves the fact that this lotion is free of dyes and fragrances. "It makes it a

great, light option for even sensitive skin types trying to get started on a retinol," she said.

The bestseller is pretty darn affordable and it also happens to be quite popular with Amazon shoppers, who've given it over 5,300 five-star ratings.

### **CeraVe Moisturizing Cream**

"Retinols function by revving up cell turnover. This can (and frequently does) yield some level of irritation and/or dryness," Hirsch explained. "Judicious use of a good moisturizer can help counter this for a beginning user or even someone who has been using it for a long time."

The dermatologist is a fan of this gentle, noncomedogenic moisturizer that works for all skin types. "It offers long-term hydration with ceramides and glycerin," she shared.

### **Neutrogena Hydro Boost Gel-Cream**

**Normally, we'd be tempted to apply a retinol before a moisturizer, but board-certified plastic surgeon Dr. Troy Pittman suggests doing the exact opposite. "Moisturizing first before applying retinol will not interfere with the retinol's ability to absorb into the skin. A moisturizer will allow the retinol to be a little gentler on your skin, and it will protect you from potential dryness," he revealed.**

The Washington, D.C.-based expert listed glycerin and hyaluronic acid as the two powerhouse ingredients in this Neutrogena gel cream and said it has a number of great benefits for your complexion. "It has no fragrance, is dye-free and restores the skin's natural barrier against moisture loss. This moisturizer quenches extra-dry skin, relieves intense dryness and leaves the skin looking smooth, which is excellent for those using retinol," he said.

### **Aveeno Calm and Restore Oat Gel Moisturizer**

Don't be surprised if your skin rebels a bit when you first start using a retinol. "Especially early on, retinoids cause an exfoliation of the keratinocytes and that can disrupt the lipid barrier," board-certified dermatologist Mary Lupo revealed. "It is worse in very dry climates and during the first few weeks of use."

The skin care expert recommends using a soothing moisturizer to combat those initial growing pains and named this as one of her top picks. "It's a great choice as a hydrating gel in humid climates and for acne-prone skin," she said.

### **Avene TriXera Nutrition Nutri-Fluid Balm**

Dr. Alan Parks, founder of DermWarehouse, couldn't help but give a shoutout to the power of ceramides. "They are a great ingredient in a moisturizer because they help to protect and maintain the moisture barrier of the skin, which is responsible for its overall health and hydration," he told us.

We're not suggesting you go two days without moisturizing, but if you do get a little lazy, this one just so happens to provide 48-hour hydration and Parks particularly digs its light formula.

### **Differin Oil-Absorbing Moisturizer**

**This bestseller has won the hearts of Amazon shoppers (it has 2,800+ five-star ratings!) and it's also earned Pittman's respect. "It uses micropearl technology to absorb excess oil and has glycerin, which keeps the skin smooth and soft. It also contains SPF 30, which is good for those using retinol since retinol increases your skin's sensitivity to the sun's rays," he told us.**

**Pittman reminded us that it's essential to apply sunscreen throughout the day and said this lightweight formula won't clog pores, which makes it particularly great for those with combination or oily skin.**

### **PCA Skin ReBalance**

Ever wonder why your skin gets so dry while using a retinol? Parks broke it down for us: "Retinol increases the rate that your cells turn over themselves exponentially, producing the anti-aging effects you know and love. This means that your skin gets rid of its old skin layers faster than usual, which can cause a significant amount of dryness and flaking."

The dermatologist swears by this lightweight cream that works equally well for all skin types, even oily ones. "If you have oily skin, adding that moisture back into your skin is important and can actually help regulate oil production in your skin. This cream is light, yet nourishing, with ingredients like antioxidants and vitamin E," he said.

## **Dermalogica Calm Water Gel**

"Using a moisturizer before or after (or both) when using a retinol reduces irritation without sacrificing the effectiveness of the retinol," Parks explained. If you're in the market for a new nighttime moisturizer, this lightweight gel is a great option.

"It locks in moisture and protects the moisture barrier. It uses a strong combination of aloe, hyaluronic acid, glycerin and other natural extracts to gently but effectively hydrate the skin and protect it from damage," he said.

## **Cetaphil Daily Facial Moisturizer SPF 15**

Board-certified NYC plastic surgeon Dr. Ryan Neinstein thinks retinols are the "best way to rejuvenate and replenish our skin at home" but he recognizes that they can do a number on your skin, at least initially. That's why he suggests using this gentle moisturizer with SPF.

Neinstein pointed out that the light formula is ideal for sensitive skin and we also love that it's non-greasy and absorbs quickly. Of course, we also dig the fact that it's free of parabens and fragrances!

## **Skintelligence Daily Moisture Enhancer**

Like the other skin care experts we polled, Neinstein agrees that with retinol can minimize irritation and maximize skin glow. He told us that many of his patients enjoy using this daily moisturizer from Skintelligence and said it's great for all skin types.

The potent formula is full of antioxidants that fend off free radicals and fight back against premature aging. It works well under makeup or on its own and also includes ginseng extract, a soothing ingredient, and aloe extract, a known hydrator.

<https://www.today.com/shop/best-moisturizers-retinol-t229036>

# **SHE FINDS**

**The Unexpected Ingredient You Should Never Use  
On Aging Skin**

**[www.shefinds.com](http://www.shefinds.com)**



different

reasons why mineral oil should not be used on aging skin," Dr. Michael Somenek, board certified facial plastic surgeon from Washington, DC, told SheFinds. "First of all, mineral oil often contains carcinogens that increase the risk of developing cancer when used in high amounts."

And if you are prone to acne, you definitely want to stay away from mineral oil.

Dr. Somenek said, "Additionally, mineral oil easily clogs pores. Although mature skin is not as prone to acne breakouts,

when pores are clogged, it's still possible for a breakout to occur. Mineral oil has also been shown to slow down the rate of cell renewal, which causes collagen to break down. Collagen plays a significant role in maintaining skin strength, so the breakdown of collagen can lead to premature skin aging.

Plus, there is another reason why mineral oil can prematurely age the skin.

As Dr. Somenek added, "Another reason I do not recommend using mineral oil is its ability to increase the risk of sun damage. Since mineral oil is derived from petroleum, its molecules are too large for the skin to absorb.

"Subsequently, the mineral oil remains on the skin's surface, which is likely to reflect sunlight and can lead to sun damage and skin discoloration. In general, many other moisturizing ingredients provide additional benefits, including anti-inflammatory and antioxidant properties.

# MarketWatch

[www.marketwatch.com](http://www.marketwatch.com)

‘This is the sanitizer used most frequently in hospitals.’ 3 doctors share what hand sanitizer they personally use (psst: they don’t like dry skin, either)





Demand for hand sanitizer has soared since the start of the COVID-19 pandemic — and experts predict sales will remain strong as the coronavirus delta variant spreads. Of course, though using hand sanitizer is convenient and typically effective, “the gold standard is washing your hands for [at least] 20 seconds,” explains Dr. Raj Dasgupta, associate professor of clinical medicine, pulmonary and critical care at USC Keck Hospital. “The reason being, the virus is surrounded by an envelope that is made of lipids. The soap acts like a detergent, and it's that motion of the hands rubbing together that destroys the envelope and exposes the RNA of the virus.”

But having access to soap and running water isn't always guaranteed. That's why, Dasgupta says, “A very convenient and necessary alternative is hand sanitizers. The CDC recommends that the hand sanitizer contains at least 60% alcohol. This is not to be a substitute for hand washing, but when you're on the go and you don't have the ability to wash your hands, this is a reasonable and safe alternative.” To use it correctly, the CDC advises that you “put enough sanitizer on your hands to cover all surfaces” and “rub your hands together until they feel dry (this should take around 20 seconds).” Don't rinse or wipe the sanitizer before it's dry. Here are the hand sanitizers that doctors say they use, themselves.

### **GermX Advanced hand sanitizer, \$2.66 for 12 ounces at Walmart**

“This is a product that has been in existence for many years and is trusted by the medical profession. It contains 62% alcohol, and to offset the drying effects of alcohol, the product is infused with moisturizers such as vitamin E,” says orthopedic surgeon Dr. Gbolahan Okubadejo, who swears by GermX to keep his hands germ-free. Roughly 15 seconds after application, Okubadejo says this gel sanitizer is effective at eliminating almost all of the most harmful bacteria and germs. “I also like the fact that there is a portable size of two ounces, all the way up to 67.6 ounces for more frequent use in my office or in the operating room,” says Okubadejo.

### **Bye Bye Germs antibacterial hand sanitizer, \$11.70 for a 3-pack of 2 ounce bottles on Amazon**

“In a profession where I sanitize my hands every few minutes, I appreciate the sanitizers that aren't overly drying or have a strong scent. This sanitizer with vitamin E and aloe accomplishes this, and it has 70% alcohol,” says Dasgupta.

### **Purell Advanced Hand Sanitizer, \$1.97 for 2 ounces at Walmart**

**“This is the sanitizer used most frequently in hospitals. It’s able to eradicate 99.99% of the most common germs that cause illness, and one squirt goes a long way in terms of spreadability,” says board-certified facial plastic surgeon Dr. Michael Somenek. Unlike some sanitizers, Somenek says this one doesn’t dry out his hands because it’s formulated with glycerin, which helps the skin to retain moisture.**

[https://www.marketwatch.com/story/this-is-the-sanitizer-used-most-frequently-in-hospitals-3-doctors-share-what-hand-sanitizer-they-personally-use-psst-they-dont-like-dry-skin-either-01631828400?link=MW\\_latest\\_news](https://www.marketwatch.com/story/this-is-the-sanitizer-used-most-frequently-in-hospitals-3-doctors-share-what-hand-sanitizer-they-personally-use-psst-they-dont-like-dry-skin-either-01631828400?link=MW_latest_news)

# Glam

<https://www.glam.com/>

## Can Wearing Heavy Makeup Cause Skin To Stretch And Sag?



Whether or not you identify as someone who wears a lot of makeup — I mean, what qualifies as *a lot* anyway? — you're probably someone who cares quite a bit about your skin. After all, it's the largest organ on your body and has the unique ability to give away your age — of course you want to take care of it. And because concealer, foundation, and color cosmetics are simply a part of most women's beauty routines, it's worth begging the question: Does wearing

heavy makeup do any harm to the skin? While we know that it can cause breakouts, can it lead to other skin concerns, like wrinkles and sagging?

Actress Jessica Chastain recently broached the topic during an interview with the *Los Angeles Times* while talking about the heavy makeup and prosthetics she wore for her latest role in the upcoming film *The Eyes of Tammy Faye*. “I think for sure I’ve done some permanent damage to my skin on this. Listen, I eat very pure and I take very good care of my skin and I stay out of the sun and all that stuff,” she said. “But it’s heavy. And when you’re wearing it all day every day — the weight of it on your body, it stretches your skin out. I finally took it off and I was like, ‘I look 50 years old!’ No, I’m kidding. But it’s fine. It’s for my art.”

Sure, most people aren’t walking around in prosthetics on a daily basis, but it left us wondering if the makeup we are wearing could be causing the damage. Much to our relief, the skin will not stretch out just from wearing makeup — even heavy makeup, says Dendy Engelman, MD, a board-certified cosmetic dermatologist and Mohs surgeon at Shafer Clinic in New York City. “The weight of makeup alone, even if you’re wearing a lot of it, isn’t enough to have a permanent visible impact on the elasticity of your skin,” she explains.

Deanne Mraz Robinson, MD, assistant clinical professor of dermatology at Yale New Haven Hospital, agrees that the amount of makeup you wear isn’t going to have a significant effect on the quality of your skin. However, prosthetics can, so Chastain was certainly onto something with her suspicions. “The weight of the prosthetics can stretch skin, specifically in delicate areas such as around the eyes and mouth,” Dr. Robinson says. “Plus, the wigs that accompany prosthetic makeup overhauls, like in Jessica’s case, typically require hair to be pulled back very tightly underneath, adding more potential skin stretching.”

As for the rest of us, well, we’re not off the hook completely. “Stretching and pulling at your skin to apply and remove makeup, especially around the delicate eye area can eventually cause wrinkles to form, skin to droop, and pores to widen,” Dr. Engelman warns. “Wearing heavy and/or occlusive makeup for long periods of time can also eventually cause you to look older by allowing grime, pollutants, and free radicals to enter through your pores and break down collagen and elastin, creating wrinkles and sagging.”

So, to make sure we’re doing the least amount of damage to our skin while wearing a full face of makeup, we asked dermatologists for their top tips. Scroll on to read more.

## **Apply (and remove) makeup with care**

**When applying your makeup, it's important to be super delicate, especially around sensitive areas like the eyes. "Tugging or pulling at the thin skin around your eyes can break down the elastin and collagen fibers," warns Michael T. Somenek, MD, a facial plastic surgeon in Washington, DC. "When applying under eye cream or concealer, pat it on instead of rubbing it in, and use a makeup remover that takes off the makeup with little effort so that you are not rubbing your eyes to scrub off the cosmetics."**

## **Cleanse thoroughly**

It should come as no surprise that sleeping in your makeup is bad. Wearing makeup to bed can cause environmentally-induced oxidative damage and lead to chronic inflammation that breaks down the skin barrier, which in turn leads to premature signs of aging like wrinkles. It can also cause your complexion to look dull. To ensure a thorough cleanse, try the double cleansing technique: First, use an oil-based cleanser to remove stubborn makeup, then follow up with your face wash of choice.

## **Avoid harsh exfoliating scrubs**

On that note, never reach for scrubs when removing makeup. "Physical exfoliators with large, harsh particles like apricots and walnuts can cause stretching, micro tears, and even long-term scarring on the delicate facial skin," warns Dr. Robinson. If you're looking to slough off dead, dulling skin, she recommends chemical exfoliators, like retinol or AHAs, or fine particle-based physical scrubs, like sugar.

## **Use SPF in addition to makeup**

While SPF in makeup is a bonus, it should never be used as your first line of defense against the sun's harmful UVA and UVB rays, Dr. Robinson advises. "When you apply makeup, you're not applying an even amount to all areas of the face, which leaves some areas better protected than others," she says. "Sun damage breaks down collagen and elastin, the scaffolding that holds up our skin, so the sooner that is gone, the sooner we'll start to see stretched out skin and wrinkles."

## **Stop picking or squeezing pimples**

Sure, it's tempting to try to get rid of a blistering blemish, especially when you have somewhere to be and concealer won't cover it, but doing so can actually make it much worse. "Poking and prodding at a pimple will make it prominent and push bacteria deeper into the skin, causing a more serious problem that takes longer to go away," warns Dr. Engelman. Picking your skin can also stretch pores and cause a rough skin texture. Instead, she recommends using a spot treatment or a pimple patch to clear it up.

### **Don't forget the skin beyond your face**

**Just as you take your foundation below your jawline, Dr. Somenek recommends doing the same with your skincare. "When applying skincare, many people forget that they have a neck, ears, and chest that are also prone to aging," he says. Apply your moisturizers, serums, and facial sunscreens down your neck and on your ears, too, he suggests.**

<https://www.glam.com/beauty/does-wearing-heavy-makeup-stretch-skin/>



<https://hudabeauty.com/>

## What Is Prejuvenation, And When's A Good Time To Start?



We talk so much about rejuvenation (AKA the art of restoring youthfulness), but there's a new trend emerging that's all about *preventing* those signs of aging to begin with. We're talking about prejuvenation, and TBH the whole concept makes perfect sense to us.

Not only do we have a better understanding of what causes premature signs of aging – things like the sun, stress, diet, and internal factors – but we also have access to a robust fleet of modern tools. Getting older is a fact of life, and we're all about celebrating natural beauty. Still, why not use technologies

available to us now – like SPF and retinol – that can help delay stuff like deep wrinkles and skin laxity?

**We were curious to learn more about prejuvenation, including the best types of products and treatments to try. We reached out to Dr. Michael Somenek, a board-certified facial plastic surgeon in Washington, D.C.**

## **What is Prejuvenation?**

Like we mentioned above, prejuvenation is all about slowing down visible signs of getting older. This can be done in two primary ways: through small lifestyle changes and through incremental, in-office procedures.

**“Prejuvenation is trending right now because new products and treatments have been created to help slow down the aging process,” says Dr. Somenek. “Rather than waiting until your skin shows almost irreversible aging, you can actively try to minimize the effects, so you do not need more drastic treatments in the future.”**

Let’s also focus on a key word here. *Premature*. Without fail, we will show signs of our age, and that is perfectly OK. But taking care of our bodies from the inside out to prevent *premature* signs makes perfect sense.

## **Four Ways to Practice Prejuvenation at Home RN**

Our daily habits have a huge impact on the health and beauty of our skin. Here are four ways you can help slow down signs of aging starting this very second!

### **1. Commit to Consistent Sun Care**

**Hands down, the most important way to get your prejuvenation on is by using sunscreen every single day. “Even when you are indoors, or it is cloudy, the sun can still come through your windows or penetrate the clouds,” says Dr. Somenek. “Ultraviolet (UV) rays from the sun are detrimental to skin and cause premature signs of aging like wrinkles and sunspots.”**

**He recommends applying a broad-spectrum SPF of at least 30 to any skin not covered by clothing—especially your face, neck, chest, and arms. Check out some of our favorite sunscreens.**

### **2. Apply Antioxidants**

Antioxidants prevent free radical damage, which is another key contributor to premature signs of aging. Long story short, there are unpaired oxygen atoms floating around in the sky that latch onto your skin cells in hopes of becoming



balanced again. This results in a chain reaction that degrades the quality of your skin, which over time appears as fine lines, wrinkles, hyperpigmentation, and laxity.

Vitamin C is one of the most potent antioxidants out there, but there are lots to choose from. Simply adding an antioxidant serum to your morning regimen is a major game-changer. Try [IT Cosmetics Bye Bye Dullness Vitamin C Serum](#), \$29, or [Good \(Skin\) Days C's The Day Serum](#), \$26.

### 3. Use Retinoids

**“Retinol is another product that works well for prejuvenation,” says Dr. Somenek. “Using retinol from an early age helps to increase cellular turnover and stimulate the production of collagen. This can minimize the appearance of fine lines and wrinkles, as well as hyperpigmentation [over time].”**

You can buy retinol over the counter or ask for a stronger prescription (tretinoin) from your dermatologist. We really like [The INKEY List Retinol Anti-Aging Serum](#), \$10, and [CeraVe Resurfacing Retinol Serum](#), \$20.

### 4. Prioritize Your Overall Wellness

On the whole, it's important to nourish our bodies from the inside out. Take a breather when you're feeling stressed or burnt out (we know, it's easier said than done), do things that bring you joy and peace, eat well, and stay hydrated. Also avoid known causes of aging as best as you can, such as smoking and alcohol intake.

### The Best In-Office Treatments for Prejuvenation

While a big part of prejuvenation is daily skincare, it's also wise to take advantage of in-office procedures if you've got the cash.

#### Neuromodulators

You might have heard of the term “preventative Botox.” This is essentially the act of injecting a neuromodulator (such as Botox) to prevent the repetitive facial movements that ultimately lead to wrinkles. Research is still underway, but from what we understand, preventative Botox is effective at slowing the creation of fine lines and deep wrinkles.

**Dr. Somenek says, “Individuals in their mid to late 20s or 30s can have a small amount of Botox injected into areas where they are seeing slight signs of aging. This can help slow the formation of deeper wrinkles in the future.”**

### **Microneedling, Radiofrequency (RF), and Laser Treatments**

While topical products like retinol can help boost skin cell turnover and foster collagen production, in-office treatments like microneedling, radiofrequency, and lasers can do so in a much more dramatic way. Each works in its own way, but in general, they create controlled microdamage to the skin to trigger repair. If you're able, one to four treatments per year is a good number to aim for in terms of a prejuvenation plan.

### **Microdermabrasion**

**“Dermabrasion is an intense exfoliating treatment that works to slough off dead skin cells and reveals smoother and more even-toned skin underneath. Monthly microdermabrasion can minimize the appearance of dark spots from the sun or acne scars,” says Dr. Somenek.**

[https://hudabeauty.com/us/en\\_US/blog-what-is-prejuvenation-79213.html](https://hudabeauty.com/us/en_US/blog-what-is-prejuvenation-79213.html)

<https://www.washingtonpost.com/>

## Linda Evangelista says CoolSculpting 'disfigured' her. Here's what experts say about the procedure.



Danielle Venuto isn't a supermodel, but she can relate to runway icon Linda Evangelista, who revealed this week that she had become "brutally disfigured" and "unrecognizable" following a cosmetic body-sculpting procedure more than five years ago that, instead of reducing areas of fat, increased them.

## **Why decision fatigue has become so common and how you can make up your mind more easily**

Venuto, a 32-year-old who lives in New York City, underwent the same procedure, CoolSculpting, in May 2019. She's small — 114 pounds — and said she just wanted help with stubborn areas on her lower abdomen and flanks. By July of that year, she said, she knew something was wrong with the area on her stomach. "I was like, 'It's not looking right, this is weird, it's protruding out more,' " she said. "And then by December it looked like a complete stick of butter. It was legitimately horrible. I was extremely self-conscious and insecure about it. It looked like I had a little kangaroo pouch."

Eventually, she underwent corrective liposuction, which went well, though she had never wanted to undergo such a procedure.

Evangelista — an iconic '90s supermodel who liked to say she wouldn't wake up for less than \$10,000 a day — posted a statement on Instagram, saying that Zeltiq's CoolSculpting treatment, "did the opposite of what it promised. It increased, not decreased, my fat cells and left me permanently deformed even after undergoing two painful, unsuccessful, corrective surgeries."

On Tuesday, Evangelista filed a lawsuit against Zeltiq Aesthetics Inc. and is seeking compensatory damages of \$50 million. The company did not respond to several requests for comment.

According to the lawsuit, Evangelista had seven treatments by a dermatologist to break down fat cells in her “abdomen, flanks, back and bra area, inner thighs, and chin.” After a few months, she developed paradoxical adipose hyperplasia, or PAH — which causes firm tissue masses in the area that’s been treated. As a result, Evangelista said on Instagram, she has not been working. Instead, she’s been left “permanently deformed” and become a recluse, engulfed in self-loathing and depression.

“I certainly feel terrible for her,” said Alan Matarasso, a clinical professor of surgery at Hofstra University Northwell School of Medicine and past president of the American Society of Plastic Surgeons. “It can be a pretty devastating emotional and physical outcome to something that should have had a positive, pleasing outcome.”

### **What is CoolSculpting?**

CoolSculpting is a Food and Drug Administration-approved noninvasive procedure (which means it doesn’t involve surgery, cuts or anesthesia). It’s a branded version of cryolipolysis, a treatment that works by freezing the fat cells in areas like the chin and jaw, as well as on the thighs, abdomen and back.

“The cells actually die and are ingested by the body,” says Daniel Maman, a board-certified plastic surgeon based in New York. He offered CoolSculpting in his office for about five years. “It definitively works,” he said.

During a CoolSculpting session, the practitioner places one or two applicators on the targeted area, and most people feel a sucking sensation and intense cold as the machine freezes their fat cells.

*Why young people are using preventive Botox, and what they need to know*

CoolSculpting is a lunchtime procedure, Maman said: A single session takes about an hour, and while patients might feel sore or experience bruising, they can typically return directly to their normal lives. Many need multiple sessions. Results kick in within several months, Maman said; the company claims that one treatment can reduce up to 20 to 25 percent of fat cells in the area it's applied to. It costs about \$650 to \$800 for a single area. (A personalized treatment plan, which typically includes multiple areas, is \$2,000 to \$4,000, according to the company's website. The website also lists numerous potential side-effects, including PAH, late-onset pain, frostbite, hyperpigmentation and hernia.) The experts interviewed for this piece, including Matarasso and Maman, agreed that liposuction, a surgical fat removal procedure, is generally the gold-standard for people who want to get rid of stubborn fat. "I always say, with CoolSculpting you can accomplish somewhere between zero and 15 percent of what I could accomplish with a single session of traditional liposuction," Maman said. The average cost for liposuction is \$3,637, and it has a longer recovery time than CoolSculpting.

However, CoolSculpting can make sense for people who have a low volume of fat, or who are, say, on blood thinners or have a medical condition that precludes surgery, Matarasso said.

In 2019, the Aesthetic Society ranked nonsurgical fat reduction (such as CoolSculpting, the largest brand of cryolipolysis devices, and its competitors, Vaser Shape and Liposonix) as the fourth-most popular noninvasive cosmetic procedure in the United States, with 129,686 procedures performed.

### **When fat-freezing goes wrong**

**Troy Pittman, a board-certified D.C.-based plastic surgeon, said he's "not surprised" about the news that Evangelista experienced PAH. According to a July study published in the Aesthetic Surgery Journal, the risk of PAH in those undergoing CoolSculpting is approximately 1 in 2,000 treatment cycles, while the estimate in the first paper on PAH, published in 2014, was that it affected 1 in 20,000 patients. "The disparity between incidence rates found within the literature indicates that PAH is likely being underreported and misdiagnosed," the researchers wrote.**

**"I can tell you that in my own practice, I've seen it several times," Pittman said. "It's unmistakable when you know what to look for."**

PAH tends to be more common in men, he said, and often affects the abdomen. “We don’t know exactly why it happens,” he said. “It’s totally benign from a health standpoint — there are no adverse health effects from this. It is purely cosmetically and psychologically disturbing.”

While CoolSculpting is meant to kill fat cells, PAH causes those cells to “just blow up,” Pittman said. If you see a photo of someone who’s experiencing it, they’ll look like “they got fatter rather than skinnier.”

PAH doesn’t go away: “You’re stuck with it,” Pittman said, though there are a few treatment options. Some patients are candidates for tummy tucks, while others can undergo liposuction in the affected area; meaning they’ll have to have surgical treatments they were trying to avoid in the first place.

*Retinoids remain the gold standard for fighting acne and wrinkles.* Venuto said she spent months trying to get CoolSculpting to resolve the situation. Eventually, a claim she had submitted was approved, and CoolSculpting paid for her to have corrective liposuction, which was done by Maman. She remains angry at CoolSculpting and feels like she was robbed of a couple “prime” years of her life. Having the protrusion, she said, was mentally debilitating. “You’re constantly just looking at it, touching it and it just makes you extremely upset.”

She’s active in a Facebook group for PAH survivors and said she has been stunned at how many people have had the experience.



Maman and other experts noted that CoolSculpting is often offered by spa technicians and others who are not board-certified doctors, which they said may mean that the risks aren't always properly communicated, and that PAH is not always recognized or reported. (CoolSculpting's website says that it's used "by or on the order of a physician.") "It's a very simple device," Maman said.

"It's commonly done in spas by technicians — it requires very little training." Depending on the laws in the state where it's being done, he added, a physician may be required to be present in the building.

**"I think there's this sense that if you can get it done in an innocuous environment, like a salon, it's just like getting a pedicure," Pittman said. "But it's a real medical treatment. And I want people to know, if you're considering this, it's important to see a board-certified practitioner," such as a plastic surgeon or dermatologist.**

**"Just because it says 'noninvasive' doesn't mean it's without risk," he said.**

**"I think sometimes if it seems too good to be true, it is."**

### **Before you undergo a cosmetic procedure**

Mental health professionals such as Stephanie Van Schaick, a licensed counselor who specializes in the treatment of eating disorders and body-image issues, say you should consult another kind of expert as well: A therapist.

Cosmetic surgery “used to be for the wealthy and for celebrities,” she said. But while new and less-invasive procedures are luring people by offering what seems like a quick, easy fix, she believes they don’t always address the real issues that send people to surgeons in the first place. (For example: Some patients could have body dysmorphic disorder, which means they’re obsessed with imaginary defects in their appearance.)

One study, published in the journal *Plastic and Reconstructive Surgery*, found that those who have unrealistic expectations or a history of issues such as depression, anxiety or BDD were more likely to report poor outcomes post-cosmetic surgery. Among them: a tendency to request repeat procedures or to experience adjustment problems, isolation, anger toward the doctor or self-destructive behaviors.

“I don’t care what you do to your body. It’s not actually going to give you long-term happiness or improve your mental health,” Van Schaick said. She advises working with a professional to address the roots of these inadequacies before going under the knife — or the freezing applicator.

[https://www.washingtonpost.com/lifestyle/wellness/cool-sculpting-linda-evange-lista-fat-freezing/2021/09/24/85ade25a-1d6b-11ec-a99a-5fea2b2da34b\\_story.html](https://www.washingtonpost.com/lifestyle/wellness/cool-sculpting-linda-evange-lista-fat-freezing/2021/09/24/85ade25a-1d6b-11ec-a99a-5fea2b2da34b_story.html)

# Forbes

<https://www.forbes.com/>

## No Jab? No Service. Doctors Flip The Script On Covid-19 Vaccine Mandates



Policies that require healthcare workers to be vaccinated for Covid-19 have taken effect from New York to California in recent days. These mandates appear to be working, with many holdouts opting to get vaccinated rather than lose their jobs.

Healthcare worker vaccine mandates are also popular with patients, especially if they apply to dentists.

In Washington, D.C., one doctor flipped the script.

**Dr. Troy Pittman, a board-certified plastic surgeon based in Washington, D.C., now requires that all patients—not just staff—be vaccinated for Covid-19.**

**“The decision was all about safety and risk mitigation,” Pittman said. “We wanted patients to feel safe coming into the office or surgical suite.”**

**Though Pittman’s practice had to have some difficult conversations to inform unvaccinated patients that they would need to find a new plastic surgeon, Pittman says the response has been largely positive. Patients, he says, generally appreciate the practice’s concern for their safety.**

**The social media response has been a different story. Pittman says his practice has been accused of being “un-American” and worse. Someone called them Nazis and someone else called their policy a form of “medical apartheid.”**

The American Medical Association (AMA) advises that physicians should generally not refuse to treat patients who aren’t vaccinated solely based on their vaccination status.

“The commitment to care for those who are sick or injured carries with it a duty to treat in other circumstances as well, including public health crises when a physician may face ‘greater than usual risks to [their] own safety, health or life,’ according to the AMA website.

But the AMA differentiates the moral imperative to treat patients in emergency situations from other, less urgent scenarios.

**In Pittman’s case, 100% of care he and his practice provide is elective and cosmetic. He stands by the vaccination policy.**

**“We are not denying necessary medical treatment to patients,” he said. “No one NEEDS to have a breast augmentation or a facial at this time.”**

**Though refusing to treat unvaccinated patients raises ethical questions, particularly if doctors’ motivation is anger or frustration, Pittman is not the only physician taking this approach.**

A Florida family medicine doctor made headlines in September for giving unvaccinated patients notice that they would either have to get the Covid-19 vaccine or find a new doctor.

An Alabama doctor did the same in August, reportedly because he didn’t want to watch his patients die of Covid-19, which he called “a miserable way to die.”

Not all healthcare professionals have the option to treat only vaccinated patients even if that would be their preference.

“In the current times, if I know that someone I’m meeting is not vaccinated, I just feel the urge to run far far away from them,” said William Kemper, a pediatric dentist in Louisville, Kentucky.

Though Kemper might want to avoid unvaccinated people, the nature of his practice makes that difficult. Kids under 12 aren’t even eligible for the Covid-19 vaccines yet.

Dr. S. Monty Ghosh, an internist, addiction specialist, and faculty member at both the University of Alberta and the University of Calgary, says he sees value in patient vaccine mandates from a public health standpoint and would want all his patients to be vaccinated.

His own clinic has stopped short of mandating vaccines for patients, but Ghosh says he knows many small clinics that are evaluating this option as a way of protecting other patients and staff.

Ghosh says his clinic has turned away patients who refused to wear masks, redirecting them to other clinics.

**With or without patient mandates, Pittman urges people to get vaccinated.**

**“The choice to ignore science, the choice to go against the advice of experts that have dedicated their lives to preventing disease comes with consequences,” he said. “At some point, if you are going to be a functioning**

**member of society, you need to recognize that there is an obligation to act responsibly."**

<https://www.forbes.com/sites/debgordon/2021/10/01/no-jab-no-service-doctors-flip-the-script-on-covid-19-vaccine-mandates/?sh=5e1bdbaf109f>

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## Is CoolSculpting Safe? Experts Weigh In After Linda Evangelista Say the Procedure "Disfigured" Her



- Fashion and beauty icon Linda Evangelista, 56, took to social media to share that she's experiencing side effects after turning to CoolSculpting, a topical procedure that freezes fat cells.

- A rare side effect called paradoxical adipose hyperplasia can occur in the weeks and months after fat-melting procedures, where fat cells become enlarged and harden.
- This side effect, as well as others that patients are warned about prior to CoolSculpting, may require surgery to correct.

The hype around fat-melting cosmetic procedures may dip after Linda Evangelista, the supermodel known for her work with Versace in the '90s and time as a Revlon brand ambassador, revealed she's undergone painful corrective surgeries after turning to CoolSculpting. Evangelista, 56, took to social media to share that she's experienced traumatic side effects after turning to the non-invasive cosmetic procedure — classified by scientists as cryolipolysis, and often turned to by celebrities at large — that's intended to topically reduce body fat over a series of treatments. The bombshell revelation indicated that Evangelista ended up experiencing fat growth on certain areas of her body rather than the slimming effect she was hoping for.

"To my followers who have wondered why I have not been working while my peers' careers have been thriving, the reason is that I was brutally disfigured by Zeltiq's CoolSculpting procedure which did the opposite of what it promised,"

she revealed via Instagram. "It increased, not decreased, my fat cells and left me permanently deformed even after undergoing two painful,



unsuccessful corrective surgeries. I have been left, as the media has described, 'unrecognizable'."

Fat-targeting procedures like CoolSculpting are normally considered an unobtrusive alternative to procedures like liposuction. But there are a few minor side effects to consider, as well as a rarer risk that Evangelista indicated had impacted her own fat cells.

The fashion icon developed what's known to experts as paradoxical adipose hyperplasia or PAH — something that doctors and care providers have always had to contend with warning patients about prior to CoolSculpting procedures. The condition (which is also colloquially referred to as the "stick of butter" effect by some) prompts fat tissue in the impacted area to grow larger and, often, harden permanently. This seems to be the case for Evangelista, who alleges that she wasn't educated about the potential risk before signing up for CoolSculpting.

What other kinds of potential side effects do patients face prior to this procedure, and what exactly causes PAH in the first place?

Weight loss, health and body image are complex subjects — we invite you to gain a broader perspective by reading our exploration into the hazards of diet culture.

What Is CoolSculpting?

To understand how an individual may end up with a hard mass of fat beneath their skin, you'll need to get familiar with the procedure first, which makes use of a long, thin CoolSculpting applicator that is positioned topically on areas of the patients' choice.

**"Fat is sucked into a suction-cup-like handpiece, and this area of fat in the handpiece is exposed to very low temperatures which, in essence, freeze the fat cells and cause them to crystalize," says Troy Pittman, M.D., a board-certified aesthetic plastic surgeon in private practice in Washington, D.C. "The frozen fat cells then die — a process called cellular apoptosis — and then the immune system clears away the cellular debris."**

This chilly approach to targeting fat deposits on the body is relatively new — CoolSculpting, in particular, was first approved by officials at the Food and Drug Administration (FDA) in 2010. But the key distinction that has people often signing up for multiple sessions of CoolSculpting over many years is the fact that it's designed to eliminate targeted areas of body fat. It is not a holistic weight loss procedure like gastric bypass, for example; CoolSculpting is intended to treat areas of fat that can't be addressed through diet, exercise or lifestyle changes, as indicated by its promotional website.

Current recommendations indicate that CoolSculpting can be applied to areas including thighs, arms, the stomach area, the buttocks and regions of your face, particularly the chin. The procedure itself takes just a few hours at most, but patients see direct results within six months, with some research-based reports indicating that a single session can reduce up to 20% of composite fat in the implicated area. While some patients treat the same area repeatedly for better results, pricing for a single session can cost up to \$4,000.

**According to Dr. Pittman, the risks that CoolSculpting patients are briefed on before their first procedure includes:**

- **A feeling of pulling or tugging on the skin at the treatment site, which may include pain**
- **Redness, bruising, and other skin sensitivity or swelling after the procedure, potentially up to a week afterward**
- **Those who target their chins may feel sensations in their throat in the days following their procedures**
- **More rarely, development of PAH within a few months after the procedure**

What is PAH and how is it developed?

**This side effect is indeed considered rare by most experts, including Dr. Pittman, and has been previously illustrated to affect less than 1% of those who turn to fat-melting cooling procedures, according to JAMA Dermatology. Plastic surgeons don't usually catch PAH until well after the procedure, as Dr.**

**Pittman explains that growth of fat cells occurs slowly over time, and they are still unaware of what causes it in the first place.**

Nearly everyone who has experienced PAH share that the affected area may be painful or sore to touch. "This leaves patients with a treatment area that gets fatter rather than skinnier," he adds.

**It may be that PAH is more common with larger CoolSculpting applicators and older devices, but Dr. Pittman adds that the side effect is more often noted in men than in women. "It seems to appear more frequently in the lower abdomen than on other parts of the body," he says. "There's no way to predict which patients will suffer from PAH, so all patients should be warned."**

While there aren't significant long-term health risks associated with PAH, individuals will have to turn to a potentially painful surgical procedure to treat it — something that CoolSculpting patients usually wanted to avoid in the first place. **Dr. Pittman says most commonly, the hardened mass of fat is removed using liposuction (which isn't guaranteed to relieve it entirely) or patients are placed into surgery to extract it outright.**

Is there an alternative to CoolSculpting?

If hearing about Evangelista's case has you thinking about these procedures overall, many plastic surgeons may indicate that CoolSculpting isn't always

the best route for topical fat reduction, despite more than eight million individuals signing up for the procedure, according to the New York Times.

**"The gold standard for fat reduction is surgical liposuction," Dr. Pittman tells us. "For patients that are looking for a non-surgical treatment with minimal to no downtime, their expectations should be managed appropriately; they're not going to get a surgical result from a non-surgical treatment."**

**There are also other topical alternatives to CoolSculpting specifically, including TruSculptID, which is licensed to doctors by Cutera. This treatment harnesses a "radio-based frequency energy" to target fat cells by heating them, rather than freezing them, Dr. Pittman explains, adding that the procedure maintains a similar result. Like CoolSculpting, best results may come after multiple treatments.**

It's crucial that you consult your primary health care provider before seriously considering any form of plastic surgery, as your individual medical history may make certain procedures riskier for your health. This article is meant to be educational in nature and isn't a substitute for actual medical or treatment advice from a licensed professional.

[https://www.yahoo.com/lifestyle/coolsculpting-safe-experts-weigh-linda-120000\\_667.html](https://www.yahoo.com/lifestyle/coolsculpting-safe-experts-weigh-linda-120000_667.html)

# InStyle

<https://www.instyle.com/> Everything You Need  
to Know About CoolSculpting



The inner thighs and lower abdomen are two of the most difficult places to tone, even when a strict diet and exercise routine is being followed to the T. But a nonsurgical procedure, CoolSculpting, has made the promise to freeze off fat cells in tricky areas — with little to no recovery after.

Sound too good to be true? Well, we went to the pros to find out everything you need to know about this treatment — from how fast you'll see results to potential risks that come along with the procedure.

### What Is Coolsculpting?

According to Heidi Waldorf, M.D., the Director of Laser and Cosmetic Dermatology at The Mount Sinai Hospital in New York City, CoolSculpting is the number one non-invasive body sculpting treatment in the entire world. Basically, the treatment, which is done using an FDA-cleared CoolSculpting device, uses cold to permanently destroy fat cells in a particular area. Unlike liposuction, no sedation is needed. Each treatment, our pro explains, reduces fat by about 20%.

### ADVERTISING

Some 'tricky' areas that CoolSculpting is used to treat? "It can be used for double chin, upper arms, inner and outer thighs, knees, bra bulges, back fat, flanks and waist, and abdomen," Dr. Waldorf explains.

## Who Is the Ideal Patient?

If you can pinch an inch of fat, Dr. Waldorf says you are a candidate for treatment. "The ideal patient is close to the weight he or she wants, but has

bulges of fat that won't go away with exercise or diet," she explains. "Even patients who are in the process of losing weight or who just want to change their shape can be treated." (Some exceptions? CoolSculpting can not be used over an open hernia and it is not used for intraabdominal fat, she adds.)

## How Does CoolSculpting Work?

The process begins with taking photographs and measurements of the desired area, Dr. Waldorf says. The applicator on the CoolSculpting device (chosen based on the size and shape of the area) is then attached to the area of unwanted fat, she explains. There may also be suction involved depending on the area that's being targeted.

When it's time for application, the cold temperature is activated and is automatically adjusted accordingly to your body. **The extreme cold**

**temperatures cause the fat cells to freeze, crystalize, and then die, explains**

**Washington D.C.-based plastic surgeon Troy Pittman, M.D. Your body's immune**

**system should clear away the cellular debris (a.k.a. the dead fat cells) leaving**

**you with less fat in the treated area.**



Dr. Waldorf adds that the treatment usually takes about 35 minutes, with the exception of the "CoolSmooth" for the outer thighs, which takes 75 minutes. She adds that following CoolSculpting, "the area is either manually massaged or treated with radiowaves to break up the crystals," she says. (Dr. Waldorf says her office uses a separate machine called the Zimmer ZWave Pro, to penetrate the skin, break up crystals, reduce swelling, and speed up the resorption of fat.)

**Typically there's no downtime, though patients may experience some temporary redness or bruising at the site, according to Dr. Pittman, which typically goes away several days after the procedure.**

#### How Long Does It Take to See Results?

Dr. Waldorf notes that you should begin to see results within about a month or so, but not to expect the full effect until after three months. **The number of treatments required depends completely on each patient and their goals, says Dr. Pittman. Some may need one treatment, while others need two to four to see results, he adds.**

#### How Much Does It Cost?

The price greatly depends on where you're receiving the treatment and how many cycles you need. But according to Dyer, it usually starts around \$750 per cycle or \$1500/area. She listed both flanks (the areas around the sides of your

body from your upper abdomen to your back) or both thighs as an example of what is considered an area.

### Are CoolSculpting Results Permanent?

Laura Dyer, a top board-certified physician assistant at the office of Amy Wechsler, M.D., says the results of CoolSculpting are typically extremely long-lasting.

A quick lesson on fat cells: "After puberty, the stem cell capabilities that allowed fat cells to reproduce turn off, so the number of fat cells you have at age 18 is typically the number of fat cells you die with," she says. "Over the course of your life, as you gain or lose weight, those fat cells either expand or contract — but the number of them never changes." CoolSculpting however targets the actual number of fat cells. "Once your fat cells are exposed to CoolSculpting, 20-25% of them solidify, freeze, and then die during the course of the treatment. It takes your body about three months to fully dispose of the treated fat cells but once they are gone, they are gone for good and will not return."

**Important caveat: While those original fat cells are gone forever, the treatment does not of course, protect against future weight gain, so any of the remaining fat cells can expand and get bigger, according to Dr. Pittman.**

### Is CoolSculpting Safe?

Although rare, there is a condition known as paradoxical adipose hyperplasia (PAH), which essentially means that following treatment, an abnormal growth (also known as hypertrophy) of fat cells is triggered due to the stress from the procedure, says Dr. Pittman.

"Rather than the fat cells dying and going away, the fat cell gets larger," he explains. "Patients who have experienced PAH after this procedure cite weight gain and disproportionate fat growth in the area treated." So basically the opposite of what you were trying to achieve.

He adds that it's more common to happen with old, outdated devices, and in the lower abdomen area. Despite the low chance, it appears the percentage of reported cases of PAH has increased, from 1 in 20,000 to 1 in 2,000, according to Dr. Pittman. A 2021 study printed in the *Aesthetic Surgery Journal*, suggests that the incident rate is 1 in 4,000 cycles and that rates dropped by over 75% with new models.

All in all, the risk of developing PAH is small, but it does require surgical treatment and can cause significant distress, so it's worth being aware of.

Options that don't come with the risk of PAH attached include surgical liposuction or TruSculptID by Cuter, which uses radiofrequency energy to kill fat cells by heating them, Dr. Pittman explains.

Is CoolSculpting Worth It?

While PAH is rare, Dr. Pittman notes that there is no way to tell who will develop the condition ahead of time, so receiving the treatment is a bit of a gamble. At the end of the day, it's up to the patient to decide whether or not any treatment is worth the risks and money, but as for CoolSculpting, Dr. Pittman notes if you're happy with a "modest result," it can be a solid nonsurgical option that requires little to no downtime for those who don't want to go under the knife.

<https://www.instyle.com/beauty/health-fitness/what-is-coolsculpting>



<https://www.goodhousekeeping.com/>

## How CoolSculpting's Potential Side Effects Impact the Cosmetic Procedure's Risk

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The fashion icon developed what's known to experts as **paradoxical adipose hyperplasia** or PAH — something that doctors and care providers have always had to contend with warning patients about prior to CoolSculpting procedures. The condition (which is also colloquially referred to as the "stick of butter" effect by some) prompts fat tissue in the impacted area to grow larger and, often, harden permanently. This seems to be the case for Evangelista, who alleges that she wasn't educated about the potential risk before signing up for CoolSculpting.

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<https://www.goodhousekeeping.com/health/wellness/a37760457/coolsculpting-side-effects-pah-risks/>



# NEW YORK

<https://nymag.com/>

## The Best Eye Creams, According to Experts



While applying moisturizer is an obvious part of most people's skin-care routines, caring for the fragile skin under your eyes is a whole other ball game. "The skin on our lower eyelids is the thinnest in the entire body," explains Amanda Doyle, a board-certified dermatologist at Russak Dermatology Clinic. Which is why it is prone to a whole host of problems, including dark circles, bags, and wrinkles. To find the best creams that will actually give you results, we consulted Doyle and five other experts (including one aesthetician). Below, find their picks for the

best eye creams to banish dark circles, reduce puffiness, and even ones that brighten and moisturize.

Best overall eye cream

### **Revision Skincare D.E.J. Eye Cream**

Five of the dermatologists we spoke with had high praise for the D.E.J. Eye Cream from Revision Skincare for its ability to treat a variety of under-eye concerns. "This is a favorite in my office," adds Melissa Doff, founder of Doff Plastic Surgery, who recommends it for patients dealing with wrinkles, sagging skin, puffiness, and dark circles. According to Hadley King, clinical instructor of dermatology at the Weill Medical College of Cornell University, "This cream contains dipalmitoyl hydroxyproline and sunflower-seed oil for moisturizing, vitamin C for brightening, and peptides for reducing fine lines and wrinkles." It also contains goji fruit, which provides additional antioxidant benefits, and cucumber fruit water, which calms the skin, she explains. While it is on the expensive side, it is a multitasking product that will treat just about any problem you may be experiencing. Case in point: Doyle says it can also be used on the upper eyelids "to strengthen the thin skin, and help with crepiness, premature aging, and even hooding." Board-certified dermatologist Rita Linkner is also a fan and has been using it twice a day for years. She uses it all over her eye, including her upper-eyelid skin, and says she's seen "a big improvement in creping."

Best eye cream for dark circles

### **SkinCeuticals AOX+ Eye Gel**

According to King, "There are many causes of dark circles under the eyes." Genetics, dehydration, lack of sleep, allergies, nasal congestion, smoking, and anemia can all play a part in contributing to tired-looking eyes. She suggests finding an eye product containing antioxidants, such as SkinCeuticals AOX+ Eye Gel, to treat this particular problem. The AOX+ Eye Gel contains potent vitamin C, which "interferes with the production of pigment and will therefore brighten dark circles, improve pigmentation, and also prevent free-radical damage from UV-light exposure." She also has a few lifestyle recommendations that will help,

too: "Make sure you are getting enough sleep and that you are well-hydrated. Treat allergies with oral antihistamines. Eat a well-balanced diet and make sure you are not anemic. Stop smoking!" And when all else fails, "concealers are also helpful for improving the appearance of dark circles." And if you want all of the powerhouse ingredients but with a creamier texture, Doyle suggests the A.G.E. Complex from SkinCeuticals.

Best (less expensive) eye creams for dark circles

### **Ole Henriksen Banana Bright Eye Crème**

Joshua Zeichner, director of Cosmetic and Clinical Research in Dermatology at Mount Sinai Hospital, also loves Ole Henriksen Banana Bright Eye Creme for illuminating the skin under the eyes. The crème contains vitamin C, which "neutralizes free-radical damage, calms inflammation, and blocks the production of abnormal pigmentation to brighten under-eye circles." This eye cream also works as a primer for concealer and helps makeup apply more smoothly. Rio is a vocal fan as well, and after using the product twice a day for four months, she writes, "I've noticed a big change in my dark circles (less corpselike, more French), and it's become my go-to under-eye prep."

### **First Aid Beauty Eye Duty Niacinamide Brightening Eye Cream**

Dr. Caroline Robinson of Tone Dermatology uses this eye cream from First Aid Beauty, which instantly illuminates the under eye using peach micro-pearls and lightens dark circles over time. "It blends niacinamide, caffeine, and sodium hyaluronate in a beautiful brightening formula," she says.

Best eye cream for dark circles and deeper skin tones

### **ISDIN K-Ox Under-Eye Brightening Cream**

Three dermatologists recommended this ISDIN eye cream. Haloxyl and vitamin-K oxide in the formula are known to help fade dark circles. Linkner recommends it to her patients with darker skin tones because of its ability to lighten excess pigment. The cream also contains hyaluronic acid, which keeps the under eye moisturized. Apply it with its cooling applicator for a de-puffing effect.

### **Epara Eye Serum**

Epara's eye serum reduces hyperpigmentation and lifts and hydrates the under eye using ingredients like niacinamide and plankton extract. It's a favorite of Robinson, who likes that it was crafted with darker skin tones in mind.

Best eye creams for deeper wrinkles

### **RoC Retinol Correxion Anti-Aging Eye Cream**

According to Zeichner, "Retinol is your go-to ingredient for wrinkles." Retinol works by stimulating collagen production to strengthen the skin's foundation and improve the appearance of lines. And since this cream uses a vitamin A derivative that is less strong than prescription-strength retinol, you're less likely to experience any irritation. Doff agrees and adds, "It also has hyaluronic acid, which attracts water and locks in moisture."

## **Peace Out Retinol Eye Stick**

Eye creams often have to be tapped on and scooped out, which can be messy, but this one can be directly applied to the eye with an easy-to-use stick and comes recommended by Robinson. It's also packed with powerful ingredients like encapsulated retinol, a more stable version of retinol that helps with fine lines and wrinkles; peptides; vegan squalane; and astaxanthin, which prevents dehydration and boosts moisture.

Best eye cream for sensitive skin

### **NEOCUTIS Lumière Bio-restorative Eye Cream**

"I would swim in this product if I could," says Dara Liotta. Since many of the Neocutis products developed out of wound-healing research, they work to build collagen and smooth fine lines and wrinkles while hydrating the delicate eye skin, she explains. "I've found that regular use of this product around the eyes prevents the fine lines that trap makeup and make the eye skin look crêpey and dry." It is also fragrance-free, making it suitable for sensitive skin types.

Best eye cream for mature skin

### **Neocutis Lumière Illuminating Eye Cream, 0.5 fl. oz.**

\$97

L.A.-based dermatologist Dr. Naissan Wesley also likes Neocutis's eye creams and recommends Lumière Riche for mature skin. "It contains human-derived

growth factors and hydrating ingredients and is the more emollient version of Lumière,” she says. “It’s good for dry, aging skin that needs more support.”

### **SkinCeuticals A.G.E. Eye Complex**

“For mature patients that suffer from severe dryness and lack of elasticity, you can’t beat SkinCeuticals A.G.E. Eye Complex,” says dermatologist Corey L. Hartman of Skin Wellness Dermatology. In addition to being “intensely moisturizing,” Hartman likes that it contains proxylane and blueberry extracts, antioxidants that help combat puffiness and dryness. It also has both short- and long-term benefits. “While the long-term effects are younger-looking skin, it also gives an immediate radiance upon application,” he says. **Michael Somenek, a facial plastic surgeon, is also a fan and has been using it nightly for three years. “This product has all the ‘right stuff,’” says Somenek. “It’s infused with peptides, antioxidants, and sunscreen. The creamy consistency is featherweight and melts right into skin.”**

Best eye cream for under-eye bags

### **SkinBetter Instant Effect Gel**

Several of the dermatologists we spoke to were all in agreement that caffeine is the No. 1 ingredient to look out for if you want to tighten bags and reduce puffiness. “This is a caffeine-based eye serum that is used to instantly tighten the delicate skin around the eyes, reducing bags and puffiness,” says Doyle.

Best (less expensive) eye creams for under-eye bags

### **First Aid Beauty Eye Duty Triple Remedy A.M. Gel Cream**

According to King, “Puffy under-eye bags can either be from fluid or a fat pad.” If you notice that the puffiness is worse in the morning and better by evening, then your eye bags are most likely the result from fluid buildup. In which case, her advice is to “drink more water, eat less salt, and sleep propped up on a couple of pillows,” so the fluid does not collect in the under-eye area. She also suggests using an eye cream, like First Aid Beauty Eye Duty Triple Remedy, containing caffeine since it constricts blood vessels and can, therefore, keep the fluid from accumulating. Eye bags are also generally caused by the skin losing elasticity over time and sagging. “Cold tea-bag compresses can also be helpful because both the caffeine and the cold can constrict blood vessels.”

However, she notes that if your eye bags are pretty much constant, it is more likely the result of the fat pads under the eyes drooping as you age. If that is the case, the only permanent solution is surgery.

### **The Ordinary Caffeine Solution 5% + EGCG**

**For an even more affordable eye cream with caffeine, Somenek recommends this one from The Ordinary. It's made with highly soluble caffeine and EGCG, an ingredient that's made from green-tea leaves and has both calming and anti-aging properties. He likes its lightweight consistency, which makes application effortless. It also dries quickly, so other products, like foundation and concealer, can be applied over it.**

Best eye cream for puffiness

### **Sunday Riley Auto Correct Brightening and Depuffing Eye Contour Cream**

Unlike under-eye bags — which can be caused by a combination of fluid, drooping fat pads, and skin elasticity — puffiness is usually just from fluid retention alone. According to DofT, this eye cream is chock-full of caffeine and ginseng, which will reduce puffiness and make eyes look less tired. It also contains lutein, a powerful antioxidant, which adds a glow, as well as cocoa and shea butter to smooth and plump the skin.

Best (less expensive) eye cream for puffiness

### **KIEHL'S SINCE 1851 Eye Fuel**

If you're looking for a product with a healthy kick of caffeine at a more palatable price point, Zeichner likes this one from Kiehl's. It is also formulated with B12 to add radiance and glow to tired eyes. Plus, it's paraben-, sulfates-, and phthalates-free.

Best night eye cream

### **Biopelle Tensage Stem Cell Anti Wrinkle Cream for Eyes**

“Biopelle Stem Cell Eye Cream is a rich, nourishing night eye cream ideal for the fragile eye area,” says head aesthetician of La Suite Spa x Union Square Laser Dermatology, Rhea Souhleris Grous. It is also formulated with caffeine, peptides, antioxidants, soothing botanical extracts, brightening agents, and retinol to fight puffiness, as well as wrinkles and dark circles.

Best brightening eye cream



## **Eve Lom Radiance Antioxidant Eye Cream**

If you're looking to add radiance and brightness, Zeichner suggests this eye cream from Eve Lom. "Botanical extracts and antioxidants soothe and brighten under-eye skin, while peptides lighten hyperpigmentation."

Best eye cream to wear under makeup

## **Rodan + Fields Redefine Multifunction Eye Cream**

Finding an eye cream that works underneath your makeup is tricky — mixing the two can cause caking or pilling. To avoid that, Linkner recommends this eye cream from Rodan + Fields: "It's very antioxidant-heavy, but it has an elegant finish that plays nicely with makeup," she says. The eye cream is packed with antioxidants and ingredients like vitamins C and F, which firm up skin, and botanical extracts that help with lines and wrinkles.

Best eye cream that also works as makeup primer

## **Tatcha The Silk Peony Melting Eye Cream**

The Tatcha Silk Peony Eye Cream contains silk and white peony extract to pump skin full of moisture. "Silk extract forms a protective seal over the skin to enhance barrier function, improve hydration, and protect the skin from the environment," says Zeichner. The Silk Peony Melting Eye Cream also doubles as a primer and

helps makeup apply more smoothly and stay put throughout the

day. Best all-natural eye cream

### **Tata Harper Illuminating Eye Cream**

If you prefer an all-natural skin-care routine, Zeichner loves this eye cream from Tata Harper that “contains naturally derived emollients and antioxidants from ingredients like olive oil, and mango-seed butter, which hydrate, protect, and brighten under-eye skin.” This product is also vegan and cruelty-free, with recyclable packaging.

Best eye cream for dry under eyes

### **SkinMedica TNS Eye Repair**

“SkinMedica TNS Eye Repair is great for people with drier skin types who have fine lines around their eyes,” says Grous. The formula contains peptides to deliver a dose of moisture to dry skin, as well as ascorbic acids and low-dose retinol to target wrinkles. Dermatologist Fran Cook-Bolden also recommends it. “You’ll see a visible improvement in the appearance of fine lines, wrinkles, dark circles, uneven tone, and rough texture with regular use,” she says.

Best (less expensive) eye cream for dry under eyes

## **Kiehl's Creamy Eye Treatment with Avocado**

At a slightly cheaper price point is Kiehl's Creamy Eye Treatment, which contains avocado and shea butter, which helps to lock in moisture and soothe the skin, says Doff.

Best drugstore eye cream

## **Neutrogena Rapid Wrinkle Repair Eye**

And if you just need to pick something up at the drugstore, Zeichner loves Neutrogena Rapid Wrinkle Repair, which contains stabilized retinol along with hyaluronic acid to help strengthen and moisturize the skin.

<https://nymag.com/strategist/article/best-eye-creams.html>



<https://hudabeauty.com/>

## What We Know – So Far – About ‘Breast Implant Illness’



“As much as I love my implants, my body is fighting them and recognizes them as something foreign in my body,” Clare Crawley, former ABC Bachelorette, announced on Instagram in July 2021. “My body can’t heal. My body is in fight mode constantly. It’s exhausting. It’s depressing. As much as I’ve loved having these, this is so important to me. I love my health more. I love my well-being more. That’s what matters. They’re coming out.”

Crawley had gotten her implants just over five years ago and, shortly after, began experiencing a variety of new health issues. At the time, and in the five years that followed, she didn’t connect the two. But as things got progressively worse – despite a litany of doctor visits, testing, and even naturopathic approaches – she began to suspect her implants might be causing her health issues, which included rashes, inflammation, and hives all over her body.

It all came to a head in early 2021 after getting an X-Ray at the chiropractor. He'd noticed a hollow-looking space behind one of her implants and recommended she schedule a mammogram test immediately. Off to the radiologist she went.

"[The doctors] noticed there was some stuff going on in some suspicious areas. I had to go back in twice, and they had to do more mammograms and an ultrasound," she recalls. "They found fluid sacs behind my implants. My doctor looked back at all my bloodwork, and essentially my white blood cell count has been elevated this whole time."

After years of confusion, everything started to make sense for her. So, at the end of July, she had her implants (and the capsules around them) removed by Dr. David Rankin, a board-certified plastic surgeon specializing in breast explant/capsulectomy surgery. (He showcases some of his work on Instagram.)

"I am on the road to healing," Crawley wrote in an Instagram caption just after surgery. In the picture, she's hugging a bouquet of flowers in her hospital gown and smiling. She added, "Our body shape does not define us or make us any less lovable or worthy. We are perfectly made just the way we are!"

### **The Uptick in Breast Implant Illness & Explant Surgery**

Crawley isn't the only one who's had her breast implants removed after dealing with a mysterious set of symptoms, which experts refer to as "breast implant illness." (More on that in a second.) According to data gathered by The Aesthetic Society, breast explant surgeries in the United States have gone up by 34.4% from 2017 to 2020.

There are a growing number of plastic surgeons, like Dr. Rankin, who no longer do breast augmentations in order to focus exclusively on explant surgeries. There are also breast implant illness support groups on social media, and stories of explant surgeries and breast implant illness are breaking into mainstream news coverage.

### **Understanding Breast Implant Illness**

Here's the thing: breast implant illness isn't wholly understood yet, research is still underway, and it's not a condition that's formally recognized by the medical community. Also, from what we know so far, breast implant illness isn't prolific. Not everyone who has breast implants will experience correlated symptoms, and in fact, many probably won't. Every body is different.

For some insider insight about what *is known*, we reached out to two board-certified plastic surgeons.

## **What is Breast Implant Illness?**

**“Breast Implant Illness is a term used to describe a symptom or a group of symptoms that women experience after receiving breast implants. Women with all types of implants – silicone, saline, smooth, textured – have reported symptoms with implants,” says Dr. Troy Pittman, a board-certified plastic surgeon in Washington, D.C.**

There are hundreds of potential symptoms that have been assigned to BII. Remember, we’re still learning about the correlation between the implant and symptoms. That said, the plastic surgeons we spoke to say that the most common and consistent symptoms include the following:

- joint aches
- brain fog
- fatigue
- gastrointestinal issues
- swelling
- hair loss
- dry skin and eyes
- anxiety or depression

“[These symptoms] can start to occur any time after breast implants are placed, from the first year to many years after implant placement after a period of no symptoms,” says Dr. Chen. “In general, they do not go away until the breast implants are removed.”

Preliminary studies, like this 2020 study from the *Annals of Plastic Surgery*, have found a strong correlation between removal of the implants and sustained improvement of the symptoms.

## **Does it Seem Like Some are More Likely to Get Breast Implant Illness?**

There does not appear to be a specific cluster of people predisposed to experiencing breast implant illness. Dr. Constance M. Chen, a board-certified plastic surgeon and breast reconstruction specialist in New York City, says that anyone can experience these symptoms, though it’s possible that someone with autoimmune issues and/or allergies may be more predisposed.

## **What is Explant Surgery & Capsulectomy?**

Explant surgery involves the removal of the breast implant with or without removal of the capsule (removal of the capsule is referred to as a

capsulectomy). The capsule is scar tissue your body creates around the implant itself. Essentially, the body recognizes the object as foreign and creates a barrier around it. (Here's an example of a breast implant capsule if you're curious.)

**“In most women, the capsule is harmless and is similar in consistency to saran wrap,” says Dr. Pittman. “However, a condition called capsular contracture can occur, which causes the capsule to become more like leather. When the capsule thickens, the breast tends to feel hard and looks like it is sitting high on the chest wall.”**

In some explant surgeries, the implant is removed along with part or all the capsular shell in the same operation. Capsulectomies are considered higher risk since there's a potential to damage the overlying breast tissue, chest wall, or nearby nerves.

### **Some Final Thoughts on Breast Implant Illness**

We want to end by stressing that, to date, breast implant illness is not a recognized condition by the medical community, and it is not prolific. Rather, it's generally a diagnosis of exclusion, meaning patients have usually seen multiple doctors to rule out what's causing their symptoms. Most women do not have explant surgery unless they have exhausted their options.

That said, it's hard to ignore the overwhelming number of people with implants experiencing a similar set of mysterious symptoms. It's even harder to ignore that, often, these symptoms are relieved shortly after explant surgery. Whether you're considering breast augmentation or explantation, always consult with a board-certified plastic surgeon and do heavy research before committing. If you do experience changes in your underlying health following breast augmentation, make your plastic surgeon aware.

[https://hudabeauty.com/us/en\\_US/blog-what-we-know-so-far-about-breast-implant-illness-80014.html](https://hudabeauty.com/us/en_US/blog-what-we-know-so-far-about-breast-implant-illness-80014.html)

# Reader's Digest

<https://www.rd.com/>

## 14 Best Facial Scrubs and Exfoliators for Glowing Skin





## **The key skin care step you're missing**

In our quest for a gorgeous glow and younger-looking skin, we're willing to plunk down a pretty penny for the best anti-aging face creams and retinol serums. After all, if they work, they're worth it. But what if we told you that they weren't working as well as they could because you're missing an essential step in your beauty routine? Without the best facial scrubs and exfoliators, these miracle products won't be able to penetrate your skin fully and do their jobs effectively.

"Exfoliants are an important part of a skin care regimen, as they help to unclog pores, promote cell turnover, and cleanse the skin of excess sebum and bacteria," says Kim Nichols, MD, founding director of NicholsMD in Greenwich, Connecticut. "[They'll give you] a healthier, clearer, and more radiant complexion."

There are two types of products in this category to choose from. The first are physical scrubs, which contain microparticles like sugar or plant-based ingredients that manually remove dead skin; they are similar to the body

scrubs you might already have in your shower. The second are chemical exfoliants, whose active ingredients include things like glycolic, lactic, or salicylic acid, which break apart the bonds that hold together dead skin cells and dissolve them.

### **How we chose the best facial scrubs and exfoliators**

There are a ton of options on the market, and depending on the formulation you choose, they can help minimize breakouts, shrink pores, smooth fine lines and wrinkles, increase moisture for dewy skin, and more. The “best” one really boils down to what you want, the type of exfoliant you prefer, and just how much multitasking you want your product to do. Since we don’t mess around when it comes to skin care, we went straight to the experts and asked dermatologists to give us the scoop on the best of the best—the ones they recommend to their patients and use themselves. Scroll through to find your specific skin type or skin need and choose accordingly. Then, round out your skin care routine with the best sunscreens and anti-aging eye creams worth your money.

## Yes to Tomatoes Detoxifying Daily Cleanser

**Best for:** Budget-minded shoppers

You don't need to shell out big bucks for a face scrub to see big results. Dr. Nichols is a fan of this Yes to Tomatoes noncomedogenic scrub, and it costs less than \$5. "This facial scrub contains three active ingredients," she notes. "Salicylic acid, a beta-hydroxy acid that loosens up dead skin cells and sebum in your pores; detoxifying charcoal to remove impurities; and tomato extract, which is a natural source of antioxidants." It also contains natural jojoba beads, which allow for a gentle physical exfoliation.

Start using this scrub as your cleanser one to two nights a week. After several weeks, if your skin tolerates it well, you can start adding in more often.

"Eventually, it may become your daily cleanser, especially if you have oily and blemish-prone skin," says Dr. Nichols. Follow up with these moisturizers for oily skin that can work wonders on your complexion.

**Environ Sebu-Wash Gel Cleanser**

**Best for:** Acne-prone skin

This foaming gel cleanser was literally made for people with acne, says Anne Chapas, MD, medical director of UnionDerm in New York City. It packs a one-two punch against breakouts. “Salicylic acid helps to open the pores, and tea tree oil helps to reduce inflammation,” she explains. Plus, while it removes dirt and excess oil, it does so gently and without overly drying out your skin.

Yes, a toner can double as an exfoliant—and that’s exactly what you’ll get with this InnBeauty Project toner, which is infused with chemicals that get rid of pore-clogging dead skin cells. “This alcohol-free blend of six acids (phytic acid, malic acid, gluconolactone, lactic acid, salicylic acid, and citric acid) exfoliates, clarifies, and brightens the skin,” says New York City dermatologist Hadley King, MD, a clinical instructor of dermatology at the Weill Medical College of Cornell University. “It also contains niacinamide to improve tone and texture and support the skin barrier to keep moisture locked in.”

Speaking of keeping moisture locked in, read up on the latest TikTok skincare trend that's a moisture booster: slugging.

**Herla Beauty Kakadu Plum Brightening and Revitalizing Exfoliating Scrub**

**Best for:** An antioxidant boost

Antioxidants help sop up damaging free radicals that cause skin aging, and this Herla Beauty exfoliating scrub offers antioxidants in spades with Kakadu plum, rooibos tea, and ginkgo biloba. "Plus," adds Dr. King, "this very gentle exfoliator contains caviar lime, which helps to remove dead skin cells and even out skin pigmentation." Using a scrub like this is just one of the everyday habits that can make you look younger.

**Best for:** Vegan beauty fans

This vegan scrub contains a blend of ultra-gentle bamboo beads that manually remove dead cells from the surface of the skin, says Joshua Zeichner, MD, an associate professor of dermatology and the director of Cosmetic & Clinical Research in Dermatology at Mount Sinai Hospital in New York City. "Shea butter and hyaluronic acid keep the skin hydrated and

plump," he adds. Some of the best moisturizers on the market also contain shea butter.

### **Neutrogena Oil-Free Acne Wash**

won't let you down. It contains salicylic acid to help clean and exfoliate your pores, plus MicroClear Technology to make sure the salicylic acid gets where it is needed most. Meanwhile, a sebum dissolver prepares the skin to better receive the salicylic acid. Verified Amazon reviewer Asia is just one of the 5,600-plus reviewers who gave this Neutrogena scrub five stars. She raves: "Even on the first use, I saw a huge difference in my skin. It made it brighter and eliminated the roughness. I also suffer from discoloration and severe acne on my chin, [and now] my chin has significantly cleared up, and I don't feel the need to wear makeup over it anymore." If you still need a little help while this product works its magic, try this redness-reducing concealer with more than 18,000 five-star reviews.

**Best for:** Super gentle exfoliation

This gentle, non-abrasive exfoliator has a bouncy jelly base that promises to nourish and hydrate skin. It contains pineapple and papaya enzymes to exfoliate your skin, plus coconut fruit extract and pro vitamin B5 to seal in hydration. One five-star reviewer notes, “Unlike other exfoliants, it is not a mask—it doesn’t technically ‘peel off.’ And it doesn’t contain any of those annoying sharp kernels that are supposed to scrub your face but never do.” These makeup removers are also excellent for sensitive skin.

## **Exfoliating Treatment**

**Best for:** Nighttime use

It’s not just what you do when you’re washing your face that can improve your skin and reduce signs of aging. Apply this Alpha-H Liquid Gold Exfoliating Treatment before bed and leave it on overnight, and its highly concentrated, low-pH glycolic acid, will work some serious magic while you sleep. “Besides improving the glow of the skin, it can minimize the appearance of wrinkles and brighten dark spots,” says Dr. Zeichner. In general, he recommends using exfoliating products at night because that’s

when skin-cell turnover is at its highest. You may not even need your favorite foundation after using this regularly, but for the times you do want to wear it, these treatments will help it go on more smoothly.

## **2-Minute Reveal Masque**

**Best for:** Cleaning clogged pores

This award-winning exfoliating mask contains fine sugar crystals that slough away dead cells and debris to leave the skin feeling smoother. “It is gentle for all or most skin types and has a warming sensation,” says Bryan G. Forley, MD, a New York City plastic surgeon. “It also helps to minimize the appearance of pores and enhance skin radiance.” The best part? It takes just two minutes to get real results.

Here’s how to do it: “Once or twice a week after cleansing, dry skin thoroughly and apply a dollop to your face and jawline,” says Dr. Forley. “Using dry fingertips, gently massage it in a circular motion for about 20



seconds, then wait two minutes and massage until the crystals are completely dissolved. Then rinse your face."

## **Peel Pads**

**Best for:** Smoothing fine lines and wrinkles

These exfoliating pads feature SkinBetter Science's AlphaRet, which is comprised of a retinoid plus a triple-acid blend of glycolic, lactic, and salicylic acid, says Dendy E. Engelman, MD, the director of dermatology, Mohs surgery, and laser medicine at Shafer Clinic Fifth Avenue in New York City. These are all powerful anti-aging ingredients, but this formulation is gentle on skin. "The pads improve the appearance of skin smoothness, clarity, lines, and wrinkles," says Dr. Engelman. "As a pro tip, I often tell patients to use the pads on their face and—before they throw out the pad—to wipe their upper arms with the peel pad in order to help get rid of keratosis pilaris bumps."

## Cleanser

**Best for:** Regular cleansing

This Skin Medica cleanser is a favorite of New York City plastic surgeon David Shafer, MD. "The benefits of alpha hydroxy acid (AHA) and beta hydroxy acid (BHA) are improved skin texture, tone, and smoothness, leaving skin feeling refreshingly clean," he says. It's also gentle. "I have found that even though I am exfoliating, my skin does not feel traumatized or irritated." For best results, use in the morning and evening, as tolerated.

**This two-in-one product, which is a physical and chemical exfoliator, can also be used on your body, shares Michael Somenek, MD, a facial plastic surgeon in Washington, D.C. "Key ingredients include lactic acid and salicylic acid to exfoliate debris and purge congested pores," he says. It also contains fine wax beads for non-abrasive sloughing without irritation. "It is great for my acne-prone patients and is equally powerful to exfoliate other areas like your arms and legs." Keep in mind that if you're applying**

self-tanner, you'll definitely want to exfoliate first, so this multitasker will come in handy.

### **SkinCeuticals Micro-Exfoliating Scrub**

**Best for:** All skin types

This SkinCeuticals facial scrub purifies pores while simultaneously hydrating, so it's gentle enough for daily use, says Dr. Nichols. Its power comes from hydrated silica, glycerin, and aloe extract, which work synergistically to clean out pores, promote a healthy skin barrier, and give skin a moisture boost. Use two or three times per week for best results.

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### **Bioré Charcoal Acne Scrub**

**Best for:** Detoxing skin

Can activated charcoal really improve your skin? In a word, yes, says Orit Markowitz, MD, a New York City-based dermatologist, and she recommends this Bioré facial scrub to do just that. "It is a great product for cleaning out pores and removing debris formed from keratin, which appears in the form of a blackhead," she says. It also contains salicylic acid to keep skin blemish-free. That said, you'll need to do a little extra maintenance to keep skin clear, Dr. Markowitz says. "The limitation is that the pores will refill unless you add additional products to help prevent the reformulation, such as a retinoic acid." Now that your skin is in tip-top shape, check out the makeup secrets that will do it justice.

<https://www.rd.com/list/facial-scrubs/>

# Parade

<https://parade.com/>

What is Dermaplaning, and Should You Try It?  
Here's What to Know About the Treatment  
That Gives Your Skin an Instant Glow



Most of us want clearer, brighter skin and slather on creams and serums in hopes of noticeable results. But if your exfoliating face mask isn't cutting it anymore, you may want to look into dermaplaning.

What sounds like a luxury skincare treatment is something that is actually very accessible to everyone. It can even be done at home with no spa trip needed, with almost immediate results. So what is dermaplaning, and what should you know before performing this DIY skin treatment?

We asked the experts to break down the biggest myths and biggest mistakes about this growing skincare trend.

What is dermaplaning?

Dermaplaning was first described in studies in the 1970s and involves removing the top layers of the epidermis (and by default, also some hair) by shaving them off with a blade. In some instances, this is a scalpel or surgical blade, which is why some states require physician supervision. In many cases, a licensed esthetician can perform the service and thanks to the advent of at-home dermaplaning tools, it can even be a DIY treatment.

“The biggest difference between professional and DIY dermaplaning is the blade: in office, we use a surgical blade, which is very sharp and reduces the risk of chafing and irritation,” explains Michelle Martin-Thomas, medical aesthetician at Schweiger Dermatology Group in Philadelphia, PA. “DIY blades are usually—hopefully—safety blades that have a guard mechanism built into the

blade. This makes it harder to cut yourself, but you run the risk of causing irritation or bumps.”

Martin-Thomas also stresses that dermaplaning is a form of exfoliation; it is for maintenance rather than long-term results. Even research concludes that results won’t be dramatic, but instead work as one part of a well-rounded skincare routine.

What can you expect in the days after dermaplaning?

As stated, dermaplaning is about exfoliating the skin, making it brighter in appearance. If done correctly, dead skin and hair will be removed, thus some results can be seen right away as the skin will immediately feel smooth.

**“You will notice your skin looks brighter and your skin feels fantastic immediately after your treatment,” notes Dr. Michael Somenek, a double board-certified facial plastic surgeon based in Washington, D.C. “However, it will take about two or three days after the treatment to see the full benefits.”**

**Because dermaplaning is a maintenance procedure, Dr. Somenek acknowledges the best results appear after three to six treatments and won’t produce permanent results.**

“Most people immediately experience glowy, dewy skin,” adds Martin-Thomas.

“It really is a treatment with results you can see right away. That glow should last for a few days up to a week.”

What are the benefits of dermaplaning?

Besides providing exfoliation, if done correctly, there are a number of added benefits for the skin. Dr. Somanek notes other benefits of dermaplaning include:

- Promotes smoother skin
- Diminishes fine lines and wrinkles
- Reduces appearance of acne scars
- Removes facial hair that traps oil and dirt
- Helps with deeper product penetration
- Evens out skin tone

What are the side effects of dermaplaning?

Dermaplaning isn't for everyone, and Martin-Thomas stresses that if you have acne, you shouldn't dermaplane. “A potential downside is possible irritation for someone whose skin is already on the sensitive side,” she adds.

Should you choose to dermaplane at home on your own rather than seeing a professional, you also risk the chance of cutting or nicking your skin. This can lead to irritation, especially if using improper techniques. If you have sensitive



skin or acne, it isn't advised that you do a DIY dermaplaning treatment (and may want to avoid dermaplaning altogether). Seeing a specialist is always advised to eliminate the risk of harming your skin.

What are tips for dermaplaning at home?

If you choose to dermaplane yourself, always make sure you have a dermaplaning tool versus trying to use a blade or razor. Dermaplaning should be performed on clean, dry skin. Experts recommend stretching the skin you are running the tool over, holding the tool at an angle and using small strokes. This not only gives you more control, but also helps you avoid cutting your skin (which is very easy to do). As Martin-Thomas notes, do not dermaplane skin currently experiencing acne or sensitive patches to avoid skin damage or further irritation.

Will dermaplaning cause hair to grow back thicker?

**Both Martin-Thomas and Dr. Somenek are in agreement that the biggest myth about dermaplaning is that it causes facial hair to grow back darker and thicker. In fact, the idea that any hair grows back thicker after shaving is false, according to Dr. Somenek, who explains it only feels this way because each hair grows back with a blunt tip after being cut with a razor.**

**“Cutting the hair does not change the regrowth process and there is no science behind hair growing back thicker or darker after shaving,” reassures**

**Dr. Somenek. “When you dermaplane, you remove fine hair called vellus hair. The hair is very thin, so when you remove it with a dermaplaning tool, there will be no impact on how it looks when it grows back.”**

If there is any question about whether dermaplaning is the right addition to your skincare routine, contacting your dermatologist or seeking out a professional is advised. They can not only perform the treatment, but can also make sure it is part of a larger plan to maintain a bright and clear complexion.

<https://parade.com/1273285/ashleylauretta/what-is-dermaplaning/>

# SHE FINDS

<https://www.shefinds.com/>

The One Collagen-Building Food You Should  
Be Eating Over 40 To Tighten Loose Skin



Collagen is a powerful aspect in skincare, capable of transforming your appearance and shaving years off your face. It boosts skin elasticity, improves hydration and better-equips your skin to repair itself from damage, leading to a youthful and energized complexion.

Unlike most powerful anti-aging ingredients like vitamin C or retinol, collagen is naturally created by our bodies as a building block for our skin and hair. However, our collagen production starts to dwindle as we age, so it is essential to find new ways to introduce or create collagen to maintain a youthful appearance.

And according to doctors, eating certain foods can help stimulate collagen production.

**"Collagen is a protein, so if you don't eat enough protein, you could unknowingly deprive your skin of the amino acids that produce collagen and skin tissue," Dr. Michael Somenek, a board-certified facial plastic surgeon from Washington, D.C tells SheFinds. "Fueling your body with protein-rich foods is necessary for preventing collagen depletion and increasing production. By producing enough collagen and elastic tissue, you make your skin firmer and more supple."**

**He added that there is one type of food in particular he would recommend: fatty fish.**

Dr. Somenek notes, "Fatty fish, particularly salmon and herring, can be a vital source of protein and healthy fats and prevent skin dryness."

As Dr. Somenek tells us, there are a ton of benefits your skin can take from salmon.

He says, "Salmon is rich in omega-3 fatty acids and is anti-inflammatory, which keeps the skin resilient and moisturized. In turn, this will enable a reduction in any inflammatory skin conditions like acne and psoriasis. Salmon is also rich in vitamin B-12, which is crucial in maintaining your skin's health as well as your hair and nails; due to its significant role in cell reproduction.

"However, make sure to leave the skin on, as the skin is what holds most of the collagen you're looking for. Halibut is also a great source of collagen as it is high in protein and selenium. Selenium is a mineral full of powerful antioxidants that are vital in combating damage and inflammation while increasing immunity."

<https://www.shefinds.com/collections/fish-collagen-building-food-eating-over-40-tighten-loose-skin/#slide-2>



<https://www.huffpost.com/>

## What's A Hand Lift, Anyway? It's Probably Not What You Think.



You've been so good about taking care of your face — slathering on sunscreen, remembering your night cream and making time to get facials regularly. But your hands may be making you look older than you'd like.

“Hand anti-aging measures should start early in life, because the face and the hands are the most sun and environmentally exposed areas of the body,” said dermatologist Cheryl Burgess.

If you're noticing sun spots and bulging veins, you could always try treating your hands with the same over-the-counter TLC as your face. But some people are taking more drastic measures and turning to a cosmetic procedure that can give their hands a more youthful appearance: hand lifts, aka hand rejuvenation.

“Just as we can revolumize the face, we can do the same thing with the hands,” said Joshua Zeichner, a dermatologist and associate professor of dermatology at Mount Sinai Hospital.

If you're thinking a hand lift is a face lift for your hands, you're not quite on the right track. We talked to experts to explain the process.

### **Why your hands look so much older than your face**

Your hands are frequently exposed to the elements — and they have a more delicate composition than you might have realized.

Dermatologist Janiene Luke, an associate professor at Loma Linda University, explained what's going on with your body: "As our collagen production decreases with age, the skin can become thinner, making underlying veins and tendons more visible. We can also lose fat and subcutaneous tissue, while the small muscles that are in the hands can be prone to atrophy. Sun damage can become cumulative over time, causing sun spots to become more prominent. And some people have a tendency to have small benign growths on the hands, too."

### **Who's getting hand rejuvenation, anyway?**

These treatments target the backs of the hands, not palms or fingers.

"Good candidates for these treatments may be people who have noticed that the skin on their hands has become very thin and that their bones and blood vessels are prominent, giving the hands a skeletal appearance," said dermatologist Arianne Shadi Kourosh.

Dermatologist DiAnne Davis said patients are increasingly seeking out hand treatments.



“With the exception of the face, the hands are one of the most expressive parts of the body,” she said. “Given that everyone is working from home more often these days, their hands are a lot more visible on their computer and tablet screens, especially if they use them while talking.”

### **What happens during a hand lift — and what it costs**

You may have a pretty good understanding of the nip-and-tuck procedure that’s part of a face lift, but a hand lift is an entirely different matter. It’s not a surgical procedure, and the skin is never cut. In fact, nothing is “lifted” at all. Instead, doctors will most likely recommend a course of treatment that includes filler injections.

The process starts with some numbing cream or lidocaine, Davis explained. Then come the injections.

“Small entry points are made on the back of the hands in between tendons and bones, and small amounts of either hyaluronic acid filler or biostimulating agents are slowly injected,” she said. “The product is then gently massaged so that it can be evenly distributed throughout the entire back of the hands.”

**A hand lift can cost anywhere between \$2,000 and \$4,000, depending on what is done and the volume of filler that's used, according to facial plastic surgeon Michael Somenek. He said people who receive hyaluronic acid filler, which is the most common, can expect to see results last for nine months to a year.**

If you're considering a hand lift, it'd be a good idea to do some research and probably to have a consultation with a doctor.

"It often takes several syringes to give you enough volume to make a meaningful improvement," Zeichner said. "The cost per vial of the filler ranges depending on what you're using and what part of the country you live in. On average, costs vary from \$800 to \$1,000 per syringe. Optimal results may take several syringes."

### **Hand lifts can get even more complicated**

Some patients may benefit from a combination of hand treatments, including use of a laser to target a specific area.

"I tend to do a couple of procedures for hand rejuvenation," Luke said. "I'll inject filler but also do something like Intense Pulsed Light, a treatment that

targets the melanin in the sun spots and addresses the surface of the skin to improve its overall appearance.”

Zeichner said laser treatments work well for people who have dark spots or crepey skin, and that there are different lasers for different issues.

“We have lasers that can lighten dark spots and others that can resurface the skin,” he said. “My go-to laser for the back of the hands ... works by punching microscopic holes in the skin, creating a controlled wound and taking advantage of the skin’s natural wound healing process. This stimulates collagen to thicken the foundation of the skin, and it also helps the skin shed darkly pigmented cells to lighten hyperpigmentation and even skin tone.”

**Sound like a bit much? Improve your hand care routine at home.**

“None of these treatments are a substitute for good skin care habits over time,” Kourosh said. “It’s important to moisturize the hands and apply sunscreen each morning to the backs of the hands in order to prevent and minimize the damage from the sun and harsh exposures.”

Davis suggested using moisturizers with vitamin A derivatives to help stimulate collagen production. If you want to boost your hand care regimen even

more, she said you might want to consider supplements of biotin, also called vitamin B<sub>7</sub>, which can help with the appearance and strength of nails.

“Certain lightening ingredients, such as kojic acid or niacinamide, also can help reduce the appearance of brown spots on the back of the hands,” she said.

Dermatologists previously paired up with people who use their hands for a living to give us their best product recommendations for dry hands, and here are their top picks:

- **CeraVe Therapeutic Hand Cream, \$10.62 at Amazon**
- **Neutrogena Norwegian Hand Cream, \$14.43 (3-pack) at Amazon**
- **Burt's Bees Hand Salve, \$8.12 at Amazon**
- **Badger Balm, \$16.98 (2-pack) at Amazon**
- **Soap & Glory's Hand Food, \$8 at Ulta**

[https://www.huffpost.com/entry/what-is-a-hand-lift\\_l\\_6164fb00e4b0fc312c9aa8f9](https://www.huffpost.com/entry/what-is-a-hand-lift_l_6164fb00e4b0fc312c9aa8f9)



<https://www.today.com/>

## 13 hydrating body oils for fall 2021, recommended by experts



We might be happy that cooler weather is finally here, but our skin certainly isn't. Whenever the temperature drops, dryness instantly ensues, but this season we'll be prepared with a crop of body oils that will help banish itchy, flaky skin.

If you've never tried a body oil before, you're likely wondering: What makes it different than a lotion or moisturizer? It turns out the product category has its own unique set of benefits.

"Oils are used to help lock in moisture, providing occlusive benefits while also delivering emollient and skin soothing properties to the skin. They are often highly concentrated, unlike body lotions which also incorporate water and other ingredients that can be utilized to help with dry skin," dermatologist Dr. Marisa Garshick explained.

Shop TODAY enlisted the expertise of some top skin care pros to find out what makes this skin care category so special. We also asked them to share some of their favorite body oil recommendations.

Best body oils, according to skin care experts

Vaseline Intensive Care Cocoa Radiant Body Gel Oil

Vaseline Intensive Care Cocoa Radiant Body Gel Oil

**\$6.28**

WALMART

**\$6.29**

WALGREENS

**\$6.99**

TARGET

For a first foray into the world of body oils, Dr. Garshick recommends this affordable option from Vaseline. "It's great for those with dry or dull skin, as it not only works to hydrate the skin but also to lock in moisture without leaving the skin feeling greasy," she said. "While in an oil formulation, it also offers the benefits of both shea butter and cocoa butter, leaving the skin looking and feeling healthy and refreshed."

Jason Organic Smoothing Coconut Unrefined Oil

Jason Organic Smoothing Coconut Unrefined Oil

**\$7.98**

AMAZON

Coconut oil is basically a wonder child and can be used for everything from cooking to your skin care routine. "Studies show that coconut oil is an excellent emollient to prevent transdermal water loss and increase skin moisture," Lahey Health Director of Hospital Dermatology and founder of KP Away Dr. Anar Mikailov said.

The board-certified dermatologist told us he particularly enjoys this budget-friendly body oil from Jason Organic.

"It has unique properties that decrease the itch response, which makes it ideal oil for individuals with eczema. It also has natural anti-fungal and antibacterial properties," he said. "This oil should be used by those with very dry skin. In other skin types, coconut oil can induce acne breakouts in its unrefined, raw oil when used as a facial oil."

Aveeno Daily Moisturizing Dry Body Oil Mist

Aveeno Daily Moisturizing Dry Body Oil Mist

**\$8.74**

AMAZON

**\$8.79**

TARGET

**\$8.99**

BED BATH & BEYOND

"Body oils are great for an instant moisturizing effect since they immediately get absorbed into upper layer of dermis (skin cells)," Dr. Liia Ramachandra, a former pharma executive and skin care expert, told Shop TODAY. "When various oils are mixed together, body oils are also very nourishing for the skin. They make the skin softer and offer instant hydration."

Dr. Ramachandra named this body oil mist as one of her go-tos and said its jojoba and oat oils are great hydrators. "Plus, it's paraben- and phthalate-free," she said. The spray is ideal for rough, dry, sensitive skin and is formulated with 98% naturally derived ingredients.

Neutrogena Lightweight Body Oil for Dry Skin

Neutrogena Lightweight Body Oil for Dry Skin

**\$12.49**

AMAZON

**\$14.99**

WALGREENS

**Body oils hydrate skin by locking in moisture for hours on end. "They also penetrate the skin's protective barrier, which helps you maintain a radiant glow all day," board-certified Washington, D.C. facial plastic Surgeon Dr. Michael Somenek added.**

Board-certified Miami dermatologist Dr. Annie Gonzalez from Riverchase Dermatology also appreciates the many benefits of body oils and tends to reach for this drugstore find. "It's lightweight and helps hydrate and soften skin. It uses oil extracted from pure white sesame seeds, which helps maintain the skin's essential moisture balance without a heavy feel. This product is great for the elbows, knees and cuticles and for healthier looking skin."

Bio-Oil Body Oil

Bio-Oil Body Oil for Scars and Stretch Marks

**\$21.99**

TARGET

**\$21.99**

ULTA

**\$21.99**

WALGREENS

**One of the other perks of body oils? They can help minimize the appearance of pesky stretch marks. "They can limit transepidermal water loss. Most oils also contain anti-inflammatory botanical oils, antioxidants and vitamins to promote smooth-looking, healthy skin," Dr. Somenek said.**

Dr. Ramachandra recommended this popular Bio-Oil Body Oil that's often used during pregnancy or to help repair skin damage from scars after surgery. "The vitamin E in it is great to smooth out and hydrate your skin," she explained. The oil is also formulated with chamomile and lavender oil to help calm and cleanse damaged skin.

Cliganic 100% Organic Jojoba Oil



Cliganic 100% Organic Jojoba Oil

**\$24.99**

AMAZON

**\$27.99**

IHERB

Dr. Mikailov enjoys this body oil because it shares many properties with our body's natural oil (sebum). "This characteristic allows the oil to absorb much more quickly to restore and improve the natural skin barrier," he explained.

At first, the oil sits "on top" of the skin and forms a thin layer, then it absorbs within 15 minutes and leaves skin feeling nice and silky. It's made with only one ingredient — organic jojoba oil — and can be used on body skin, scalps and beards.

Avene Skincare Oil

Avene Skincare Oil

**\$26.00**

DERMSTORE

**\$26.00**

WALGREENS

Dealing with sensitive skin? Dr. Garshick suggests giving this dry oil a try. "It nourishes and hydrates the skin while helping support the natural skin barrier," she said. The oil gets to work quickly to protect skin from oxidative stress and dries quickly, leaving skin moisturized and glowing.

"It contains an Oleo-soothing complex that incorporates plant-based oils and Avene thermal spring water to soften and smooth skin," the skin expert said. Other key ingredients include glycerin, shea butter, camelina oil and safflower oil.

Jojoba Oil by Leven Rose

Jojoba Oil by Leven Rose

**\$29.97**

## AMAZON

Dr. Gonzalez was happy to explain why she's such a huge fan of jojoba oil in general. "It mimics the natural oil in the skin so it won't clog pores," she said. The dermatologist raved about this hydrating oil and explained that it's rich in antioxidants.

"They help heal dry skin, stretch marks and sun damage. The product is also fragrance-free and can be used on nails, skin and hair," she told us, adding that the oil is ideal for those dealing with skin conditions like eczema and psoriasis.

Biossance 100% Squalane Oil  
Biossance 100% Squalane Oil

**\$32.00**

SEPHORA

**\$32.00**

BIOSSANCE

Dry, brittle hair and nails can be a drag, but Dr. Mikailov has a secret weapon for combatting these two pesky beauty woes: squalane oil. "It's ideal to use for hair and nail moisture restoration," he explained. "This oil will absorb the fastest, even faster than jojoba oil."

You can also use it on your face to combat dryness, redness and uneven texture and Dr. Mikailov said this particular oil is well-suited for those with acne-prone skin. "Squalane tends to be much less comedogenic (less prone to clog pores)," he said.

Indie Lee Sleep Body Oil

Indie Lee Sleep Body Oil

**\$45.00**

BLUEMERCURY

**\$45.00**

INDIE LEE

Need a cheat sheet on the top oils to incorporate into your full body skin care routine? Dr. Alan Parks, founder of DermWarehouse, shared one with us. "Look for moisturizing and non-irritating oils such as argan oil, coconut oil, jojoba oil, rosehip seed oil or lavender oil," he advised.

If you're looking for a body oil to use right before bed, the dermatologist said this product from Indie Lee is a worthy option. "It uses jojoba, grapeseed and marula oil, and lavender and chamomile to hydrate the skin and prepare you for a great night's sleep," he revealed.

Kora Organics Noni Glow Body Oil

Kora Organics Noni Glow Body Oil

**\$58.00**

SEPHORA

**\$58.00**

REVOLVE

**\$58.00**

GOOP

Top facialist Candace Marino loves how body oils help lock in moisture. "Most body oils contain fatty acids and ceramides, which are very protective of the skin barrier and prevent water loss, acting almost like a seal on the body. Body oils can also contain antioxidants and vitamins that have repairing and protective benefits for the skin," she said.

The skin care expert recommends this luxurious oil that's made of clean and organic ingredients. "It feeds the skin with vitamins and super fruits that provide protective benefits thanks to their antioxidant-rich makeup," she said. "This formula features rosehip seed oil, which is rich in omega fatty acids and is known for its ability to brighten the skin tone; noni, a super fruit known for its high antioxidant content; and sunflower seed oil, which is rich in vitamin E and provides a lightweight yet nourishing oil to replenish dry skin."

Dermalogica Phyto Replenish Body Oil

Dermalogica Phyto Replenish Body Oil

**\$53.00**

ULTA

**\$53.00**

DERMSTORE

**\$53.00**

DERMALOGICA

Body oils don't just moisturize skin; they travel deep down to help heal it. "Body oils are great for regulating oil and sebum production in the skin. The more you hydrate your skin, the more balanced it becomes and doesn't need to create extra sebum in order to make up for dryness," Parks said.

The derm suggested this product that's formulated with a range of multitasking and nourishing ingredients. French plum seed oil and avocado oil hydrate and protect skin, for starters, then fermented red ginseng chips in to calm inflammation.

Elemis Frangipani Monoi Body Oil

Elemis Frangipani Monoi Body Oil

**\$56.00**

QVC

**\$56.00**

NORDSTROM

**\$56.00**

DERMSTORE

Want to really lock in moisture? Dr. Garshick filled us in on the best time to use a body oil. "It can be especially helpful to apply it immediately after showering," she said. The skin care expert said she digs this splurge-worthy oil from Elemis and said it's ultra hydrating.

"It contains a blend of Frangipani, Monoi and coconut oils to help replenish moisture and nourish the skin. It will leave the skin feeling rejuvenated without leaving behind a greasy finish," she said.

<https://www.today.com/shop/best-body-oils-t231712>

# SHE FINDS



<https://www.shefinds.com/>

The Worst Morning Mistake \*No One\* Over 50  
Should Be Making Because It Causes Sagging  
Skin, According To Doctors



The beauty steps we take each morning can be instrumental in keeping our skin looking youthful and energized. And by that same logic, any skincare mistakes we make in the mornings can be equally detrimental. That means that neglecting the proper beauty practices can cause our skin to prematurely age and show the flaws we all want to get rid of.

**According to Dr. Michael Somenek, board certified plastic surgeon from Washington, DC, there is one common morning beauty mistake that can cause your skin to age exponentially.**

And, this is something most of us are guilty of...

**"It's possible to age your face before you have even had your morning cup of coffee," Dr. Somenek told us. "And the mistake all comes down to whether you wash your face and the method you employ."**

It turns out that washing your face in the morning is way more important than any of us thought. Even if you wash your face right before bed, you still have to cleanse again in the morning.

**Dr. Somenek explained, "Some may feel it's not essential to wash their face in the AM if they went to bed with a clean face the night before. It is vital, because when you sleep, your skin is in repair mode which makes it secrete toxins. It's important to wash off the build-up in the morning and start your skincare or makeup routine with a fresh face."**

And, keeping your skin looking healthy is not as simple as just washing your face. There are *wrong* ways to cleanse, and you might cause harm to your skin by not following the proper procedure.

**"When you do cleanse, do not aggressively rub your face or pull or tug on the skin," Dr. Somenek explained. "Massage the cleanser gently onto your face in a circular motion using the pads of your fingers. Remember never to scrub your face with a washcloth. Although it might seem practical, the rough texture of the fabric is not age friendly for your skin."**

And finally, your next step is to find the right cleanser for your skin type. If you need help shopping, we've got you covered.

<https://www.shefinds.com/collections/not-cleaning-face-worst-morning-mistake-over-50-sagging-skin/#slide-1>



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## 5 Things to Look for in Nonsurgical Nose Job Before-and-After



"Any sufficiently advanced technology is indistinguishable from magic." British sci-fi author Arthur C. Clarke shared this idea back in 1973. The man was also a renowned futurist, we hear, but even he probably couldn't have predicted how perfectly his words would one day capture modern beauty. While his quote

could apply to everything from lipo to lasers, upon hearing it, our minds jump straight to nonsurgical rhinoplasty—a procedure that uses filler to temporarily reshape and refine the nose. Commonly described as an optical illusion of sorts, the injectable treatment can make a dorsal hump vanish before your very eyes and a prominent nose appear somehow smaller.

The real trick, of course, is achieving these special effects safely, as the nose is among the most dangerous parts of the face to inject with filler. “When I see inexperienced injectors from medspas putting filler in the nose, it makes me terrified,” says Dr. Kay Durairaj, a board-certified facial plastic surgeon in Pasadena, California. “I think there is an extreme risk for potential vascular occlusion, skin necrosis, and blindness—especially in the tip, where you can easily lose circulation to the nose.”

If you’re considering this procedure, our experts recommend choosing a rhinoplasty surgeon who is intimately familiar with the complex anatomy of the nose and can detect and reverse complications. For safety’s sake, they should use only easily dissolvable hyaluronic acid (HA) fillers, like Restylane, in the nose—and stock HA-melting hyaluronidase, to swiftly restore blood flow, should trouble arise.

Assuming a provider checks all those boxes, spend some time perusing their before-and-afters, bearing in mind these pro tips for spotting trustworthy images and covetable outcomes.

## **1. Honest and reliable images**

If Instagram has taught us anything, it's that seeing isn't always believing. So how can you tell that an injector's liquid rhino B&As are legit? For starters, they should be standardized medical photos, in which the background, lighting, and subject perspective are nearly identical in both shots. **"You really want to see consistent size and depth of the patient's face," says Dr. Michael T. Somenek, a board-certified facial plastic surgeon in Washington, DC.** If the before is taken close-up and the after is obviously pulled back, the nose will automatically look smaller, regardless of how it was treated. (Remember, adding filler to a nose truly can only increase its size, though by finessing proportions, injectors can sometimes make it appear more delicate.)

**"The angle of the head is really important too, especially when looking at the profile," Dr. Somenek adds. "If the chin is tilted up in the after, this can create a false sense of nasal tip elevation."**

It also helps to see injection rhino outcomes from multiple angles—even better if those views are captured on video. While we'd encourage you to be skeptical of everything you see on social media, it's generally harder to fake or

doctor a video than it is still photos. As a bonus, after videos allow you to gauge a patient's immediate reaction to their new nose. "If they're happy right off the bat, that's usually a very good sign," notes Dr. Durairaj.

**A quick caveat about before pics: While finding a "before" nose that resembles your own—with a familiar hump or comparable amount of droop—may give you an idea of what outcomes are, perhaps, achievable for you, Dr. Somenek stresses that there's often more to a nose than meets the eye. "Certain things are a bit more difficult to assess in photos, like the thickness of the patient's skin, which can play a role in how much augmentation and definition we can create in the nose," he explains. "If you see someone with a dorsal hump similar to yours but you're of Middle Eastern ethnicity and they're a Caucasian Irish person, your skin thicknesses are markedly different—so you may respond very differently to filler placed in the nose." In other words, you can't select/copy/paste a new nose, so be sure to keep your expectations in check.**

## **2. A natural forehead-to-nose transition**

Doctors call the area where the nose meets the forehead our nasofrontal angle—and say this landmark can be quite revealing following a nonsurgical rhinoplasty. "I would most certainly look at the junction of the forehead and the

radix [uppermost portion of the nose]," says Dr. Durairaj. When attempting to obscure a bump on the bridge of the nose, injectors typically fill above and below it, in order to create a smooth contour. But adding too much gel to the radix "can very easily make someone look thick, bloated, and not pretty," she adds. It's a problem she's commonly called upon to fix. "Dissolving liquid rhinos [done elsewhere] that look awkwardly enlarged at the radix—this is actually trending in my office right now," she says.

**Dr. Somenek agrees that overfilling the root of the nose can distort the nasofrontal angle, making it look as if the nose is coming off the forehead, he explains. "Balancing out the nasofrontal angle while also camouflaging the dorsal hump—that's a good result to me."**

### **3. A subtly lifted tip**

Even if the bump on your nose is your main motivation for getting a liquid rhinoplasty, a good injector will likely want to tweak your tip as well. In fact, Dr. Durairaj strongly advises against "spot treating" the bridge alone, as doing so prevents a "beautiful harmonization of the entire nose." In her opinion, "treating only one subunit of the nose shows a limited ability of that injector." And nobody wants that.

Using filler to lift or “rotate” the tip of the nose, as surgeons say, is an advanced skill, not only because the tip is a precarious place to inject but also due to the increased degree of difficulty involved with flipping a tip. Injectors must place the gel in a very precise location atop the cartilages in the area, to “create a natural curvature of the tip rather than accentuating its size” to bulbous effect, says Dr. Somenek.

#### 4. Symmetrical nostrils

“When I see, on the frontal and profile views, that the margins of the nostrils have been corrected, that signals a great result,” Dr. Somenek says. Nostril asymmetries and irregularities—whether they’re congenital or an unfortunate consequence of surgical rhinoplasty—can be tricky to fix. Dropping the rim of a nostril down a mere millimeter or two requires next-level know-how and skill, doctors say—but when done well, this subtle change can be incredibly gratifying for patients.

Which is why “liquid rhinoplasty is starting to become more popular with revision patients,” Dr. Somenek says. “They’re seeing what types of results they can get nonsurgically—and avoiding an extra surgical procedure is, of course, very attractive.” However, he warns, noses that have been previously operated

on, especially more than once, are more prone to complications from filler, since their vasculature has been irreparably altered.

“There’s a very low percentage of patients that I’ll refuse to treat [with injection rhinoplasty],” Dr. Durairaj tells us. “But people who’ve had multiple revision surgeries and have a poor appearance to the skin of the nose—it’s shiny, thin, and obviously doesn’t have great blood flow—they’re very high risk, and I don’t like to go there.”

## **5. A balanced profile**

When analyzing nonsurgical rhinoplasty results, especially from the side view, pay close attention to overall facial balance, suggests Dr. Durairaj. Look to see that all aspects of the nose were thoughtfully addressed—making it “look more aquiline and slim and contoured,” she says—while also ascertaining if the patient’s overall profile was appropriately tweaked during treatment. The relationship between the nose and the chin is especially critical, she notes. In order to present your new nose in the best possible light, your injector should make sure your chin has enough projection to support the revised proportions of your nose.

<https://www.realself.com/news/nonsurgical-nose-job-before-and-after-photos>



<https://www.scarymommy.com/>

Linda Evangelista Is Suffering From Paradoxical  
Adipose Hyperplasia—What Does This  
Mean?



In an Instagram post on September 22, Linda Evangelista, one of the top supermodels from the 1990s, revealed that she's been suffering from a rare side



effect of CoolSculpting. She said she's become "unrecognizable" and "permanently deformed" despite undergoing "two painful, unsuccessful, corrective surgeries."

She wrote: "To my followers who have wondered why I have not been working while my peers' careers have been thriving, the reason is that I was brutally disfigured by Zeltiq's CoolSculpting procedure which did the opposite of what it promised."

According to a lawsuit Evangelista filed against the company, a few months after she had treatments to her abdomen, back and bra area, inner thighs, flanks, and chin, she developed "hard, bulging, painful masses under her skin in those areas. " She was diagnosed with PAH in June 2016.

Despite the fact that more than 8 million people in the United States have undergone CoolSculpting as of 2019, according to the CoolSculpting website, most of us don't know much about CoolSculpting—how it works or what happens when, as in Evangelista's case, it does the opposite of what it should.

What Is It And What Does It Promise?

CoolSculpting is essentially what it sounds like. Through a process called cryolipolysis, cold temperatures are used to break down fat cells. Each treatment takes about an hour and the number of treatments depends on the

body part being targeted. A few weeks after treatment, the frozen fat cells are eliminated from the body through the liver. According to Daniel Maman, a board-certified plastic surgeon based in New York, "The cells actually die and are ingested by the body."

Most people notice full results within three months.

In 2009, researchers found that cryolipolysis resulted in "substantial fat reduction within 2 months of treatment," and reduced fat in the treated area by 25 percent after six months. Dr. Whitney Bowe, a New York City-based dermatologist, told the New York Times that patients frequently undergo more than one treatment to the same area in order to reduce fat by up to 50 percent.

CoolSculpting isn't meant for weight loss. Instead, it's "meant for stubborn pockets of fat that are nonresponsive to diet and exercise in patients who are at their ideal body weight," according to Dr. Paul M. Friedman, a dermatologist in

Houston and the director of the Dermatology & Laser Surgery Center CoolSculpting.

CoolSculpting is FDA approved, noninvasive, and nonsurgical. It's not covered by health insurance and usually costs between \$600 to \$3,000, according to Dr. Bowe.

## When CoolSculpting Goes Wrong

Patients can experience a variety of side effects immediately after treatment or one to two weeks later. Those side effects include redness, bruising, tingling, stinging, and numbness, which can persist for a few weeks post procedure.

More rare side effects include hernia, dizziness, hyperpigmentation, frostbite, or late-onset pain that can last for weeks.

The side effect Evangelista experienced is called Paradoxical hyperplasia (PAH). It's the "gradual development of a visibly enlarged tissue volume, of varying size and shape, in the treatment area two to five months after the treatment." Rather than shrink, the targeted area actually gets bigger. The company notes that it will not go away on its own and surgical intervention, like liposuction, is required for correction.

Unfortunately, surgery isn't guaranteed to correct the issue, which is Evangelista's experience. She underwent full body liposuctions. They were not only unsuccessful, but left her with scarring.

According to the company that licenses CoolSculpting, Zeltiq, PAH happens in one out of every 4,000 treatments. However, the actual risk to patients seems to be much higher. A recent study found that PAH occurs in one out of every 666 patients.

In her lawsuit, Evangelista claims that she was not made aware of the risk of PAH. She wrote, "PAH has not only destroyed my livelihood, it has sent me into a cycle of deep depression, profound sadness, and the lowest depths of self-loathing."

**Troy Pittman, a board-certified Washington, D.C.-based plastic surgeon, told the Seattle Times that he's observed PAH in his practice "several times." When it comes to CoolSculpting, he urges folks to remember that, "Just because it says 'noninvasive' doesn't mean it's without risk," and adds, "I think sometimes if it seems too good to be true, it is."**

Whatever you think of celebrities getting procedures done to make them look a certain way (thereby perpetuating impossible beauty standards), it's important to keep in mind that celebrities are human. They are subject to insecurities and societal pressures. They are as entitled as anyone to make a choice for their own body. Going into a procedure expecting one outcome and then experiencing the exact opposite outcome is devastating. **Pittman goes as far as calling it "psychologically disturbing."**

In her post, Evangelista wrote that she's "so tired of living this way." She wrote: "I would like to walk out my door with my head held high, despite not looking like myself any longer."

Evangelista hopes by speaking out she's taking the first steps toward making that happen.

It's a hope we can all support.

<https://www.scarymommy.com/coolsculpting-procedure-what-is-it/>

# WELL + GOOD

<https://www.wellandgood.com/>

## This Plumping Gloss Will Help You Fake the Appearance of Fuller Lips in 10 Seconds Flat



Blame Instagram filters, but over the last few years I've become increasingly curious about what my natural pout would look like if I ever decided to take the plunge with injectable fillers. Recently, I've found myself pursing my lips in the mirror and wondering "...*should I?*" But because I'm not quite ready to plump

things up with a needle, I've found the next best thing in the form of Too Faced's Lip Injection Extreme Lip Plumper (\$29).

Too Faced Lip Injection Extreme Lip Plumper — \$29.00

SHOP NOW

The product was designed to help people fake the appearance of lip injections without actually having to get lip injections, which makes it perfect for the "filler curious" crowd, like myself. **"It has several ingredients that contribute to its success as a lip plumper," says Michael Somenek, MD, a facial plastic surgeon based in Washington, DC. "It contains Capsicum Frutescens Resin which is a wild chili pepper, and Cinnamal, the oil that gives cinnamon its spice. The irritants in these two ingredients cause a tingling or burning sensation when applied to the lips and can temporarily increase the size of the lips."**

Immediately after application, your lips start to tingle, which is a good sign that the plumping is starting to happen. This lasts for about a minute, but the effects last for hours on end. And after the tingling wears off, not only do my lips look plumped to three times their normal size, but they also feel soft and hydrated. This comes as a result of the formula's combination of avocado oil, jojoba oil, and vitamin E—each of which are known to by nourishing on their own, and together bring a triple threat of moisturization. **"These ingredients progressively**

hydrate and maintain a soft and supple appearance to the lips," says Dr.

Somenek.

As far as finish goes, the gloss leaves behind a shiny, wet sheen with a subtle shimmer that reminds me of the Juicy Tubes I kept in my backpack in the early aughts, but with slightly more sparkle. It looks just as great on its own as it does layered over a matte lipstick, and despite its high-gloss appearance, it doesn't ever feel sticky or goopy.

As long as this stuff is in my makeup bag, I can say with full confidence that there is no need for *actual* fillers in my future.

<https://www.wellandgood.com/too-faced-lip-injection-extreme-lip-plumper/>



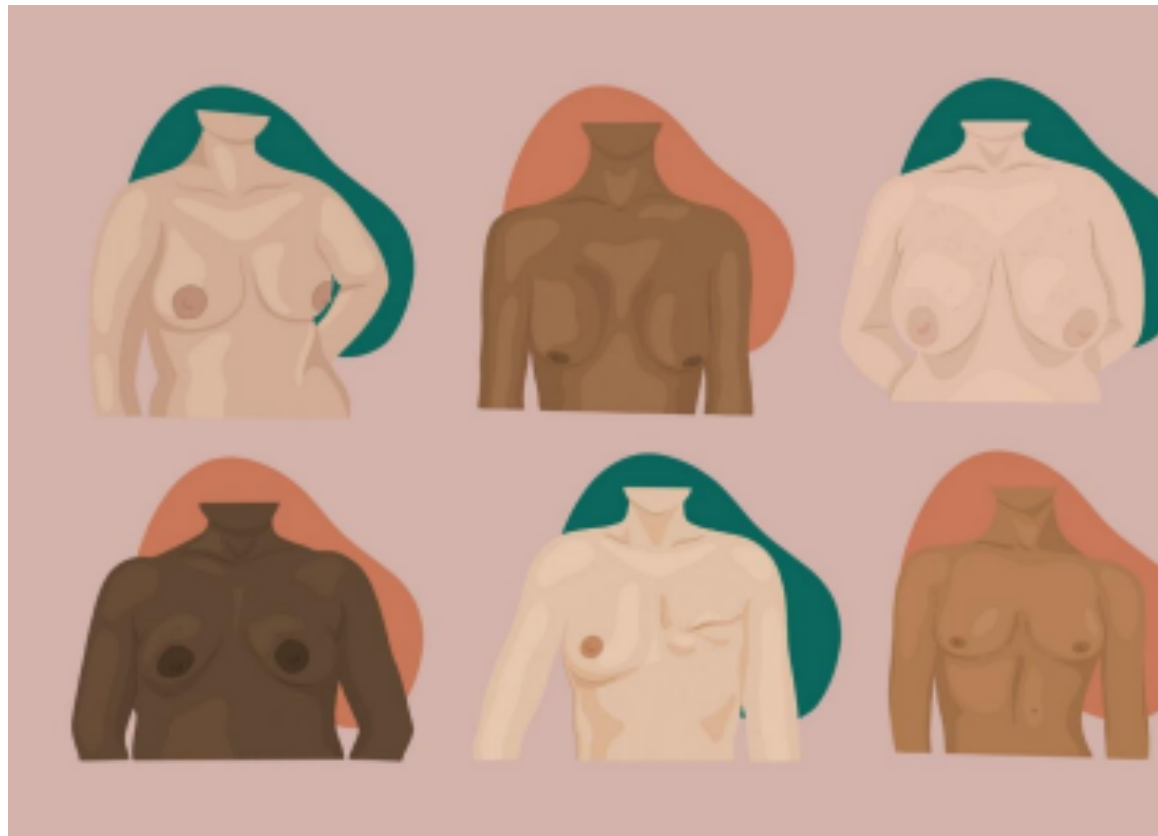


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# Doctors Explain What You Need to Know About Your Breasts' Shape and Size

Plus, when to know it's time to see a medical professional.



Can your breasts change?

Your boobs can and most likely will change throughout time for a few reasons. According to Dr. Copeland, breasts are sensitive to hormonal changes, including puberty, pregnancy, and menopause.

Breastfeeding can also play a huge role. Washington D.C.-based board-certified plastic surgeon, [Dr. Troy Pittman](#), says many people who breastfeed experience a loss of shape, size, and definition after having babies. "There are small ligaments that support the interior of the breast called Cooper's ligaments," he says. "Any significant increase in breast size, such as breastfeeding, will stretch out these ligaments. Once that process is reversed (i.e. at the end of breastfeeding), the ligaments relax, which can contribute to breasts that sag." As you get older, Dr. Pittman says it's normal for breasts to change and lose definition, as well.

"Breasts are also sensitive to weight changes because they are mostly made of adipose or fat tissue," says Dr. Copeland. So, you'll notice your breasts will get bigger or smaller depending on if you're gaining or losing weight.

## When should you see a doctor about breasts?

Doctors agree that having a sense of breast self-awareness is a very important concept. "In addition to mammograms for women over the age of 40 (or maybe earlier for those with a family history of breast cancer), it's important to do a monthly self-breast exam," says Dr. Pittman.

This is when you periodically check for changes in the contour, skin dimpling or puckering, lumps or bumps, discharge from the nipples, or new pain in the breasts, says Dr. Copeland. Any changes that you notice in your monthly breast exam should be

reported to your doctor as soon as possible. If you have any concerns, questions, or need some reassurance, Dr. Vazquez says doctors encourage visits to give you peace of mind.

<https://hellogiggles.com/lifestyle/health-fitness/different-types-of-boobs/>



<https://www.huffpost.com/>

## These Expert-Recommended Humidifiers Are What You Need For Winter



Winter is on our doorstep and along with it, so is the dry, cold air and incessant drone of artificial indoor heat. Just like clockwork, you may start to notice your lips start to crack, your throat become hoarse, your nose start to drip and patches of dry, flaky skin emerge like an unwelcome guest. Luckily, humidifiers, those inventive devices that emit moisture to replenish humidity levels in your home, bedroom or office, help with your dry air woes. And we've found several that have the expert stamp of approval.

Jen Haley is a board-certified dermatologist in Scottsdale, Arizona, and medical advisor for Editor's Pick. Haley explained to HuffPost that "When there is more moisture in the air, the water that is already in our skin may be less likely to evaporate. Humidifiers add that extra moisture we need to keep that healthy glow. Especially if you already experience dry skin, a humidifier is a must to add to your bedroom. You'll find that you not only breathe easier, you may look better, too."

It's not just skin that can be compromised from the lack of humidity. Mucous membranes in the throat, nasal passageways and even the eyes can become affected.

"In the winter our mucous membranes also tend to dry out more and get thicker, making it more difficult to filter out what enters through our

airways," said Shawn Nasser, a Mayo Clinic-trained ear, nose and throat doctor and specialist in Los Angeles. "Running a humidifier can help to keep your nose moist, clean and clear. Remember, thicker secretions means less lubrication, more difficult to clear passageways and are frequently associated with post-nasal drip."

So what makes a good humidifier? Hadley King, a board-certified dermatologist in New York, told HuffPost that "it's important to look for a humidifier that is appropriate for the size and space of the room. The goal is to achieve a humidity level of 30 to 50%. Too low, and your skin and airways will dry out; too high, and this can promote the growth of bacteria, dust mites and mold."

Shop these humidifiers that not only meet experts' qualifications, but are sure to alleviate your dry air symptoms and make your winter a little more bearable.

## 1

### **Miro washable modular humidifier**

King said, "When choosing a humidifier, keep in mind that the tank can become a breeding ground for bacteria or mold, so it's important to look for a humidifier with parts that are easy to disassemble and clean."

The Miro humidifier takes a reassuringly sanitary approach with its easy-to-clean modular design that can be disassembled in one motion so you can reach every area that water has touched. The BPA-free, food-grade plastic adds to the safety of this fourth-generation model. The aerodynamic patented technology powerfully emits enough atomized mist to fill a 600-square-foot room and features an automatic shut off feature.

## 2

### **Pure Guardian ultra sonic warm and cool mist humidifier**

The Pure Guardian offers both warm and cool mist in a multidirectional output, and can run for 100 hours on each of its speed settings. "Warm mist humidifiers work by boiling the water in the tank, and this process kills germs before releasing them into the room, which can be a great added safety feature. But this also presents a risk of scalding so this may not be a good choice if children or pets are in the room," King said.

Nasseri also said to "look for humidifiers with a UV light or sterilizer to kill bacteria and common viruses." This Pure Guardian model is silver clean protection treated and also contains a UV-C light to reduce germs and fight the growth of bacteria and mold within the basin. It can cover roughly 380 square feet, so this would be a good option for smaller rooms or personal use.

## 3

### **Pure Enrichment ultrasonic cool mist humidifier**

**Michael Somenek is a board-certified facial plastic surgeon in Washington, D.C. who specializes in facial and nasal functions. "A good humidifier is one that**

meets your preferences and the size of the area you wish to add moisture to," he said.

Somenek also suggested the Pure Enrichment ultrasonic cool mist humidifier. "It has ultrasonic cool mist technology that moisturizes dry air for up to 25 hours," he said. "It also has a 360-degree nozzle that helps keep a consistent balance and regulates the humidity in your home to help relieve cold-like symptoms such as sinus issues. This product is BPA-free, which makes it safe for the entire family."

#### 4

##### **Milin cool mist germ-free humidifier**

"If you're thinking of trying a more energy-efficient option, cool mist humidifiers use less power to run, and will still add moisture to your bedroom," Haley explained. The Milan produces cool mist while also providing EPA-approved air sterilization technology that uses micro-electrolysis to destroy harmful germs and bacteria in the air, as well as in the water that it is atomizing. The large-capacity tank means longer run times and three different mist modes give customized level of air moisture, each equipped with the sterilization function.

#### 5

##### **Afloia air purifier and humidifier combo**



Nasseri suggested getting a humidifier and air purifier combo because they often have HEPA filters and can be more effective in trapping allergens and bacteria in the air while creating a comfortable level of humidity.

The Afloria purifier and humidifier combo contains a HEPA 13 filter, which can catch everything from pollen to pet dander to dust and odor. It also uses unique humidifying technology that adds moisture to the air without emitting large quantities of mist.

## 6

### **Dyson pure humidify + cool**

This Dyson is a smart and multifunctional approach to significantly improved air quality that you can use year-round. Enjoy both the purify and humidify setting that circulates and projects better air into even the largest of spaces. The cooling oscillating fan feature can also be programmed to vary airflow, closely mimicking the feel of real breeze.

HEPA filters and an UV cleanser technology remove 99.9% of bacteria, allergens and gasses from the air and intelligently detects airborne particles, temperature and humidity levels while providing you air quality data in real time.

[https://www.huffpost.com/entry/best-humidifiers-for-winter\\_l\\_6179fa64e4b093143213f7d3?ncid=NEWSSTAND0001](https://www.huffpost.com/entry/best-humidifiers-for-winter_l_6179fa64e4b093143213f7d3?ncid=NEWSSTAND0001)

# realself.

<https://www.realself.com/> Plastic Surgeons Explain What  
Tubular Breasts Are,  
What Causes Them, and How to Fix the  
Condition



Breast augmentation remains one of the most popular cosmetic surgeries year after year (and touts an impressive 97% Worth It Rating among RealSelf members). But breast augmentation isn't always just about increasing breast size—it's also one of the only ways to correct a condition known as tubular breasts. Here, plastic surgeons explain more about what causes tubular breasts, how to tell if you have them, and your options for correction.

### **What are tubular breasts?**

Also known as tuberous breasts or constrictive breasts (we'll use these terms interchangeably), this is a breast abnormality that has three distinct hallmarks. "The biggest one is an undeveloped portion of the bottom part, what we call the lower pole," says Dr. John Paul Tutela, a board-certified plastic surgeon in Livingston, New Jersey. Normally, the area under the nipple is rounded and curved, but in the case of a tuberous breast, it's pretty much a straight line from the nipple to the chest wall, he explains.

This coincides with another of the main distinctions, a high inframammary crease: "In a tuberous breast, the bottom of the breast sits very high up on the chest and very close to the nipple-areolar complex, with hardly any tissue in between," explains Dr. Tutela. The final hallmark is a herniation of the breast tissue into the nipple-areolar complex, which makes the areola appear large and puffy, he adds.

## **What do tuberous breasts look like?**

The condition is aptly named because tuberous breasts look like, well, long tubes. Without that bottom portion of breast tissue, the top part falls over, making the nipple appear to be at the bottom of the breast, sometimes even pointing downward, says Dr. Lisa Cassileth, a board-certified plastic surgeon in Beverly Hills, California, of tubular breasts' distinct droopy and saggy appearance. As mentioned, large and puffy areolas are another telltale sign, though Dr. Cassileth says one of the surest signs of tubular breasts is that the distance between the bottom of the breast and the nipple is less than five centimeters.

**It bears mentioning that this condition occurs at varying degrees of severity.**

**"While classically tuberous breasts have those three criteria, there are plenty of women who have tuberous breasts but only one or two of the defining**

**characteristics," explains Dr. Troy Pittman, a board certified plastic surgeon in**

**Washington, D.C. Point being, there's a wide spectrum of tuberous breasts, and**

**the severity can differ even from one breast to the other.** In fact, there's also an

increased rate of asymmetry among tuberous breasts. "It's rare that I see

tuberous breasts that are even remotely symmetric, so that's also something

that needs to be dealt with during the surgical correction," points out Dr.

Cassileth.

### **What causes tubular breasts?**

The condition begins from the outset of breast development in puberty. “A normal breast grows from a breast bud that sits underneath the nipple-areolar complex and spreads out, growing in four directions: medially on two different sides and laterally, up and down,” says Dr. Cassileth. **“In the case of tuberous breast deformity, this tissue doesn’t spread out normally and instead just grows forward, like a tube.”** Dr. Pittman adds that the Cooper’s ligaments, which support breast tissue, are also deformed. **“In a normal breast, they extend straight from the chest wall out toward the nipple. In a tuberous breast, these ligaments, or bands, are circumferential, like a spider web, which also makes the breast tissue grow into a tubelike form.”**

**All that being said, the doctors we spoke with are quick to note that this is a congenital defect women are born with—there’s no known underlying cause.** However, while Drs. Pittman and Tutela don’t feel that there’s a genetic or familial link, Dr. Cassileth says, that in her experience, she has seen the condition run in families.

### **How common are tuberous breasts?**

**Pretty common. According to Dr. Pittman, approximately 10% of the population has tuberous breasts to some degree;** Dr. Cassileth feels it might be even more common than that, if you take into account very mild cases.

### **Can you fix tubular breasts without surgery?**

That's a hard no. All the doctors we spoke with underscore the fact that there's absolutely no way to correct this condition without surgical intervention. However, there are many different ways tuberous breast surgery can be performed.

### **What is involved in a tubular breast augmentation?**

Each doctor we spoke with has a slightly different technique. The unanimous, overarching point, however, is that a tubular breast augmentation is nothing like a traditional breast augmentation. "Simply putting it in an implant in the same fashion as you would in a normal breast is not going to yield good results at all. It's paramount to find a breast surgeon who frequently operates on tuberous breasts, specifically," notes Dr. Tutela. His preferred method is to create an incision to help lower the inframammary crease, then score the breast tissue in a radial fashion; this combination helps to break up the tight breast tissue that's found in a tubular breast and create more expansion in the lower part of the breast. He prefers higher-profile implants—they project forward and exert the force needed to expand the tissue and bring shape to a breast that's devoid of it, he says—which he places under the muscle.

**Dr. Pittman almost always combines a breast augmentation with a breast lift for his tubular breast patients. "A vertical lift, where there's a vertical incision at the bottom of the breast, helps to cut away those constricting Cooper's ligaments**

at the bottom of the breast, allowing it to expand. During a breast lift, you can also

reduce the size of the areola, treating that puffy appearance that is so common in tuberous breasts," he explains. He places the implants in dual planes, under the muscle at the top of the breast and under the breast tissue at the bottom of the breast, so that the weight of the implant can help further stretch out this lower area, he says.

Dr. Cassileth takes a third approach. "The first thing I do is reposition the existing breast tissue, moving the tissue that's there to a lower location in order to help cover the implant. I essentially unroll the trapped tissue that's behind the areola, and then I can put it wherever I want," she says, adding that doing so often improves the appearance of the areola almost instantly. She prefers subfascial implants, placed over the pectoral fascia, a tough layer on top of the muscle, saying that she finds this holds the implant in exactly the right place. Again, she notes that treating each breast as its own unique case is also paramount, given the likelihood of asymmetry. It's worth noting though that "tuberous breast correction isn't always implant dependent," she says. "A combination of things such as repositioning the tissue, removing tissue if one breast is larger, and fat grafting can yield good results—and is a good option for patients who don't want to think about replacing implants every 10 years for the rest of their lives."

**Does insurance cover tuberous breast correction?**

Dr. Tutela says he's never seen insurance cover any of his cases, but Dr.

Cassileth says that in her experience, it depends on just how tuberous your breasts are—and on your insurance plan. "Insurance companies tend to look at pictures. If your breasts really look deformed in a photo, they're usually more likely to cover it than if your breasts are just a little droopy or saggy," she says.

<https://www.realself.com/news/tubular-breasts-causes-treatments>



# W E L L + G O O D

<https://www.wellandgood.com/>

## 10 Beauty Products That Provide Such Instant Gratification, You Can Literally Watch Them Work

We live in a time of instant gratification. You can order frozen yogurt to be delivered to your doorstep in 10 minutes flat, talk to your therapist on-demand via text, and get a million people to watch a TikTok video of you chopping vegetables in a matter of hours. So it makes sense, then, that we expect our beauty products to move as fast as we do, and deliver *immediate* results only moments after we put them on.

While most products take 28 days (aka a full skin cycle) to offer long-term results, there are a few superstars out there that do their jobs so quickly, you can actually watch them work. They're perfect for those moments when your appearance needs a little bit of extra oomph—like before a big event or a hangover, Monday morning Zoom meeting—and offer the sort of temporary fixes that can help you fake your way into looking put together no matter how *blah* you actually feel.

Scroll through to shop these instantly gratifying products for yourself, and get ready for the selfie-taking temptation that comes along with using them.

#### Hanacure The All-In-One Facial — \$29.00

You may recognize this mask from Instagram, where celebs have shared selfies of the “Hanacure Old Lady Face.” When you apply the viscous gel to your skin, it dries in a way that makes your skin look *seriously* wrinkled, but when you remove it you’ll be baby soft and line free. The star of the show here is Octolift technology, which firms and tightens skin and reduces the appearance of blemishes.

#### SHOP NOW

Peter Thomas Roth Instant FIRMx Eye Temporary Eye Tightener — \$38.00 This tightening eye cream recently went viral on TikTok, thanks to the *instant* skin-firming results it offers, and according to derms, it really is the real deal. “This product works immediately,” says Rachel Nazarian, MD, a board-certified dermatologist based in New York City. “The ingredients create an invisible film that tightens as it dries, keeping skin looking smooth and firm...it’s a nice quick cheat for people with expression lines and bags.” Though it can provide temporary relief for eye bags, it’s worth noting that it doesn’t do a whole lot to

change them over time, but it's still the perfect product to slather on when your eyes need a temporary boost of brightness.

SHOP NOW

The Original Kessa Hammam Scrubbing Glove — \$9.00

This mit has been a mainstay in Moroccan Hammams for centuries, and offers a *visible* level of exfoliation that soft-skin dreams are made of. Scrub your body with it, and watch the dead cells pill away from the surface of your skin like the remnants of an old cashmere sweater. Follow it up with a moisturizer and you'll be silky smooth all over for days to follow.

SHOP NOW

GlamGlow SUPERMUD Clearing Treatment Mask — \$69.00

Lauded as a “vacuum for your pores,” you can literally watch this mask pull grime out from beneath the surface of your skin. The star ingredient here is Activated-X charcoal, which purportedly pulls out 500 times its weight in dirt and oil. It's paired with a blend of five alpha-hydroxy acids (lactic, glycolic, mandelic, pyruvic and tartaric acid) which act as gentle exfoliants to melt away the dead skin cells that tend to trap acne-causing bacteria, as well as salicylic acid, a beta-hydroxy acid that's small enough to get way down deep into your pores, clearing them from the inside out and helping to prevent the accumulation of dead skin cells, debris, and oil. Apply the mask to your skin,

wait a few minutes, and watch the grossness bubble up to the surface so that you can whisk it away for good when it comes time to rinse.

SHOP NOW

Patrick Ta Major Brow Lamination Gel — \$26.00

Cancel your brow lamination appointment, because this tiny tube—from celebrity makeup artist Patrick Ta—will help you achieve the same pro-grade results at home. The formula coats each individual hair in pigment, making them look fuller and thicker on their own. Then, you can use the flat side of the sculpting wand to brush your brows and set them in place for a look that mimics Cara Delevigne's.

SHOP NOW

Photo: Too Faced

Too Faced Lip Injection Extreme Lip Plumper — \$29.00

**This lip-plumping gloss has got both the dermatologist and beauty editor stamp of approval for its ability to help you fake fuller lips, no needles required. "It has several ingredients that contribute to its success as a lip plumper," says Michael Somenek, MD, a facial plastic surgeon based in Washington, DC. "It contains Capsicum Frutescens Resin which is a wild chili pepper, and Cinnamal, the oil that gives cinnamon its spice. The irritants in these two ingredients cause a tingling or burning sensation when applied to the lips and**

**can temporarily increase the size of the lips.” Plus, it leaves behind a wet, shimmery finish that makes your lips look, well, kissable AF.**

SHOP NOW

Also available at:

NORDSTROM | \$16MACY'S | \$29JCPENNEY | \$29

Benefit Cosmetics They're Real! Magnet Extreme Lengthening Mascara — \$27.00 If you're looking to fake the appearance of lash extensions without a trip to the salon, this stuff gets the job done in just a few simple swipes. It's made with magnet core technology, which allows magnetized pigments to stack on top of each other in order to lengthen your lashes beyond their natural size. The difference is so dramatic, you won't be able to resist the urge for a dozen before-and-after selfies.

SHOP NOW

Also available at:

NORDSTROM | \$15BLOOMINGDALE'S | \$27MACY'S | \$27

Guerlain Midnight Secret Late Night Recovery Treatment Serum — \$30.00 Hungover skin is no match for this moisturizing serum, which acts like a jolt of caffeine for a tired complexion. It reduces puffiness and other signs of fatigue, and if you apply it before bed, you'll wake up with skin that looks like it slept a full (non-wine-disrupted) eight hours.

SHOP NOW

Also available at:

BLOOMINGDALE'S | \$29SAKS FIFTH AVENUE | \$29NEIMAN MARCUS | \$29

Dr. Brandt Pores No More Refiner Primer — \$45.00

A layer of this primer will make visible pores disappear, creating a smooth canvas for you to apply your makeup on top of. The hero is the formula's oil-absorbing spheres, which work to mattify skin and diffuse light, helping to minimize the appearance of pores, lines, and wrinkles. Red clover flower is in the mix, too, which rebalances your skin to reduce the appearance of pores over time. Smoother-looking skin (at least, temporarily) is only a single application away.

SHOP NOW

Dr. Jart+ Cicapair™ Tiger Grass Color Correcting Treatment SPF 30 — \$52.00 If you've seen this product come across your TikTok feed, you know that it evens skin tone in a matter of minutes. It starts out green, which helps balance out any red tones in your skin, then blends to match your natural complexion. Its star ingredient, Centella Asiatica Complex (otherwise known as "tiger balm"), works to calm inflammation and protect from environmental stressors to help to reduce redness over time.

SHOP NOW

JCPENNEY | \$52

<https://www.wellandgood.com/beauty-products-that-work-instantly/>

# The Seattle Times

<https://www.seattletimes.com/>

Linda Evangelista says CoolSculpting  
'disfigured' her. Here's what experts say about  
the procedure





Danielle Venuto isn't a supermodel, but she can relate to runway icon Linda Evangelista, who revealed this week that she had become "brutally disfigured" and "unrecognizable" following a cosmetic body-sculpting procedure more than five years ago that, instead of reducing areas of fat, increased them.

Venuto, a 32-year-old who lives in New York City, underwent the same procedure, CoolSculpting, in May 2019. She's small — 114 pounds — and said she just wanted help with stubborn areas on her lower abdomen and flanks. By July of that year, she said, she knew something was wrong with the area on her stomach. "I was like, 'It's not looking right, this is weird, it's protruding out more,'" she said. "And then by December it looked like a complete stick of butter. It was legitimately horrible. I was extremely self-conscious and insecure about it. It looked like I had a little kangaroo pouch."

Eventually, she underwent corrective liposuction, which went well, though she had never wanted to undergo such a procedure.

Evangelista — an iconic '90s supermodel who liked to say she wouldn't wake up for less than \$10,000 a day — posted a statement on Instagram, saying that Zeltiq's CoolSculpting treatment, "did the opposite of what it promised. It increased, not decreased, my fat cells and left me permanently deformed even after undergoing two painful, unsuccessful, corrective surgeries."

On Tuesday, Evangelista filed a lawsuit against Zeltiq Aesthetics and is seeking compensatory damages of \$50 million. The company did not respond to several requests for comment.

According to the lawsuit, Evangelista had seven treatments by a dermatologist to break down fat cells in her "abdomen, flanks, back and bra area, inner thighs, and chin." After a few months, she developed paradoxical adipose hyperplasia, or PAH — which causes firm tissue masses in the area that's been treated. As a result, Evangelista said on Instagram, she has not been working. Instead, she's been left "permanently deformed" and become a recluse, engulfed in self-loathing and depression.

"I certainly feel terrible for her," said Alan Matarasso, a clinical professor of surgery at Hofstra University Northwell School of Medicine and past president of the American Society of Plastic Surgeons. "It can be a pretty devastating emotional and physical outcome to something that should have had a positive, pleasing outcome."

CoolSculpting is a Food and Drug Administration-approved noninvasive procedure (which means it doesn't involve surgery, cuts or anesthesia). It's a branded version of cryolipolysis, a treatment that works by freezing the fat cells in areas like the chin and jaw, as well as on the thighs, abdomen and

back. "The cells actually die and are ingested by the body," says Daniel Maman, a board-certified plastic surgeon based in New York. He offered CoolSculpting in his office for about five years. "It definitively works," he said.

During a CoolSculpting session, the practitioner places one or two applicators on the targeted area, and most people feel a sucking sensation and intense cold as the machine freezes their fat cells.

CoolSculpting is a lunchtime procedure, Maman said: A single session takes about an hour, and while patients might feel sore or experience bruising, they can typically return directly to their normal lives. Many need multiple sessions. Results kick in within several months, Maman said; the company claims that one treatment can reduce up to 20% to 25% of fat cells in the area it's applied to. It costs about \$650 to \$800 for a single area. (A personalized treatment plan, which typically includes multiple areas, is \$2,000 to \$4,000, according to the company's website. The website also lists numerous potential side effects, including PAH, late-onset pain, frostbite, hyperpigmentation and hernia.)

The experts interviewed for this piece, including Matarasso and Maman, agreed that liposuction, a surgical fat removal procedure, is generally the gold-standard for people who want to get rid of stubborn fat. "I always say,

with CoolSculpting you can accomplish somewhere between zero and 15% of what I could accomplish with a single session of traditional liposuction," Maman said. The average cost for liposuction is \$3,637, and it has a longer recovery time than CoolSculpting.

However, CoolSculpting can make sense for people who have a low volume of fat, or who are, say, on blood thinners or have a medical condition that precludes surgery, Matarasso said.

In 2019, the Aesthetic Society ranked nonsurgical fat reduction (such as CoolSculpting, the largest brand of cryolipolysis devices, and its competitors, Vaser Shape and Liposonix) as the fourth-most popular noninvasive cosmetic procedure in the United States, with 129,686 procedures performed.

**Troy Pittman, a board-certified Washington, D.C.-based plastic surgeon, said he's "not surprised" about the news that Evangelista experienced PAH.**

According to a July study published in the Aesthetic Surgery Journal, the risk of PAH in those undergoing CoolSculpting is approximately 1 in 2,000 treatment cycles, while the estimate in the first paper on PAH, published in 2014, was that it affected 1 in 20,000 patients. “The disparity between incidence rates found within the literature indicates that PAH is likely being underreported and misdiagnosed,” the researchers wrote.

**“I can tell you that in my own practice, I’ve seen it several times,” Pittman said. “It’s unmistakable when you know what to look for.”**

**PAH tends to be more common in men, he said, and often affects the abdomen. “We don’t know exactly why it happens,” he said. “It’s totally benign from a health standpoint — there are no adverse health effects from this. It is purely cosmetically and psychologically disturbing.”**

**While CoolSculpting is meant to kill fat cells, PAH causes those cells to “just blow up,” Pittman said. If you see a photo of someone who’s experiencing it, they’ll look like “they got fatter rather than skinnier.”**

**PAH doesn’t go away: “You’re stuck with it,” Pittman said, though there are a few treatment options. Some patients are candidates for tummy tucks, while others can undergo liposuction in the affected area; meaning they’ll have to have surgical treatments they were trying to avoid in the first place.**

Venuto said she spent months trying to get CoolSculpting to resolve the situation. Eventually, a claim she had submitted was approved, and CoolSculpting paid for her to have corrective liposuction, which was done by Maman. She remains angry at CoolSculpting and feels like she was robbed of a couple “prime” years of her life. Having the protrusion, she said, was mentally debilitating. “You’re constantly just looking at it, touching it and it just makes you extremely upset.”

She’s active in a Facebook group for PAH survivors and said she has been stunned at how many people have had the experience.

Maman and other experts noted that CoolSculpting is often offered by spa technicians and others who are not board-certified doctors, which they said may mean that the risks aren’t always properly communicated, and that PAH is not always recognized or reported. (CoolSculpting’s website says that it’s used “by or on the order of a physician.”) “It’s a very simple device,” Maman said. “It’s commonly done in spas by technicians — it requires very little training.” Depending on the laws in the state where it’s being done, he added, a physician may be required to be present in the building.

**"I think there's this sense that if you can get it done in an innocuous environment, like a salon, it's just like getting a pedicure," Pittman said. "But it's a real medical treatment. And I want people to know, if you're considering this, it's important to see a board-certified practitioner," such as a plastic surgeon or dermatologist.**

**"Just because it says 'noninvasive' doesn't mean it's without risk," he said. "I think sometimes if it seems too good to be true, it is."**

Mental health professionals such as Stephanie Van Schaick, a licensed counselor who specializes in the treatment of eating disorders and body-image issues, say you should consult another kind of expert as well: A therapist.

Cosmetic surgery "used to be for the wealthy and for celebrities," she said. But while new and less-invasive procedures are luring people by offering what seems like a quick, easy fix, she believes they don't always address the real issues that send people to surgeons in the first place. (For example: Some patients could have body dysmorphic disorder, which means they're obsessed with imaginary defects in their appearance.)

One study, published in the journal Plastic and Reconstructive Surgery, found that those who have unrealistic expectations or a history of issues such as depression, anxiety or BDD were more likely to report poor outcomes post-cosmetic surgery. Among them: a tendency to request repeat procedures or to experience adjustment problems, isolation, anger toward the doctor or self-destructive behaviors.

"I don't care what you do to your body. It's not actually going to give you long-term happiness or improve your mental health," Van Schaick said. She advises working with a professional to address the roots of these inadequacies before going under the knife — or the freezing applicator.

<https://www.seattletimes.com/nation-world/linda-evangelista-says-coolsculptin-g-disfigured-her-heres-what-experts-say-about-the-procedure/>

# Breaking Down the FDA's New Stronger Set of Breast Implant Requirements

What these changes mean for the future of breast implants.



The US Food and Drug Administration announced new changes to breast implant regulations this week which will give patients more information about any risks associated with the medical devices and require added transparency between patients, surgeons, and implant manufacturers.

The new implant safety measures come after a period of more than two years of gathering information on anaplastic large cell lymphoma (BIA-ALCL)—a rare



type of cancer that is said to be caused by certain textured implants—and breast implant illness, which includes symptoms like hair loss, joint pain, fatigue, rashes, muscle pain and more which some patients say are brought on by their implants.

## **The Biggest Takeaways**

Tucson, AZ plastic surgeon Raman Mahabir, MD, who helped Arizona pass a bill that requires its own breast implant patient checklist, says the news reflects a move to require all surgeons to have clear communication with their patients about implants before they're put in their bodies. "Now the FDA has made a clear stance on what exactly surgeons need to review with regards to implants in addition to the normal risks and benefits of surgery," he says.

"I was part of the FDA panel on implants back in March of 2019, testifying before the board as they reviewed the safety of silicone and saline implants," says Louisville, KY plastic surgeon M. Bradley Calobrace, MD. "The new guidelines require each implant manufacturer to provide a 'patient decision checklist that the physician will review with each patient prior to a breast augmentation as well as a boxed warning describing some of the risks of implants, including BIA-ALCL, a rare lymphoma associated with textured implants, and systemic illnesses that may be associated with implants."

Also required now are updated silicone gel-filled breast implant rupture screening recommendations and a patient device card to help patients keep track of which implant is in their bodies.

## **Greater Transparency**

**"The sale and distribution of breast implants will now be restricted only to health care providers and facilities that utilize a 'Patient Decision Checklist," explains Washington D.C. plastic surgeon Troy Pittman, MD. "This checklist will include the risks associated with implants. Each patient will sign the checklist and the surgeon will countersign."**

**Dr. Pittman notes that most board-certified plastic surgeons have already been discussing these risks in the routine pre-operative informed consent. "The real issue is that breast augmentation is being performed by others who are not board-certified plastic surgeons," he says. "The new FDA guidance is hopefully a way to urge the 'others' to speak with patients about the risks."**

“Many plastic surgeons currently include information about the safety and risks of breast implants; however, this recent decision by the FDA will help formalize the process and provide patients with more comfort that they are fully educated about their decision to proceed with breast augmentation,” adds Newport Beach, CA plastic surgeon Sanjay Grover, MD.

While the new guidelines do not specifically address Breast Implant Illness, as it's currently not recognized as a diagnosable medical condition, one of the new checklist items states that patients have reported “systemic symptoms” after having implants placed. “When this information is given to women in advance of surgery, it gives them the opportunity to act on it,” adds Dr. Mahabir. “When this happens, knowledge then becomes power.”

<https://www.newbeauty.com/fda-updated-breast-implant-requirements/>



# InStyle

<https://www.instyle.com/>

## Can Fillers Cure Those Pesky Dark Under-Eye Circles?

What Happens During the Appointment?

Once you've chatted with a doctor about your concerns and goals and the two of you have determined a course of treatment, it's time to give the injections a shot (literally).

Dr. Ostad says he uses microcannulas — thin, needle-like blunt-tip instruments — to insert fillers. These tools are useful for the delicate under-eye area, he says, because they don't puncture blood vessels and help avoid bruising. It also diminishes the likelihood of certain risks, like vascular occlusion (blockage of a

blood vessel), which is a serious complication that can occur when fillers are improperly injected.

"Microcannulas also allow me to really manipulate under the skin," Dr. Ostad explains. "I don't only inject the actual under-eye area, but the upper cheek area as well for a more natural look."

**In addition to preventing bruises, Dr. Pittman says that blunt-tip cannulas are a much less painful delivery method for the patient because "our bodies can only sense sharp needles under the skin."**

Are There Any Side Effects?

It will probably come as no surprise to you that your under-eye area is rather delicate. So, from the get-go, it's important to know that you might experience some light pain during the procedure. However, Dr. Ostad says they do use a numbing cream to alleviate discomfort. After your appointment, you may experience slight bruising, swelling, or redness for up to a week.

**"Patients can prevent bruising by refraining from working out for a few days, icing the under eye area, and sleeping on their back," Dr. Ostad says. Dr. Pittman adds that avoiding salty foods can also prevent excess swelling.**

**But according to Dr. Pittman, if the filler isn't placed correctly or is too close to the surface, blood vessels beneath the skin can become visible creating a "blue tint" under the eye, which is called the Tyndall effect.**

What Is the Maintenance Like?

**According to Dr. Pittman, hyaluronic acid fillers typically last about six to eight months, though he says that once patients get used to the effect, they may want to modify their treatments, depending on their preference.**

Dr. Ostad adds that upkeep varies from person to person, and is also contingent on the filler that was used. "As fillers are eventually absorbed by your skin, a person's metabolism system will play a role in how quickly they dissolve."

Final Word

If you're interested in fillers for dark circles or other cosmetic concerns, Dr. Ostad says it's important to seek out a reputable board-certified doctor to avoid infections and achieve your desired results.

"You never want to skimp on the price of a treatment, especially when it comes to the delicate eye region," he says.

<https://www.instyle.com/beauty/under-eye-injections-dark-circles>



## How to Eliminate 'Turkey Neck' Without Surgery

[www.newsmax.com](http://www.newsmax.com)



The roasted turkey featured on your dining room table may not be the only one with turkey neck this holiday. With Thanksgiving gatherings right around the corner, many of us will wear scarves or turtleneck sweaters to conceal the unsightly sagging under our chins.

We refer to this as “turkey neck” because as we age, neck muscles begin to weaken and the loose skin can become droopy and wrinkled, drawing unflattering comparisons to the neck of a turkey. Age and sun exposure are the main causes of sagging skin, according to [Scripps.org](https://www.scripps.org), but it also has a genetic component.

While surgical procedures can correct the condition, there are non-invasive ways to improve the appearance of turkey neck. **Dr. Michael Somenek, a board-certified facial plastic surgeon from Washington, D.C., explains how these procedures work.**

- Ultrasound skin tightening. Ultrasound energy heats the skin at specific depths and locations to encourage the production of collagen to make skin firmer. A small, handheld device is used to transmit ultrasound waves through the skin's surface. **Somenek says this procedure has an excellent safety profile. “It is effective for older patients looking for a mini facelift without surgery and for younger patients who want to maintain their skin profile and prevent skin laxity as they age,” he says.**

- Radiofrequency (RF) treatments. RF treatments work somewhat like ultrasound to heat the skin and trigger collagen production. But unlike ultrasound, RF focuses on the outer, or epidermal, layers to achieve a firmer, smoother appearance. **Again, Somenek says that this treatment is ideal for older adults who want to firm and tighten their skin and for younger people who want to postpone the need for a surgical lift.**

- Kybella. This popular treatment destroys fat cells for good and is ideal to KO double chins. Kybella injections are made up of a substance called deoxycholic acid that is naturally found in our bodies. When injected into tissue, Kybella destroys the cell membrane and can treat moderate to severe fat pockets. Once your double chin is treated by Kybella injections, it won't return. **Somenek says it takes about 50 injections per treatment session and most patients see results after two to four sessions.**

- Cutera Titan. This procedure uses a safe, infrared light to heat the dermis below the skin's surface. This heating causes immediate collagen contraction which tightens up the skin. The skin's surface is protected by continuous cooling with the Titan handpiece.

- FaceTite RF. This treatment is a minimally invasive alternative to surgical facelifts. It combines both fat reduction and skin tightening techniques. “The first step is to apply local anesthesia to the treatment area and make a small incision,” **Somenek explains. “Then a small device with electrodes is inserted to deliver radiofrequency waves that liquify fat**

cells." A separate tube then suctions out the liquified fat. The radiofrequency waves also stimulate the collagen fibers under the skin so you get two benefits for the price of one procedure. For more information, visit [www.somenekpittmanmd.com](http://www.somenekpittmanmd.com).

<https://www.newsmax.com/health/health-news/turkey-neck-cosmetic-surgery-non-invasive/2021/11/24/id/1045976/>



<https://la-story.com/>

## **Turkey Is on Your Mind! What Non-Invasive Options Are There for “Turkey Neck?”**

**by Dr. Michael Somenek**



As you age, your skin becomes thinner, especially on the neck.

Concealing your neck with clothing like scarves or turtleneck sweaters is a common tactic, but it's not a lasting solution. Surgical procedures come with extended recovery times, expense, and risk. That's why many people are now turning to non-surgical neck restoring procedures like Botox, ultrasound treatments, lasers, Kybella, and more to restore the appearance of their neck.

**We turned to Board Certified Washington, D.C. Facial Plastic Surgeon Dr. Michael Somenek to give us some of the latest non-invasive options for a “Turkey Gobbler” neck**

### **Ultrasound Skin Tightening**

Some skin tightening treatments use *focused ultrasound energy*, which *heats skin at specific depths and locations to induce collagen production and help skin become firmer*. Treatments are delivered via a handheld device, which transmits the ultrasound waves through the skin's surface.

Ultrasound technology has been used in medicine for many decades, and ultrasound skin tightening has an excellent safety profile. It is effective for older patients looking for a mini facelift without surgery and for younger



patients who want to maintain their skin profile and prevent skin laxity as they age.

### **Radiofrequency (RF) treatments**

Radiofrequency (RF) energy can also be used to *heat the skin and trigger collagen production*. In contrast to ultrasound, *RF focuses on epidermal layers to achieve a firmer, smoother appearance*. Like ultrasound treatments, RF treatments are effective for smoothing and tightening skin in older patients as well as postponing the need for a surgical lift in younger patients.

### **Kybella**

This is the anti-double chin treatment. Kybella injections are made up of a non-animal/non-human substance called deoxycholic acid, which is naturally found in our bodies. How does it work: *When injected into tissue, Kybella physically destroys the cell membrane and can treat moderate to severe fat pockets*. The good news is that *it destroys the fat cells for good*. In other words, once your double chin has disappeared after Kybella injections, it won't return. How many treatments are needed: *Approximately 50 injections are needed per treatment session*.

Most patients see results from Kybella after two to four treatment sessions. Treatments should be spaced about one month apart. Each Kybella treatment takes about 15-20 minutes in the office.

**Best area to treat: Double chin**  
**Cutera Titan**

*Titan utilizes a safe, infrared light to heat the dermis well below the skin's surface. This heating can cause immediate collagen contraction resulting in tighter skin.* During the procedure, the skin's surface (epidermis) is protected through continuous cooling with the Titan handpiece. After the procedure, new collagen growth results in further tightening with the improvement of lax skin, folds, and lines.

**FaceTite RF**

**FaceTite** combines both fat reduction and skin tightening techniques to help contour the face for a more toned, youthful appearance. Also known as radiofrequency-assisted liposuction (RFAL), this is a minimally invasive alternative to more complex cosmetic surgeries, such as facelifts. The first step is to apply local anesthesia to the treatment area and make a small incision. Then a small device with electrodes is inserted to deliver radiofrequency waves that liquefies fat cells.

While radiofrequency waves are emitted, a separate tube suctions out the now-liquified fat. The radiofrequency portion of the procedure has a dual purpose, as the waves also help stimulate collagen fibers beneath your skin. There is no downtime with this procedure.

### **About Dr. Michael Somenek**

**Michael T. Somenek MD, Board Certified Washington, D.C. Facial Plastic Surgeon**

**<https://somenekpittmanmd.com>**

**Dr. Somenek received an undergraduate degree in microbiology at the University of Miami and a medical degree at Rush University Medical Center in Chicago. He stayed on at this prestigious institution for 5 more years of postgraduate training in otolaryngology or the study of the head and neck. He then completed an intensive fellowship in facial plastic and reconstructive surgery under the tutelage of world-renowned facial plastic surgeons Dr. J. Regan Thomas (past president of the American Board of Facial Plastic and Reconstructive Surgery) and Dr. Dean Toriumi at the University of Illinois in Chicago. Dr. Somenek is a member of the American Academy of Facial Plastic and Reconstructive Surgery. As an author of multiple peer-reviewed journal articles, textbook chapters, and presentations at national meetings, he has contributed extensively in his field.**

Dr. Somenek also performs a variety of minimally invasive procedures, both surgical and non-surgical. Surgical options include facial liposuction, the endoscopic brow lift, and the S Lift. These techniques require only very small incisions but can have a dramatic effect on a person's appearance in the hands of a qualified surgeon with a trained aesthetic eye such as Dr. Somenek. Dr.

Somenek's intensive training in the complex structures of the face, head, and neck make him stand out among plastic surgeons in Washington, D.C. He is a trainer and teacher to other physicians across the country on all injectables and frequently sees patients that need an expert opinion. Even for less invasive procedures such as BOTOX® Cosmetic injections, he can use his broad knowledge to administer precise treatments that exceed each patient's expectations.

Want to learn more about this treatment or about Dr.

Somenek? Here's the website:

<https://somenekpittmanmd.com/>

Follow Dr. Somenek and Dr. Pittman on these social media

channels: Facebook:

<https://www.facebook.com/dcdynamicduo/>

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[https://la-story.com/2021/11/turkey-is-on-your-mind-what-non-invasive-  
options-a re-there-for-turkey-neck/](https://la-story.com/2021/11/turkey-is-on-your-mind-what-non-invasive-options-a-re-there-for-turkey-neck/)

# SHE FINDS



<https://www.shefinds.com/>

The Popular Anti-Aging Ingredient Which May Be  
Making Your Skin Worse, According To Derms



We all depend on our skincare products to replenish and rejuvenate our skin. So it can come as a huge surprise to learn that certain beauty products may be having the opposite affect on your skin. And this may be the case for you.

There are a ton of ingredients that are marketed to repair and hydrate your skin, but dermatologists know they aren't as beneficial as they seem. In fact, there are some products you should avoid at all costs because they make skin worse.

And according to Dr. Michael Somenek, board-certified facial plastic surgeon from Washington, DC, the worst skincare ingredient of all is retinyl palmitate.

Many people use retinol in their skincare regimen to reverse the signs of aging. And while retinol is good for your skin, retinyl palmitate is not an equivalent alternative.

"Retinyl palmitate is a form of vitamin A, which is retinol's less aggressive 'relative,'" Dr. Somenek explained. "The ingredient functions as an exfoliator, promotes skin cell turnover, can unclog pores and improve skin tone."

He continued, "Ultimately, the purpose is to fortify the dermis to decelerate the formation of wrinkles. While all of this is positive from an anti-aging standpoint, a 2013 study showed that this ingredient might speed the development of skin tumors and lesions when applied to the skin in the presence of sunlight. In sunlight, retinyl palmitate can form small molecules called free radicals that damage DNA."

Dr. Somenek advises replacing any retinyl palmitate products with those that use bakuchiol.

"[Bakuchiol] is a vegan skin care ingredient found in the seeds and leaves of a plant," he said. "It is also a potent anti-oxidant and can minimize skin discoloration, and has a calming, firming effect on the skin. Unlike retinyl



**palmitate, bakuchiol is stable in sunlight and won't make skin photo-sensitive.**

**Be sure to wear your SPF of 30 or greater whenever you are outdoors."**

You can integrate bakuchiol into your routine with an affordable facial serum or day cream. We like Herbivore's Bakuchiol Retinol Alternative Smoothing Serum (\$19), or the INKEY List Bakuchiol Retinol Alternative Moisturizer (\$9.99).

Or if you want something with retinol, find some of our favorite picks here.

<https://www.shefinds.com/collections/popular-anti-aging-ingredient-skin-worse-according-dermatologists/#slide-1>

# BYRDIE

<https://www.byrdie.com/>

## How I Semi-Permanently Removed My Under-Eye Bags



"Have you had work done?" my mom asked a little too casually during a visit last summer. "Your lips, right? Or Botox?"

“No!” I said, shocked—I’ve always personally thought injectables and plastic surgery of any kind are just not for me, and she knew that. But indignity gave way to glee as I realized that my newfound dermarolling habit to get rid of my under-eye bags had hit a new stage of success.

I had purchased a dermaroller on Amazon a few months earlier, after getting a microneedling treatment at a dermatologist’s office and watching my might-as-well-be-tattooed dark circles and puffy under-eye bags disappear—and stay gone in the weeks that followed. I seriously doubted that I would get anything approaching similar results at home, but if nothing else, pressing tiny needles into my face seemed like a pretty badass thing to try, a funny story to tell either way. I’ve never been happier to be so wrong.

#### MEET THE EXPERT

- Kerry Benjamin is an esthetician and the founder of StackedSkincare and the StackedSkincare spa in Santa Monica, California.

● **Michael Somenek, MD, is a board-certified facial plastic surgeon based in Washington, D.C.**

What Is Dermarolling?

I asked that very question of celebrity facialist and dermarolling proponent Kerry Benjamin after it occurred to me that I wasn’t satisfied with my explanation of, “Uh, I think it boosts your collagen by making tiny micro-injuries in the skin.” I wasn’t wrong,

but it was so unbelievably simple that even after months of putting it into practice, I was still half-convinced that there was dark magic involved. Not quite.

A derma-roller is the at-home version of microneedling, an in-office cosmetic procedure that uses tiny needles to puncture the very first layer of skin. It works to rejuvenate skin by boosting collagen production. Some microneedling devices are in pen form (wherein the needles are stamped rather than rolled into your skin) and often involve highly skilled experts. In both cases, skin is undergoing trauma via mini-needles, the most noticeable difference is whether those needles are being angled into your skin or not.

**As Somenek explains, even though you can purchase and use them at home, dermarollers are pretty great in terms of reducing bags and puffiness. "Jade rollers are another excellent tool you can use at home for under-eye bags," he says.**

### **Benefits of Dermarolling for Under-Eye Bags**

- Boosts collagen
- Thickens skin
- Fills in fine lines

"The skin around your eyes is very thin and delicate," Benjamin explained as she pressed a roller into my face. "When you see dark circles, you're just seeing the

blood pool around your eyes through the skin. By making those tiny injuries in the skin, you're putting collagen production into overdrive and thickening that skin." Doing so makes the blood much less visible and fills in those under-eye bags and lines, too.

So how does a dermaroller work so well? **"They stimulate the lymphatic system and massage the face to get rid of puffiness, toxins, stimulate blood flow, and reduce muscle tension," says Somenek.**

For me, the most remarkable aspect with microneedling is that while these very noticeable results are certainly advertised at the cosmetic dermatologist's office after

hundreds of dollars worth of treatments, I've been able to see such a dramatic transformation at home, with a comparably minute investment of \$20 to \$30 in a dermaroller—and far less blood, pain, and inflammation, too. Why isn't everyone doing this?

Perhaps it's because they just don't know about it or where to begin. Maybe they're convinced that it hurts—all very understandable assumptions. So let's clear that up, shall we?

### What to Expect When Dermarolling Under-Eye Bags

Let's get one myth out of the way: It doesn't hurt that much, especially when you're the one in control. However, there are a few pointers to note before you begin rolling. First things first, never start dermarolling without slathering on some kind of primer first:

Not only does that medium serve as a buffer between the needles and your skin, but when you use a great treatment, you're also literally pushing those ingredients deep into your skin for maximum absorption—far more than you would just by using your fingers and leaving it there.<sup>1</sup> I typically use a serum with additional collagen-boosting ingredients like hyaluronic acid, such as the Grown Alchemist Age Repair Serum (\$99). Just be sure to avoid super-reactive elements like retinol or vitamin C.

### KEY INGREDIENTS

Hyaluronic acid is a naturally occurring polysaccharide found in the human body. It acts as a cushioning and lubrication agent for our joints, nerves, hair, skin, and eyes. When used in skincare, it acts as a moisture binder, which means that it will attach itself to the water in the cells (while also attracting and holding water from the air) making them plump.<sup>3</sup>

After cleansing your face and applying a layer of serum or whatever primer you're using, it's time to start dermarolling. Stretch your skin taut, and roll across it diagonally, horizontally, and vertically, pressing as hard as you can tolerate. I focus on my smile lines, lips, and underneath my eyes as well as any acne scars or discoloration that need tending to. After you're done rolling, apply another layer of serum to your face and sterilize your device with rubbing alcohol before storing it in its case.

Also, another safety tip to be mindful of: Try not to roll over one single area more than a couple of times and *never* use your roller on existing zits or open wounds.<sup>4</sup>

At-Home Dermarolling vs. In-Office Microneedling

In-office microneedling means physicians can get a bit deeper into your skin, as they are using professional tools like the aforementioned pens, which essentially work to "stamp" your face with needles rather than roll the needles across the skin.

Even though at-home devices might not go as deep into the skin, they can still be effective. When choosing a dermaroller to purchase, you need to pay attention to the needle size. Most experts I've spoken to advise anything between 0.2 and 0.75 millimeters for use at home. (Benjamin advises staying under 0.5 to avoid damage). I've only ever used 0.2 or 0.5 since I mainly focus on my lips and underneath my eyes, and those areas are particularly delicate.

I've purchased rollers from Amazon for as little as \$12. Benjamin chided me a little for this; though, as with anything I purchase from that vast marketplace, I pay close attention to reviews before pulling the trigger. Still, it might be wiser to buy something from a more verified retailer, like Benjamin's own Stacked Skincare.

## Side Effects

Dermatologists use something called a Dermapen for in-office treatments, and that's a little more intense—bleeding is a common side effect. But a dermaroller is a little less hardcore, and you can press as firmly as your pain threshold allows. (If you've ever experienced a cat licking your face, the sandpapery sensation is comparable).

## Aftercare

An added benefit of dermarolling is that it can help you better apply other products.

**"Dermarollers also soothe the skin, spread and penetrate skincare products to all skin parts, and drain fluid from the face, which can temporarily reduce eye bags," explains Somenek.** So be sure to slather on some eye cream or oil before you roll, to reap all the benefits.

As for how often you should roll, I use my dermaroller two or three times a month. Some people recommend using it more often—Benjamin recommends a few times a week—but I like this frequency; it's enough for maintenance without feeling too harsh on my skin. Sometimes, if it's been a particularly stressful month or if I've been traveling, I'll see those familiar shadows start to creep up again toward the end, but it's nothing my go-to cream concealer (see below) and upping my water intake can't help.

Make no mistake: Maintenance is key. I've gone through periods where I stop dermarolling (for reasons mostly having to do with laziness) only for those under-eye bags to start creeping in again. It's your choice whether to embrace them or roll them away again—I can vouch for both.

### The Final Takeaway

I am officially hooked. At just 23 years old, I was used to looking perpetually exhausted. Genetics had played a role, sure, but very long hours at the office and a stress-ridden lifestyle certainly hadn't helped. Even if I was able to diminish the shadows under my



eyes with a heavy layer of color-correcting concealer, the bags remained—and in some cases, the creasing made them look even more obvious. But I was still happier to resign myself to this rather than the alternative: As much as I wanted to say screw it and just go without makeup, you can only get (rude) remarks like “Are you feeling all right?” and “Whoa—late night?” so many times before it starts to sting.

I was floored to realize this wasn't how it had to be. The premature lines on my face disappeared and my upper lip plumped up, and finally—*finally*—I didn't look so tired anymore, all thanks to microneedling. And others were starting to notice.

And they wanted in—or really, I wanted my friends, family, and coworkers to try dermarolling themselves. But then again, it's probably easier to convince someone to try a protein shake than roll hundreds of tiny needles into their face. That's fair.

Still, the results don't lie, and slowly, a handful of people in my life have already become converts. “What needle size should I get again?” is a fairly common chat message I receive at the office. One of my best friends in New York sends me close-ups of her face on the regular. “This is so crazy!” the captions read. “How is this even working?!”

<https://www.byrdie.com/how-to-get-rid-of-bags-under-eyes>



<https://www.shefinds.com/>

4 Natural Ingredients Plastic Surgeons Swear By To  
Make Fine Lines And Wrinkles Disappear



Aging is a natural part of life, but that process can take a toll on your body, altering your complexion and allowing for the development of fine lines and wrinkles due to sun damage, stress, and a loss of collagen. While there is no singular skincare ingredient which will turn back the clock and completely eliminate wrinkles from your skin, there are some which can make a profound difference in the smoothness and elasticity of your face, reducing the severity of your wrinkles and even preventing new ones from developing.

**Whether signs of aging have already begun to show on the skin or you simply want to create a routine to keep fine lines at bay, we spoke with Dr. Michael**

Somenek, Board Certified Washington, D.C. Facial Plastic Surgeon to get the rundown on the best ingredients to do the trick.

## Retinol

Undeniably the most popular anti-aging ingredient, retinol is a wonderful topical solution for boosting collagen production and smoothing the surface of the skin for a visibly brighter, younger looking complexion. **“Retinol stimulates collagen production and fades hyperpigmentation. It promotes quicker skin cell turnover, keeping pores clear and preventing aged skin’s dry, dull look,” explains Somenek. “Within the first week of use, changes in the epidermis will make your skin feel softer and look smoother. At four to six weeks, brown spots will also start to fade, and wrinkles will fade at weeks eight to 12, thanks to the new collagen in the skin.”**

## Vitamin C

Another multi-use solution for aging, vitamin C serum can help to improve your appearance through evening skin tone and increasing collagen production, much like retinol. **“Vitamin C can do a little bit of everything; boosting collagen, lightening discoloration, and evening skin tone. Studies have shown it can make skin appear smoother and softer,” notes Somenek. Seeing as vitamin C is an antioxidant it can also help to fight against free radical damage, saving your skin from UV rays. “But [vitamin C’s] UV protection does not stop there: research**

has suggested that it makes sunscreen last longer and work better, preventing further sun damage—and the wrinkles that come with it,” adds Somenek.

### **Alpha Hydroxy Acids (AHA)**

Alpha hydroxy acid can help to easily smooth and resurface the top layer of your skin, allowing for a brighter appearance while reducing the depth of fine lines and wrinkles, making it a powerful player in the anti-aging realm.

**“Researchers have been able to pinpoint precisely how AHAs operate - down to the molecular level. AHAs work as powerful exfoliators that break the bond between the surface layer of dead skin cells and the fresh skin beneath. Dead skin can build up, making spots look darker, wrinkles look more profound, and our skin does not reflect light,” says Somenek.** When picking out your AHA based products, keep an eye out for labels which contain lactic acid or glycolic acid as well--these are some of the most commonly used forms of AHA.

### **Hyaluronic Acid**

Maintaining hydration is essential for youthful skin, and hyaluronic acid is one of the best ways to achieve this. **“Your body creates hyaluronic acid naturally, which keeps tissues lubricated and cushioned. It’s found in skin, connective tissues, and joint fluid. Over time, your age, smoking, and an unhealthy diet can cause you to make less of it,” explains Somenek.** Integrate a hyaluronic acid serum into your skincare routine both morning and night in combination with

vitamin C serum for an anti-aging duo which will reduce wrinkles and allow for an ageless complexion to shine through.

<https://www.shefinds.com/collections/ingredients-fine-lines-wrinkles/#slide-1>



<https://stacyknows.com/>

Thanksgiving is Around the Corner. What are Non-Invasive Options for “Turkey Neck?”



As you age, your skin becomes thinner, especially on the neck. Concealing your neck with clothing like scarves or turtleneck sweaters is a common tactic, but

it's not a lasting solution. Surgical procedures come with extended recovery times, expense, and risk. That's why many people are now turning to non-surgical neck restoring procedures like Botox, ultrasound treatments, lasers, Kybella, and more to restore the appearance of their neck.

**We turned to Board Certified Washington, D.C. Facial Plastic Surgeon Dr. Michael Somenek to give us some of the latest non-invasive options for a "Turkey Gobbler" neck**

### Ultrasound skin tightening

Some skin tightening treatments use focused ultrasound energy, which heats skin at specific depths and locations to induce collagen production and help skin become firmer. Treatments are delivered via a handheld device, which transmits the ultrasound waves through the skin's surface. Ultrasound technology has been used in medicine for many decades, and ultrasound skin tightening has an excellent safety profile. It is effective for older patients looking for a mini facelift without surgery and for younger patients who want to maintain their skin profile and prevent skin laxity as they age.

### Radiofrequency (RF) treatments

Radiofrequency (RF) energy can also be used to heat the skin and trigger collagen production. In contrast to ultrasound, RF focuses on epidermal layers to achieve a firmer, smoother appearance. Like ultrasound treatments, RF treatments are effective for smoothing and tightening skin in older patients as well as postponing the need for a surgical lift in younger patients.

### Kybella

This is the anti-double chin treatment. Kybella injections are made up of a non-animal/non-human substance called deoxycholic acid, which is naturally found in our bodies. How does it work: When injected into tissue, Kybella physically destroys the cell membrane and can treat moderate to severe fat pockets. And the good news is that it destroys the fat cells for good. In other words, once your double chin has disappeared after Kybella injections, it won't return.



How many treatments are needed: Approximately 50 injections are needed per treatment session. Most patients see results from Kybella after two to four treatment sessions. Treatments should be spaced about one month apart. Each Kybella treatment takes about 15-20 minutes in the office.

Best area to treat: Double chin

## Cutera Titan

Titan utilizes a safe, infrared light to heat the dermis well below the skin's surface. This heating can cause immediate collagen contraction resulting in tighter skin. During the procedure, the skin's surface (epidermis) is protected through continuous cooling with the Titan handpiece. After the procedure, new collagen growth results in further tightening with the improvement of lax skin, folds and lines.

## FaceTite RF

FaceTite combines both fat reduction and skin tightening techniques to help contour the face for a more toned, youthful appearance. Also known as radiofrequency assisted liposuction (RFAL), this is a minimally invasive alternative to more complex cosmetic surgeries, such as facelifts. The first step is to apply local anesthesia to the treatment area and make a small incision. Then a small device with electrodes is inserted to deliver radiofrequency waves that liquefy fat cells.

While radiofrequency waves are emitted, a separate tube suctions out the now-liquefied fat. The radiofrequency portion of the procedure has a dual purpose, as the waves also help stimulate collagen fibers beneath your skin. There is no downtime with this procedure.

**About: Michael T. Somenek MD**

**Board Certified Washington, D.C. Facial Plastic Surgeon**

**<https://somenekpittmanmd.com>**

Dr. Somenek received an undergraduate degree in microbiology at the University of Miami and a medical degree at Rush University Medical Center in Chicago. He stayed on at this prestigious institution for 5 more years of postgraduate training in otolaryngology, or the study of the head and neck. He then completed an intensive fellowship in facial plastic and reconstructive surgery under the tutelage of world-renowned facial plastic surgeons Dr. J. Regan Thomas (past president of the American Board of Facial Plastic and Reconstructive Surgery) and Dr. Dean Toriumi at the University of Illinois in Chicago. Dr. Somenek is a member of the American Academy of Facial Plastic and Reconstructive Surgery. As an author of multiple peer-reviewed journal articles, textbook chapters, and presentations at national meetings, he has contributed extensively in his field.

Dr. Somenek also performs a variety of minimally invasive procedures, both surgical and non-surgical. Surgical options include facial liposuction, the endoscopic brow lift, and the S Lift. These techniques require only very small incisions but can have a dramatic effect on a person's appearance in the hands

of a qualified surgeon with a trained aesthetic eye such as Dr. Somenek. Dr. Somenek's intensive training in the complex structures of the face, head, and neck make him stand out among plastic surgeons in Washington, D.C. He is a trainer and teacher to other physicians across the country on all injectables and frequently sees patients that need an expert opinion. Even for less invasive procedures such as BOTOX® Cosmetic injections, he can use his broad knowledge to administer precise treatments that exceed each patient's expectations.

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# BYRDIE

<https://www.byrdie.com/>

The Little-Known Supplement That Gives You  
Plump, Glowing Skin



It was on my quest for perfect skin that I came across *silica* and its benefits. This intriguing key ingredient is aimed at those with sensitive skin—a growing and relevant concern amongst people today. What's interesting about this skincare product is that it works as a supplement, utilizing an outside-in approach.

## MEET THE EXPERT

- Isabel Sharkar, ND, is a naturopathic doctor who works in private practice at Washington, D.C.'s Indigo Integrative Health Clinic.

• **Dr. Michael Somenek is a board-certified facial plastic surgeon based in Washington, D.C.**

Silica is necessary for the body to produce collagen and works as a natural anti-inflammatory.<sup>1</sup> Two major contributors behind wrinkles are free radicals and depletion in collagen production as we age, while inflammation acts as another aging factor our bodies have to contend with (It's not dubbed "inflammaging"—or the "chronic, low-grade inflammation that characterizes aging"<sup>2</sup>— for nothing!). **While that all sounds daunting, don't worry, we called on Isabel Sharkar, ND, a naturopathic doctor, and Dr. Michael Somenek a board-certified facial plastic surgeon, to help us discover more about this youth-boosting supplement.**

### What Is Silica?

You may remember silicon (Si) from your school days—it sits in the periodic table between aluminum and phosphorous. (Did you actually remember? Me neither; I had to Google it). When the two elements silicon and oxygen combine, they

form silica ( $\text{SiO}_2$ ), which is also known as the quartz crystal. Surprisingly, you may well recognize silica from those little white moisture-absorbing sachets you find in new handbags and shoe boxes.

“Silica is the third most abundant trace element in the human body after iron and zinc,” explains Sharkar. Of course, we’ve all heard of zinc (it bolsters the immune system and helps repair our wounds) and iron (which helps keep our blood healthy). But what’s the deal with this lesser-known silica? “It has such a tremendous impact on skin regeneration—silica is strongly linked with healthy youthful skin,” says Sharkar. “It also creates bonds between protein molecules, which are responsible for the skin’s natural ability to retain water, critical for repair and cell renewal.”

### The Benefits of Silica

- Helps in strengthening the body's connective tissue: Says Sharkar: “It is required for rebuilding collagen; it sits inside collagen, acting as glue, providing strength, flexibility, and resilience to connective tissues.”
- Keeps skin, nails, hair and teeth healthy: This glue-like function means silica is imperative for helping to keep your nails, teeth, and hair robust and healthy.<sup>1</sup>
- Works as an anti-inflammatory: Silica is a natural anti-inflammatory that may help relieve skin conditions like eczema and psoriasis.<sup>3</sup>

- Helps to balance hormones: This wonder mineral also works to keep other minerals in balance, such as calcium and magnesium, which plays an important role in keeping our hormones balanced, too. In fact, Sharkar goes as far as to say, "It is the glue that holds us together; without silica we literally would break apart."
- Can be used preventatively: So if our bodies are producing the stuff, why should we be supplementing it? The fact is that, just like how collagen production slows from around the age of 25, silica does too.  
  
(Coincidence? We think not). "Anyone in their late 20s, early 30s should look to start taking silica. You can use it when you see fine lines or even better, preventatively," says Sharkar.
- Brightens the skin with continued use: While it will take time to notice a difference—anywhere up to 12 weeks, Sharkar lists numerous impressive benefits you should start to notice, including a brighter complexion and youthful glow, firmer skin with more elasticity (or "bounce") as well as generally more hydrated skin. It also helps to reduce facial pores, blemishes, and wrinkles.
- Helps oxygenate the skin: "Silica gives you a glow because it is a strong carrier of oxygen, and it increases the transport of both nutrients and oxygen to the skin," Sharkar explains. "It helps red blood cells to carry 20 percent more oxygen, and because of that, the skin stays more hydrated as well."

Look for your skin to start glowing, and your acne, eczema or psoriasis to start disappearing. These would be sure signs that it's working."

• **Reduces the signs of aging: "Silica supplements remove visible signs of aging by promoting the natural production of collagen," says Somenek.**

**"Collagen reverses signs of aging by boosting elasticity in the skin."**

#### Side Effects of Silica Supplements

Silica supplements can be derived from bamboo or the horsetail plant.

"Horsetail may not be for everyone, and it may have contraindications in diabetes and pregnancy," Sharkar warns. "Silicon dioxide, on the other hand, is generally safe. When in doubt, I would consult your holistic healthcare provider before starting any supplement regime. Silica is contraindicated in people with kidney or heart disease as well as fluid retention."

#### How to Use Silica

If you aren't keen on adding a supplement to your daily routine, you can also bolster your intake of silica through your diet by including plenty of dark leafy greens, leeks, green beans, cucumber, celery, and asparagus.

But the only way to get enough of the mineral is via a supplement: "If you are taking silica in capsule form, 180 to 360 milligrammes per day is a good dosage to start with," says Sharkar.



**Somenek concurs, adding: "Most of the supplements are between 150 mg and 300 mg and recommend one a day, so I would just go with that range as a starting dose."**

When shopping for a silica supplement, you want to make sure it doesn't contain any unnecessary or unhealthy additives and fillers. And remember, when it comes to supplements, you get what you pay for.

World Organics Silica 500Mg Tabs \$19

**"Silica supplements also improve skin hydration because silica binds and stimulates to water-binding molecules called glycosaminoglycans," Somenek says. "These molecules can hold nearly one thousand times their own weight in water, thus helping provide moisture to the skin."**

Eniva Silica Mineral Liquid Concentrate \$30

This specialized health liquid is easy to ingest and designed to naturally support the development, structure, function and health of collagen in the bones, as well as cartilage, connective tissue and blood vessels.

Now Foods Silica Complex \$17

**Silica helps the skin in myriad ways, says Somenek. "It helps red blood cells carry 20 percent more oxygen, which helps the skin stay hydrated as well," Somenek says.**

Solgar Oceanic Silica \$12

**"Silica supplements also leave your skin glowing because silica increases the transport of oxygen and nutrients to the skin," Somenek says.**

FloraSil Oceanic Silica \$56

**Silica is ideal for a range of skin types, but may have specific benefits for those who suffer from dry skin. "Silica is a natural anti-inflammatory, so it may help relieve skin conditions like psoriasis and eczema," says Somenek.**

Silicium Laboratories Orgono Living Silica, Collagen Booster \$50 Developed specifically to optimize intestinal absorption. this works to heal skin and boost collagen from the inside, out.  
<https://www.byrdie.com/silica-benefits>



<https://health.usnews.com/>

## Need Scar Treatment? Here Are Some of Your Options



It's perfectly normal to seek treatment for scars because you don't like the way that they look. However, you may have some medical reasons for scar treatment:

- **The scar gets in the way of your normal functioning.** For instance, a tight scar near the lower eyelid could cause it to pull down, leading to dry eye or vision problems, says dermatologist Dr. Lisa Chipps, of Moy-Fincher-Chipps Facial Plastics/Dermatology in Beverly Hills, California and an assistant clinical professor with the David Geffen School of Medicine at UCLA, Harbor-UCLA Medical Center in Torrance, California.
- **The scar causes itching and pain.** This may happen with keloid scars.
- **You're having self-esteem issues** related to the size or visibility of the scar.
- **The scar inhibits your ability to move other parts of your body fully.** For instance, a scar on or near your hands may restrict hand mobility.

## What to Know Before Treatment

Before you embark on treatment for a scar, there are a few helpful things to know:

- **It's best to seek treatment earlier rather than later for your scar.** "The old school of thought was to allow the scar to mature for a year before trying treatment. Newer research shows the earlier, the better," says Dr. Arisa Ortiz, an associate clinical professor in the UC San Diego School of Medicine and director of the Laser and Cosmetic Surgery Clinic at UC San Diego Health in San Diego. If you have a new scar, it'll probably improve over the next several months anyway. However, it doesn't hurt to try treatments if you're concerned about it.
- **A dermatologist or plastic surgeon will probably not be able get rid of your scar entirely, but can improve the way it looks or reduce its size. Some people are more likely to retain scars or scar more easily, Pittman says. This can relate to your age, ethnicity and whether or not you smoke. Smoking negatively affects your wound healing. Younger people, as well as people of Asian descent and those with darker skin are more likely to develop scars.**
- **Keloid scars are the most challenging to treat,** says Dr. George J. Hruza, director of the Laser & Dermatologic Surgery Center and an adjunct professor of dermatology at St. Louis University in Chesterfield, Missouri. Keloid scars are thicker, and people who form keloids tend to form them again. Keloids are more common in Black people, but anyone can form them. Those who are prone to form keloids may get a keloid removed through surgery, for example, and then another keloid could very well form in its place.

- **If you have health insurance, ask in advance what is covered for scar treatment.** Coverage tends to vary, and many medical treatments aren't covered because they're considered cosmetic.

## **Home Remedies and Over-the-Counter Scar Treatments**

You can try a few home remedies or over-the-counter treatments for scars.

You may hear about natural remedies for scars, like honey, aloe vera or vitamin E. Although these may initially help with wound healing, they aren't likely to improve the appearance of a scar by the time it forms, Chipps says. Plus, vitamin E will cause an allergic skin reaction in some people, Ortiz adds.

However, there are some things you can try at home for a scar, including:

- Sunscreen.
- Massaging the scar.
- Petroleum jelly.
- Paper tape.
- Silicone sheets.
- Antihistamine cream.

**Sunscreen.** Wearing broad-spectrum sunscreen is the easiest and cheapest way to protect a scar and your skin in general, Ortiz says. This is important because the sun will darken a scar, especially in people with darker skin. **Massaging the scar.** This can help to break up the scar's thickness. **Petroleum jelly.** This is helpful for newer scars that are still healing, and it can help the wound from becoming too large or deep. Keep it on the scar as often as you can, though it's also good to keep the scar covered up while treating it. **Paper tape.**

Good ol' paper tape that you find in the first-aid section of your drug store can

help a scar, Hruza says. It's best to start using it once the wound has healed and there's no open area. You should plan on using the paper tape for about six months. If you can, wear the tape all the time. If that's not possible, then wear it at least 12 hours a day, such as when you're home, he advises.</div>

**Silicone sheets.** Another over-the-counter option is something called silicone sheets, which also help to cover the area with a wound that has healed. You place the sheet over the scar, and that compression helps to prevent the scar from thickening, Ortiz says. Silicone ointment also is an option, but silicone gel sheets appear to work better, according to the American Academy of Dermatology. You usually have to use this treatment for a few months. If you develop a rash or other side effects, let your doctor know.

**Antihistamine cream. This is especially helpful for newer scars that are itchy, Pittman says.**

### **Scar Treatments Provided by a Doctor**

If over-the-counter treatments don't help, or if the scar is particularly large or concerning, seek help from a doctor for your scar. Dermatologists and plastic surgeons have many treatment options nowadays, Hruza says. Your doctor will consider several factors to help steer treatment:

- Your age.
- The scar's location.
- The size of the scar.
- The color of the scar.

Here are some of the scar treatment options you can find at your doctor's office:

- Cortisone injections.
- Laser treatment.
- Microneedling.
- Use of a cosmetic injectable like Botox.
- Surgery.

**Cortisone injections.** Cortisone is a type of medication that can help with pain and inflammation related to many health issues, including skin problems. With this treatment, the cortisone is injected directly into the scar. This is more commonly used for thick, hard or puffy scars, Chipps says. You will probably need more than one injection to see improvements. These injections also can help to decrease pain caused by the scar.

**Laser treatment.** There are different types of lasers used for scars, such as an ablative fractional carbon dioxide laser and a nonablative fractional laser.

Laser therapy can do several things to help with your scar, such as change the scar's appearance, reduce redness or lower any pain or swelling. Your doctor will use numbing creams or injections to help control any pain during the laser therapy.

You may need at least four to five treatments with laser therapy to see improvement, keeping in mind that the skin will continue to improve up to six months after treatment, Ortiz says. Some people may get more than four or five treatments but eventually, the improvements will plateau, she adds.

**Microneedling.** This is a newer procedure that uses many small needles to prick the skin, and that can stimulate the production of collagen, Pittman says. The new collagen can help to smooth out the scar. This is a potential option for acne scars, burns, surgical incisions and stretch marks.

**Use of a cosmetic injectable.** Botox, an injectable medication used in cosmetic surgery, can relax the muscles in the area of the body affected by the scar. This may not always help the scar's appearance, but it can relieve some of the discomfort from the scar, Pittman says.

**Surgery.** Using surgery to help change the appearance of a scar may be an option when the scar doesn't respond to other treatments, Chipps says. Surgery can help to remove excess scar tissue or release tension in the scar.

<https://health.usnews.com/health-care/patient-advice/articles/best-ways-to-treat-scars>



<https://sustainhealth.fit/>

## Why You Need To Steer Clear Of These Viral Beauty TikTok Trends By: Dr. Michael Somenek



According to recent statistics, the viral app Tik Tok has reached over 1 billion monthly users. With several beauty trends going viral on a daily basis, it can be tempting to experiment with these DIY and less expensive solutions than in-office cosmetic surgery visits.

However, some of these hacks are at best ineffective or downright dangerous.

Board-Certified Washington, D.C Facial Plastic Dr. Michael Somenek breaks down the most dangerous TikTok beauty hacks that you should steer well away from.

## Face-lifting patches

What is it?

'Face-lifting patches' are plastic adhesives used to help reduce fine lines and wrinkles overnight.

The purpose is to use tape to constrict the muscles in your face and limit their motion to minimize wrinkles.

This is an overnight ritual that requires you to sleep with the tape on, keeping you from frowning or making any expressions during your sleep. Wearing it all night is also said to prevent creases caused by sleeping on your front or side.

Why you should steer clear:

Tape considered strong enough to stay in place throughout the night isn't made to be safe on the skin and can cause redness, irritation, and acne breakouts. The adhesive has to be incredibly tight and therefore, uncomfortable to use for an extended time to hold the muscles still. There is even a risk of ripping off a layer of the skin as you pull off the piece of tape.

This can cause a tear in the skin barrier, and the trauma could result in underlying pigmentation or leave you at risk for a bacterial infection that could potentially scar.

In theory, these facial patches should work as they keep muscles in place while you sleep, not allowing them to wrinkle as you move throughout the night. However, they can have the complete opposite effect when it comes to reducing fine lines and wrinkles.

When you tape your face to hold muscles still, you're preventing them from working, while adding resistance. In doing so, you're training your facial muscles to work harder and, in turn, become more powerful.

As they get stronger, it accelerates the formation of those fine lines and wrinkles you were hoping to avoid.

## Pore Vacuuming

What is it?

This is an at-home device that is put out by various different companies. It gained traction during the pandemic when many people could not visit doctors for elective treatments. The goal of these tools is to extract dirt, debris, and sebum from the skin in order to reduce blackheads and pore congestion.

Why you should steer clear:

If you have seen videos, it is evident that users saw instant redness. If you don't know how to set the device appropriately for your skin, putting the volume up to higher settings won't necessarily remove more blackheads, but it could leave your skin looking as if you just got a hickey.

Those with skin issues such as rosacea especially need to proceed with caution.

The vacuum can exacerbate these conditions and cause untoward side effects like broken capillaries and bruising.

This can even occur with those who simply have sensitive skin. Even if the device is effective, the pores will eventually re-fill again, and preventing this from occurring via this tool is too much wear and tear on the skin.

## Sunscreen Contouring

What is it?

The original viral video has a resurgence this past summer.

Model Eli Withrow posted a TikTok video where she has sunscreen applied on different parts of her face.

She states: "Haters will say it doesn't work. I'm convinced that if you put a base sunscreen of SPF 30 on, and an SPF 90 on all the spots that you would put highlighter on, the sun will contour your face where you'd put bronzer, and you'll be natural snatched all summer."

Why you should steer clear:

There is no way to predict how the sun hits various parts of your face. All areas of the face don't get the same amount of sunlight. Attempting to control your sun ray exposure through mixing SPF levels is illogical.

Radiation bounces off sand, water, and cement hitting the face at different angles.

Not only might you not get the "J-LO glow, but you could also get patchy sunburns. While the idea is meant to use tan lines to contour the face, you are risking your skin from a cosmetic standpoint and health-wise in the form of skin cancer. This is not worth the quest for a temporary (at best) contour.

## DIY Lip Filler

What is it?

Once again, another pandemic-fueled aesthetic trend. One way people attempt to do this at home is through at-home kits to inject their own lip filler through tools called Hyaluron pens. These use pressurized air to force filler into lips instead of needles which are used in a board-certified plastic surgeon or dermatologist's office.

Why you should steer clear:

The lips are filled with nerve endings and they swell and bruise very easily. More worrisome than that is improper injection can result in blocked blood flow.

Non-physicians don't have the skills to treat these complications before they lead to serious damage.

In addition, since this is not regulated by the FDA, you have no way of knowing what products you are putting into your lips. Even without a substance going into your lips, other methods that use suctioning tools to create a temporary bigger pout can be dangerous as well.

### About our Expert

Dr. Somenek received an undergraduate degree in microbiology at the University of Miami and a medical degree at Rush University Medical Center in Chicago.

He stayed on at this prestigious institution for 5 more years of postgraduate training in otolaryngology or the study of the head and neck.

He then completed an intensive fellowship in facial plastic and reconstructive surgery under the tutelage of world-renowned facial plastic surgeons Dr. J. Regan Thomas (past president of the American Board of Facial Plastic and Reconstructive Surgery) and Dr. Dean Toriumi at the University of Illinois in Chicago.

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<https://sustainhealth.fit/lifestyle/beauty-tiktok-trends-2021/>



<https://news.yahoo.com/>

These Expert-Recommended Humidifiers  
Are What You Need For Winter



Michael Somenek, a board-certified facial plastic surgeon in Washington, D.C. who specializes in facial and nasal functions, recommended the Pure Enrichment humidifier for its consistent balance and humidity regulation. (Photo: Amazon)" data-caption="Michael Somenek, a board-certified facial plastic surgeon in Washington, D.C. who specializes in facial and nasal functions, recommended the Pure Enrichment humidifier for its consistent balance and humidity regulation. (Photo: Amazon)" data-rich-caption="Michael Somenek, a board-certified facial plastic surgeon in Washington, D.C. who specializes in facial and nasal functions, recommended the Pure Enrichment humidifier for its



**consistent balance and humidity regulation. (Photo: Amazon)" data-credit="Amazon" data-credit-link-back="" />**

Winter is on our doorstep and along with it, so is the dry, cold air and incessant drone of artificial indoor heat. Just like clockwork, you may start to notice your lips start to crack, your throat become hoarse, your nose start to drip and patches of dry, flaky skin emerge like an unwelcome guest. Luckily, humidifiers, those inventive devices that emit moisture to replenish humidity levels in your home, bedroom or office, help with your dry air woes. And we've found several that have the expert stamp of approval.

Jen Haley is a board-certified dermatologist in Scottsdale, Arizona, and medical advisor for Editor's Pick. Haley explained to HuffPost that "When there is more moisture in the air, the water that is already in our skin may be less likely to evaporate. Humidifiers add that extra moisture we need to keep that healthy glow. Especially if you already experience dry skin, a humidifier is a must to add to your bedroom. You'll find that you not only breathe easier, you may look better, too."

It's not just skin that can be compromised from the lack of humidity. Mucous membranes in the throat, nasal passageways and even the eyes can become affected.

“In the winter our mucous membranes also tend to dry out more and get thicker, making it more difficult to filter out what enters through our airways,” said Shawn Nasser, a Mayo Clinic-trained ear, nose and throat doctor and specialist in Los Angeles. “Running a humidifier can help to keep your nose moist, clean and clear. Remember, thicker secretions means less lubrication, more difficult to clear passageways and are frequently associated with post-nasal drip.”

So what makes a good humidifier? Hadley King, a board-certified dermatologist in New York, told HuffPost that “it’s important to look for a humidifier that is appropriate for the size and space of the room. The goal is to achieve a humidity level of 30 to 50%. Too low, and your skin and airways will dry out; too high, and this can promote the growth of bacteria, dust mites and mold.” Shop these humidifiers that not only meet experts’ qualifications, but are sure to alleviate your dry air symptoms and make your winter a little more bearable.

<https://news.yahoo.com/expert-recommended-humidifiers-winter-094508730.html>



<https://www.mindbodygreen.com/>

## 10 Natural & Gentle Ways to Brighten Skin + Ingredients To Look For

Show us a person who doesn't want a healthy, glowing complexion and we'll be shocked! Glowing skin can give the appearance that you're "lit from within." And in many cases, a glowing complexion means that you can skip the foundation step in your makeup routine. But bright, healthy skin doesn't just happen by simply wishing it into existence.

Skin brightening shouldn't be confused with whitening or lightening your skin—which can expose you to harsh chemicals and can also do a number on self-esteem by giving the impression that only fair skin is acceptable or beautiful. In

contrast, everyone can benefit from working to achieve a glowing complexion—regardless of your skin tone, age, or gender. Skin brightening focuses on banishing dullness, reducing hyperpigmentation, and removing dry, flaky skin, which can make you look tired, with uneven tone. Thankfully, brightening your skin doesn't have to involve questionable ingredients or practices.

What you need to know about skin brightening.

As we mentioned in the introduction, skin brightening is a beneficial practice that doesn't have to be complex or rely on harsh chemical ingredients that could increase skin sensitivities. Depending on your overall goals, you can focus on brightening through a range of options. Plus, these techniques can be used all over your body—not just on your face.

Skin brightening relies on four key steps: cleansing, exfoliating, cell turnover, and moisturizing. While cleansing and exfoliating are always the first two steps, depending on your specific skin care concerns, you can tweak the other two steps to suit your needs. Also note, you might not need to exfoliate every day, and in many cases shouldn't if you have sensitive skin.

## Cleansing

Your first step is going to be cleansing your skin because no matter how effective a brightening or cellular turnover product is, it's not going to be as

effective if you apply it to dirty skin. Cleansing your skin also ensures that any additional products you apply can penetrate the layers.

### Exfoliation

Similar to cleansing, the exfoliation step ensures that flaky, dry skin—which can lead to dullness and increased texture—is removed. You can exfoliate either through manual or chemical methods. Everyone's exfoliation routines will vary depending on your skin type, but one to three times a week is the standard.

### Cell turnover

One key to brightening your complexion is to boost cellular turnover. In most cases, you're going to either need to embrace an antioxidant-rich serum or take a look at your dietary habits.

Typically, cellular turnover is achieved with topical serums like retinol, which are designed to penetrate your skin's layers. But this is also why serums usually shouldn't be applied until after you've cleansed and exfoliated your skin, for maximum efficacy.

### Moisturizing

After you've finished cleansing, exfoliating, and applying your preferred serums, it's time to moisturize. At this point, you're focusing on locking in hydration. Depending on your skin concerns, you might prefer a thicker moisturizer such as a ceramide-based option for dry skin, or want something lighter to avoid clogging pores if you have normal or oily skin.

10 ways to naturally brighten your skin:

1. Mind your sun exposure.

We love the sun, but if ever there was a poster child for the adage "too much of a good thing can be bad," it's the sun. Adequate exposure to direct sunlight is important for supporting essential vitamin D synthesis in the body. But excessive time in the sun can be problematic.

While you can't entirely avoid the sun, Audrey Kunin, M.D., a board-certified dermatologist and the chief product officer of NovaBay Pharmaceuticals, and the founder of DERMAdoctor, encourages her patients to wear a 30 SPF broad-spectrum sunscreen every day. "The sun works against your glowing skin wishes: It ages skin, leading to a thickening of the epidermis, which creates a dull complexion."

Also note that if you've recently exfoliated, begun using retinol or alpha-hydroxy acids, you'll want to be sure to wear sunscreen when you head outside as these all cause increased photosensitivity.

2. Incorporate a vitamin C serum into your routine.

Vitamin C is a naturally occurring ingredient that is excellent for boosting collagen production, brightening the appearance, and fighting free radicals

when used topically. According to Jacob Steiger, M.D., a double board-certified facial plastic surgeon, "Vitamin C is all-natural and delivers skin-

enhancing benefits to aid in rejuvenating the skin...[it] promotes collagen production, which is essential for generating healthy new skin."

To be clear, although we're listing quite a few natural ingredients that can boost your skin's brightness, that's not a green light to slather everything on your face all at once. Not all ingredients will play well together, so it's important to do your research when creating a brightening regimen.

### 3. Have "skin snacks."

While most skin care routines focus on topical techniques, dermatological nurse and celebrity aesthetician Natalie Aguilar encourages her clients to check their daily diet. "I always ask my clients to have three skin snacks a day, preferably berries. Berries contain antioxidants that can protect your skin from the sun as well as vitamin C that can brighten your skin."

### 4. Look at your overall diet.

**Continuing with the dietary method of boosting your skin's appearance, think about adding a collagen supplement.\* According to Michael Somenek, M.D., a board-certified facial plastic surgeon from Washington, D.C., "Supplements like collagen contain amino acids, which stimulate your cells' fibroblasts and promote a healthy, firm complexion."\* Check out our favorite collagen supplements here.**

**Additionally, you can naturally increase collagen intake by adding citrus fruits, egg whites, and nuts. Likewise, he urges people to drink plenty of water to**

**boost skin hydration. "Proper hydration is directly related to cell regeneration, and therefore drinking around eight to 10 cups per day of water or unsweetened drinks can help skin glow," he says.**

5. Be sure to get plenty of sleep.

In news that should surprise no one, getting enough rest can do more than leave you feeling physically refreshed the next day. Lead aesthetician at SkinSpirit Karen Fernandez notes that "...a good night's sleep can revive skin like nothing else. Your skin gets more of the attention at night when you're organs are resting—that's when skin gets the most nutrients and revitalization." 6. Don't skimp on a nighttime routine.

Considering that your skin gets its best regeneration at night, this means that you should help it along by incorporating a nighttime skin care routine that boosts hydration and other skin-loving ingredients. Unlike in the daytime, when busy schedules mean you have limited time to focus on a multistep skin care process, at night you can allow yourself to spend a bit more time on yourself.

This is when you can indulge in a bit of self-care while also giving your skin the TLC it needs. Consider incorporating multiple serum layers, a hydrating face mask, or even using a face roller. However, mind your order of operations as you'll always want to remember that you cleanse and exfoliate first. Serums and moisturizers should occur after exfoliation and toning for maximum skin absorption.



## 7. Swap retinol for bakuchiol.

If you have sensitive skin, you may well have a love-hate relationship with retinol. Often touted for its skin-renewal properties, it can also be incredibly irritating for many people. According to Jen Graybeal, a director at the skin care brand Beekman 1802, "Retinol can cause redness, peeling, and irritate the skin, which is why plant-based actives like bakuchiol are great alternatives. In fact, bakuchiol is four times safer and more gentle on the skin."

Also note, if you're pregnant you'll want to steer clear of retinol and opt for bakuchiol, which—according to current research—is safe when used by pregnant women.

## 8. Make a DIY mask to address hyperpigmentation.

If the idea of heading to your favorite beauty store and spending a car payment on serums and cleansers sounds intimidating, make a pit stop by your kitchen cabinets. Shrankhla Holecek, the founder of the skin care brand Uma, notes that DIY masks are great for correcting hyperpigmentation, a common concern across all skin tones.

She especially recommends lemon-juice-based masks, which can aid in cell turnover. One popular (and simple!) recipe is to combine 1 tablespoon of organic honey with juice from half a lemon. Mix and apply over your face and neck, and let sit for 20 minutes before rinsing and moisturizing afterward.

While lemon-juice-based masks can be easily created in your kitchen, Holecek urges people to only use them in the evening and to be sure to wear sunscreen

when stepping outside because it can increase your skin's photosensitivity to the sun. And never use lemon juice alone—always blend it with a buffering ingredient, like honey—as the acids are too strong for skin alone. 9. Use gentle exfoliation.

As we mentioned earlier, exfoliation is a cornerstone for a good skin-brightening routine. The core goal is to remove dull, dead skin and excess texture, to reveal healthy skin underneath. There are a few ways that you can exfoliate with the two main forms being topical and manual methods.

Topical or chemical means that you're relying on products to aid in skin removal—such as serums, cleansers, and scrubs. And manual means that you're introducing a tool, like a brush, loofah sponge, or even a textured cloth, to help slough off dead skin cells.

Note that you can use topical and manual methods together. Whichever you choose, an added benefit for makeup wearers is that your products will apply better on smoother skin.

10. Dry brushing

Kim Kelder, the lead aesthetician at the award-winning Tucson-based spa Miraval Arizona, recommends dry brushing for glowing skin. She suggests that people "use a soft but firm brush and quickly yet gently brush the skin from the feet to the heart in a circular motion." She advises not to dry brush more than three to five times a week and to pick a brush with soft bristles to avoid scraping your skin.

#### 11. Don't forget to moisturize.

Dry skin is a recipe for dullness. Having a good moisturizer on hand is so important to protect your skin and reinforce its natural barrier. Corey L. Hartman, M.D., a board-certified dermatologist and a partner for the brand Bio-Oil recommends immediately following any cleansing or exfoliating steps in your skin care routine with a good moisturizer. "When skin is moisturized, it also reflects light, making it instantly appear more glowing."

#### Cautions

The key is to find the methods and/or ingredients that are best for your lifestyle and skin needs. Whichever methods and products you choose, your goal is to find a solution that's convenient for your lifestyle and that you're most likely to maintain—as a bright, glowing complexion requires consistency. Just remember, that much like any other niche in the beauty world, skin care is personal. With that in mind:

The product(s) or method(s) that works for one individual might not be convenient or ideal for someone else.

Before slathering products all over your face, always start with a patch test to ensure that you're not allergic to any specific ingredients. You may need to adjust your frequency for using any products or methods as not everyone can incorporate skin-brightening techniques or ingredients for daily use.

Skin-loving ingredients to know.

There are a lot of options when it comes to skin care, so if you're feeling a bit overwhelmed, we get it! The next time you head to your favorite beauty counter, Cassandra Bankson, a skin care expert and medical aesthetician, advises consumers on the following natural topical ingredients (known as tyrosinase inhibitors) that can control hyperpigmentation and discoloration.

Vitamin C: A famous skin care ingredient, vitamin C works to control hyperpigmentation and discoloration. It's also great for collagen production.

Alpha Arbutin: Naturally found in blueberries and cranberries, alpha arbutin also helps correct hyperpigmentation and dark spots. Kojic Acid: Derived from fungus and fermented foods, kojic acid is a gentle exfoliator that reduces hyperpigmentation and discoloration that's often used to address dark spots but shouldn't be used in concentrations exceeding 1%.

Licorice: This is a natural plant derivative that reduces the spread of hyperpigmentation and discoloration.

Azelaic Acid: naturally found in wheat, barley, and rye, azelaic acid delivers anti-inflammatory benefits for skin health and balance.

Resveratrol: an antioxidant naturally found in red wine and grapes, this delivers a buffer against oxidative stress and promotes even pigmentation.

The final word.

Dull, discolored skin doesn't have to be your story. While you can head to a spa for a facial, the best way to bring out the best in your skin is by taking the time to create a skin care routine that you know you'll stick with. Look for naturally derived ingredients to minimize the risk of skin irritation, research thoroughly before incorporating new products into your routine, and don't forget to tweak your hydration and eating habits to give your skin a boost!

<https://www.mindbodygreen.com/articles/natural-and-gentle-ways-to-brighten-skin>

# healthy women

<https://www.healthywomen.org/>

Thinking About Getting a Tummy Tuck?  
What to Know Before Going Under the Knife.



Kim Cressell had a tummy tuck after her third pregnancy at the age of 36. "I am happy I had it because my post-pregnancy belly never went back down to

normal," Cressell said. But there were elements of the surgery Cressell didn't anticipate.

"While the procedure was explained to me by the surgeon, there was little talk of the post-surgery and what that experience would be like," she explained. For instance, for a week after the surgery she had two bags that hung off of her stomach connected to tubes to drain post surgical fluids. And sometimes these slipped and pulled on her healing stomach. "It was like torture," she recalls.

Tummy tucks are a desired procedure among many women, like Cressell, especially those who have undergone a pregnancy or a significant weight loss. The procedures have risen in popularity by 56% since 2000. Here's what to know about them:

## **The basics**

A tummy tuck, also known as an abdominoplasty, is a surgical procedure that creates an abdominal profile that appears younger, smoother and firmer. "The procedure removes excess skin and fat from the middle and lower abdomen and tightens the muscles of the abdominal wall," explained Dr. Andy Wongworawat, a board-certified plastic surgeon and co-founder of Advanced Institute for Plastic Surgery. He says to think of it like tucking in a shirt. "But instead of just hiding the extra fabric, a tummy tuck permanently removes the excess skin and fat, while also tightening the underlying muscles to give a more sculpted shape to the torso."

## **Who should get the surgery?**

Good tummy tuck candidates:

- Have excess skin and/or fat in the abdomen and are bothered by its appearance
  - Are physically healthy
  - Have realistic expectations
  - Are at a stable weight
  - Do not smoke
  - Are done having children

**According to Dr. Troy Pittman, a board-certified Washington D.C.-based plastic surgeon, patients who have obesity, a lot of visceral fat (located near vital**

**organs), underlying medical conditions or blood-clotting disorders should refrain from having tummy tucks.**

And people with a body mass index greater than 35-40 may want to consider weight loss before surgery. "High BMI has increased risks of wound healing and unsatisfactory results," Wongworawat warned.

### **All about the procedure**

"A tummy tuck can take anywhere from two to five hours, depending on the extent of work required," Wongworawat said. "Most surgeons spend time tailoring each surgery to suit the desires and anatomical considerations of the individual patient."

**The cost varies but Pittman says the procedure tends to average \$10-12K. Tummy tucks are not typically covered by insurance, so you'll want to get quotes from multiple doctors before committing to a surgery. Patients will be advised to avoid heavy lifting for two to three weeks following their tummy tuck.** And Dr. Rady Rahban, a board certified plastic surgeon and host of the podcast, Plastic Surgery Uncensored, says to wait six weeks before you resume all activity, including intimacy.

As far as pain, every woman responds differently. Heather Keita, a 36-year-old who had a tummy tuck after losing 80 pounds, said she was in excruciating pain if she was moving and found it uncomfortable to breathe, even while settled in bed immediately following her surgery. "The first time trying to pee was probably the most painful experience of my life," she said. But having people at home to help her made the recovery easier and she recommends that women considering the surgery put a plan for having help in place.

Dr. Victoria Glass, on the other hand, had a much easier recovery. "After the procedure, I experienced mild pains and swelling for two months but effortlessly carried on with my day-to-day life," Glass said.

Rahban says when it comes to discomfort, "a tummy tuck has been compared to being similar, or slightly less than, a C-section." And doctors have a variety of methods to treating post-surgical pain, such as enhanced recovery after surgery (ERAS), which include drinking fluids and a high carbohydrate beverage before surgery to mitigate nausea. Patients are also given presurgical pain relievers and are given post procedure injections to numb the area. It's a good idea to speak with your surgeon about a post-surgery pain management program *before* you have the procedure.



## What to know before going in

**There are side effects:** These can include bleeding, excessive fluid under the skin, infection, delayed healing, bruising, blood clots and scarring.

**It's not a weight loss solution:** "A tummy tuck is only limited to a few pounds and only in the torso area," Wongworawat said. The procedure won't slim out other areas of your body.

**It's best to be at your goal weight before the procedure:** "Patients who are in good shape get the best results and have the best recovery," Pittman said.

**It won't erase all of your stretch marks:** "The only stretch marks removed are the ones that are located in the redundant skin that you have," Rahban explained.

**You will have a scar:** Surgeons do their best to make it as inconspicuous as possible. "In the best instance your scar is low, thin, flat and light," Rahban said.

**It only covers your front:** Patients with extensive weight loss may need a circumferential body lift, which Rahban said is essentially a tummy tuck on steroids and covers the front, sides and back.

**"For the appropriate candidate, a tummy tuck can be a wonderful procedure," Pittman explained. "It gives patients their bodies back after pregnancy or weight loss." He stressed that the most important part of setting yourself up for the best results is to work with a surgeon board-certified by the American Board of Plastic Surgery who performs the surgery on a regular basis. He also suggested asking to see a surgeon's before and after photos prior to making a decision.**

Despite the pain and mismanaged expectations, Cressell has been pleased with her surgery results. "My body looks really good at 50!"

<https://www.healthywomen.org/your-wellness/lifestyle/thinking-about-getting-tummy-tuck/what-to-know-before-going-in>



<https://www.huffpost.com/>

## The Winter Skin Care Products That Dermatologists Recommend Using Now



Winter has its perks: celebrating the holidays, cups of hot chocolate by the fireplace, snuggling in a blanket while reading a book. While you may be ready for the coziness of the colder months, your skin likely is not. You've likely noticed dry, flaky skin and chapped lips no matter how much moisturizer and chapstick you apply. So what gives?

In the winter, “the air becomes colder and dryer, with less humidity, causing us to lose moisture from our skin into the surrounding environment,” explained Robyn Gmyrek, a board-certified dermatologist and clinical instructor of dermatology at Columbia University in New York City. Cold weather also means staying indoors more with our heaters on, which can dry your skin out even more.

**But this isn't the only reason our skin dries out in the winter. “In addition, pollution is worse in the winter months, which heightens the risk of free radical damage which leads to premature aging,” said Michael Somenek a board-certified facial plastic surgeon practicing in Washington, D.C. He explained that this can lead to the typical winter dry skin, but also exacerbate rashes, eczema, psoriasis, acne and rosacea.**

Our bathing habits also play a role in drying out our skin in the winter. “Long hot showers feel great during the cold winter months, but may actually cause damage to the protective barrier of our skin and promote further water and moisture loss,” said Rina Allawh, a board-certified dermatologist at Schweiger Dermatology Group in Pennsylvania.

Unfortunately, other than changing your bathing habits, it's hard to avoid the factors causing your dry skin in the winter. So what can you do to combat these winter skin woes? We've asked the leading professionals what they change in

their skin care routine as the temperatures drop, and which products they find work best. Here is what they had to say.

**1**

### **SkinMedica's TNS Ceramide Treatment Cream**

"SkinMedica's TNS Ceramide Treatment Cream has proven itself to be a wonderful wintertime moisturizer, and will deliver the relief you're looking for," suggests Gary Motykie, a board-certified plastic surgeon for the stars who practices in Beverly Hills.

The cream also contains ceramides, as suggested in the name, which helps protect the skin's barrier from cold temperatures and free radicals in the air, as well as retain much-needed moisture.

**2**

### **CeraVe Daily Moisturizing Lotion**

It's not only your face and neck that will feel the effects of the dry air, but your entire body. So adding in a heavier body lotion during the colder months can be a big help.

“You can never go wrong with CeraVe Daily Moisturizing Lotion for the body during the winter; it should be a staple product for any skin type,” Motykie said.

3

### **Glossier Super Glow Vitamin C + Magnesium Serum**

“Adding vitamin C in winter is a great way to keep a summer glow and will give your skin a ‘glow up’ by stimulating the production of collagen,” Somenek suggested. “When this happens, skin can retain moisture better and be protected from external factors,” like the dry air and pollutants you’ll be facing. One popular option for Vitamin C is Glossier’s Super Glow, which is safe for more sensitive skin types and contains hydrating natural ingredients like jojoba oil, sunflower seed oil and shea butter.

4

### **Dermalogica Daily Microfoliant**

“You might think that exfoliating the skin in winter would make dryness worse, but that’s incorrect. It’s important to keep it up, but dial down the strength a bit to avoid irritation,” Somenek explained. “A chemical exfoliant is preferable to a

scrub and it will help to treat flaky, tight skin and lock in and enhance moisture retention.”

He recommends Dermalogica Daily Microfoliant as a chemical exfoliant. “When skin is dry, it needs to shed dead skin cells. This product is a rice-based enzyme powder that works to slough away debris from the skin’s surface for a brighter, more refreshed complexion.”

## 5 Aquaphor Healing Ointment

One of the most common problems in the winter is chapped lips. “The lip skin is very thin and is very susceptible to being dried out by the cold winter air, wind and low humidity. To make matters worse, when our lips feel dry, we tend to lick them, which causes them to feel hydrated momentarily,” Gmyrek explained. “But unfortunately, the digestive enzymes in your saliva then damage the thin skin of the lips, and as the saliva evaporates, it pulls moisture with it, drying the lips further.”

One of her favorite products during the winter is Aquaphor Healing Ointment, which can be used on the body and on the lips. Unlike a lotion or cream-based moisturizer, this ointment creates a thick barrier, which allows your skin to heal and retain moisture. This product can be especially helpful to wear on the lips overnight.

**Eltamd UV Restore Tinted Broad Spectrum SPF 40**

"Just because it is winter, don't forget to use your sunscreen," Gymrek warned. "Those rays may not be tanning you, but they are still penetrating deeply and causing damage. You might want to change to a more moisturizing formulation of sunscreen as well!"

She suggests trying Eltamd UV Restore Tinted Broad Spectrum SPF 40. "This 100% mineral sunscreen contains squalane, an ingredient which restores skin's natural moisture and suppleness," Gymrek explained. "Not to mention the fact that it includes Vitamin C and E antioxidant protection, and ginger root extract, which improves texture and tone of the skin."

**Senté's Dermal Repair Ultra Nourish**

This is a favorite moisturizer of Neekan Rivera, a physician associate and founder of Aère Aesthetics, located in Los Angeles and Denver. She explained why she prefers this moisturizer in the winter: "It uses a unique blend of lipids and a patented repairing molecule that restores the skin's barrier function, delivers

deep long-lasting hydration, supports the skin's natural ability to heal itself and reduces signs of aging." This product is also hypoallergenic and calms even the most sensitive skin.

**8**

### **Osea Undaria Algae Body Oil**

Robin Evans, a board-certified dermatologist and owner of Southern Connecticut Dermatology, recommends using body oil after bathing. "Moisturizers are best applied to moist damp skin after the bath or shower or after washing the face," she explained. She recommends trying nut oils over mineral oils, as long as you're not allergic. Osea Undaria Algae Body Oil is a product full of antioxidants and vitamins, containing two different types of seed oils, as well as algae. When using this product, Evan warned to "avoid application on the bottom of feet or in the shower to avoid slipping."

**9**

### **La Roche-Posay Lipikar Balm AP+ Intense Repair Moisturizing Body and Face Cream**

This moisturizer is a favorite of Allawh's because it's "lightweight, fragrance-free, non-comedogenic and non-greasy."

La Roche-Posay's formula is great for those with skin concerns besides dry skin. "In my eczema and psoriasis patients, I find that both products are excellent for dry, cracked skin to further supplement prescription topical steroid use. Ingredients are safe, and above all else, provide optimum hydration with minimal irritation, both of which are favorites among my skin of color patients with acne-prone skin," Allawh said.



**Neutrogena Hydro Boost Hydrating Facial Cream**

For those with acne-prone skin, Allawh suggests using Neutrogena Hydro Boost Hydrating Facial Cream, which has a non-greasy formula and will not clog your pores. As an added bonus, Allawh explained, “The hydrogel provides a cooling sensation in addition to the added benefit of a rich moisturizer — quintessential for a morning or nighttime facial moisturizer.”

**Alastin Gentle Cleanser**

Also, consider what type of face cleanser you are using. In the winter, Robinson explained, “Overall, you want to go a bit gentler. This may mean swapping out a medicated cleanser for something more gentle.”

Her recommendation is Alastin Gentle Cleaner, as it is a gel cleanser. It “foams up to remove impurities (and makeup) while also calming the skin with antioxidants. It is sulfate-free and great for sensitive skin,” she said. Since this cleanser is so gentle, it will not leave your skin dry or flaky after washing.

**Skinbetter AlphaRet Peel Pads**

Using a chemical exfoliant one to two times a week until your skin has acclimated to the new winter environment is an important step in your winter skin care routine, according to Deanne Robinson, a board-certified dermatologist and Chief Medical Officer of Ideal Image. Her go-to for exfoliating is Skinbetter's AlphaRet Peel Pads as they "keep dead skin cells on the go and your skin a glow!" They also come in individual packages for easy application.

[https://www.huffpost.com/entry/winter-skin-care-products\\_l\\_61b26faae4b0030d\\_a7d2609c?54](https://www.huffpost.com/entry/winter-skin-care-products_l_61b26faae4b0030d_a7d2609c?54)



<https://www.shefinds.com/>

4 Super Effective Ingredients Dermatologists  
& Plastic Surgeons Swear By To Make Dark  
Circles And Puffiness Disappear



Whether they be hereditary or simply from exhaustion, dark under eye circles and puffiness can be difficult to cover and even more frustrating to try to permanently get rid of. Although earlier this year TikTok saw a trend romanticizing under eye bags with women drawing on dark circles of their own, many people who actually struggle with this issue are conversely looking for ways to fade the signs of sleepless nights from their skin for a brighter, more even complexion.

While there are a variety of products on the market which all claim to be the one you need to try to eliminate dark circles for good, we consulted with Dr. Troy Pittman, Board Certified Washington and DC Plastic Surgeon to get the rundown on which ingredients are actually worth including in your skincare lineup to fade dark circles and reduce puffiness. This is what he suggested.

### Hyaluronic Acid

An ingredient commonly found in anti-aging products, hyaluronic acid also has the potential to increase the luminosity of your skin which will offset any dark circles you may struggle with. “[Hyaluronic acid] plumps and hydrates the skin, which gives you a radiant and youthful glow. With brighter skin, it can mask the darkness under the eyes,” explains Pittman. “The hyaluronic acid helps pull moisture into the epidermis from the environment above and the dermis below.”

### Vitamin K-1

Interacting well with all other ingredients already in your skincare routine, vitamin K-1 can help to reduce dark circles by healing the blood vessels which may cause them to appear under the skin. “[Vitamin K-1] activates blood-clotting proteins that help prevent unchecked bleeding or hemorrhaging throughout the body. Applied topically, it penetrates the skin’s pores and deep into the dermis and targets any damaged capillaries,” says Pittman.

## Peptides

“[Peptides are] known as the building blocks of collagen, which is what keeps your skin firm and smooth. Peptides can help stimulate the growth of collagen as your skin’s production slows down,” explains Pittman. This can help to reduce puffiness and dark circles around the eyes by improving circulation and elasticity in the skin. Peptides can also ultimately help to keep signs of aging at bay for an overall younger looking appearance.

## Vitamin C

Although not to be mixed with retinol products, vitamin C is one of the most effective anti-aging serums you could use which will also fade discoloration and dark circles under the eyes. “As an antioxidant, [vitamin C] lessens oxidative damage from pollution. It decreases the production of melanin and can brighten the skin as well,” says Pittman. If you do want your vitamin C serum to co-exist with retinol, make sure to keep this product to usage in the morning, and only use your retinol based products before sleep.

After determining which ingredient is right for you and your skin’s needs, Pittman says that with regular use you can expect to see results within 4-6 weeks.

“However, ingredients like hyaluronic acid and vitamin C can have your skin looking brighter and plumper in minutes,” he adds. “But you will have to

be patient when it comes to anti-aging and the fading of hyperpigmentation."

<https://www.shefinds.com/collections/ingredient-dark-circles-puffiness/>

# Beautiful Mommies

<https://www.allbeautifulmommies.com/>

## WHAT ARE THE MOST DANGEROUS VIRAL BEAUTY TIK TOK TRENDS? PLASTIC SURGEON BREAKS IT DOWN By: Dr. Michael Somenek



According to recent statistics, the viral app Tik Tok has reached over 1 billion monthly users. (Source:



<https://www.cnn.com/2021/09/27/tiktok-reaches-1-billion-monthly-users.html>)  
With several beauty trends going viral on a daily basis, it can be tempting to experiment with these DIY and less expensive solutions than in office cosmetic surgery visits. However, some of these hacks are at best ineffective or downright dangerous.

Board-Certified Washington, D.C Facial Plastic Dr. Michael Somenek breaks down the most popular Tik Tok beauty hacks that you should steer clear of.

## **FACE-LIFTING PATCHES**

### **What is it?**

'Face-lifting patches' are plastic adhesives used to help reduce fine lines and wrinkles overnight. The purpose is to use tape to constrict the muscles in your face and limit their motion to minimize wrinkles. This is an overnight ritual that requires you to sleep with the tape on, keeping you from frowning or making any expressions during your sleep. Wearing it all night is also said to prevent creases caused by sleeping on your front or side.

### **Why you should steer clear:**

Tape considered strong enough to stay in place throughout the night isn't made to be safe on the skin and can cause redness, irritation, and acne breakouts. The adhesive has to be incredibly tight and therefore, uncomfortable to use for an extended time to hold the muscles still. There is even a risk of ripping off a layer of the skin as you pull off the piece of tape. This can cause a tear in the skin barrier, and the trauma could result in underlying pigmentation or leave you at risk for a bacterial infection that could potentially scar. In theory, these facial patches should work as they keep muscles in place while you sleep, not allowing them to wrinkle as you move throughout the night. However, they can have the complete opposite effect when it comes to reducing fine lines and wrinkles. When you tape your face to hold muscles still, you're preventing them from working, while adding resistance. In doing so, you're training your facial muscles to work harder and, in turn, become more powerful. As they get stronger, it accelerates the formation of those fine lines and wrinkles you were hoping to avoid.

## PORE VACUUMING

### **What is it?**

This is an at-home device that is put out by various different companies. It gained traction during the pandemic when many people could not visit doctors for elective treatments. The goal of these tools is to extract dirt, debris, and sebum from the skin in order to reduce blackheads and pore congestion.

### **Why you should steer clear:**

If you have seen videos, it is evident that users saw instant redness. If you don't know how to set the device appropriately for your skin, putting the volume up to higher settings won't necessarily remove more blackheads, but it could leave your skin looking as if you just got a hickey. Those with skin issues such as rosacea especially need to proceed with caution. The vacuum can exacerbate these conditions and cause untoward side effects like broken capillaries and bruising. This can even occur with those who simply have sensitive skin. Even if the device is effective, the pores will eventually re-fill again, and preventing this from occurring via this tool is too much wear and tear on the skin.

## SUNSCREEN CONTOURING

### **What is it?**

The original viral video has a resurgence this past summer. Model Eli Withrow posted a TikTok video where she has sunscreen applied on different parts of her face. She states: "Haters will say it doesn't work. I'm convinced that if you put a base sunscreen of SPF 30 on, and an SPF 90 on all the spots that you would put highlighter on, the sun will contour your face where you'd put bronzer, and you'll be natural snatched all summer."

### **Why you should steer clear:**

There is no way to predict how the sun tans various parts of your face. All areas of the face don't get the same amount of sunlight. Attempting to control your sun ray exposure through mixing SPF levels is illogical. Radiation bounces off sand, water, and cement hitting the face at different angles. Not only might you not get the "J-LO glow, but you could also get patchy sunburns. While the idea is meant to use tan lines to contour the face, you are risking your skin from

a cosmetic standpoint and health-wise in the form of skin cancer. This is not worth the quest for a temporary (at best) contour.

## DIY LIP FILLER

### What is it?

Once again, another pandemic-fueled aesthetic trend. One way people attempt to do this at home is through at-home kits to inject their own lip filler through tools called Hyaluron pens. These use pressurized air to force filler into lips instead of needles which are used in a board-certified plastic surgeon or dermatologist's office.

### What you should steer clear:

The lips are filled with nerve endings and they swell and bruise very easily. More worrisome than that is improper injection can result in blocked blood flow. Non physicians don't have the skills to treat these complications before they lead to serious damage. In addition, since this is not regulated by the FDA, you have no way of knowing what products you are putting into your lips. Even without a substance going into your lips, other methods that use suctioning tools to create a temporary bigger pout can be dangerous as well.

**About: Michael T. Somenek, MD**

**Board Certified Washington, DC Facial Plastic Surgeon**

**[www.somenekpittmanmd.com](http://www.somenekpittmanmd.com)**

**Dr. Somenek received an undergraduate degree in microbiology at the University of Miami and a medical degree at Rush University Medical Center in Chicago. He stayed on at this prestigious institution for 5 more years of postgraduate training in otolaryngology or the study of the head and neck. He then completed an intensive fellowship in facial plastic and reconstructive surgery under the tutelage of world-renowned facial plastic surgeons Dr. J. Regan Thomas (past president of the American Board of Facial Plastic and**

Reconstructive Surgery) and Dr. Dean Toriumi at the University of Illinois in Chicago. Dr. Somenek is a member of the American Academy of Facial Plastic and Reconstructive Surgery. As an author of multiple peer-reviewed journal articles, textbook chapters, and presentations at national meetings, he has contributed extensively in his field.

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<https://www.allbeautifulmommies.com/what-are-the-most-dangerous-viral-beauty-tik-tok-trends-plastic-surgeon-breaks-it-down/>

# ULTIMATE REPORT

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<https://www.ultimatereport.org/>

## THE HOTTEST TRENDS IN SKINCARE FOR 2021 AND BEYOND



### IT STARTS WITH SIMPLE TRENDS

Each year brings with it fashion trends, decorating trends, and beauty trends. The latter covers nails, haircare, makeup and skincare. With the ubiquity of social media, and TikTok, beauty users now can pick up popular trends from anywhere across the world and follow them. Skincare is the biggest segment in the beauty industry with global sales that hover around \$130 billion in 2019. There is so much for consumers to digest and decide on. **We turned to Dr. Michael Somenek, a Washington, D.C. Board Certified Facial Plastic Surgeon and skin**

**care expert. He takes a microscope to some of the hottest trends in 2021 to give you insight into what's worth your hard-earned dollars.**

## **CBD IN SKINCARE**

CBD (short for cannabidiol) has no plans of easing up its reign on the skin-care world in 2021 and beyond. As a case in point, there are at least two major skin care brands that now include CBD in their skincare, not to mention the indie companies who have created CBD skincare.

### **DR. SOMENEK'S TAKE:**

**"As far as it being good for skin, it acts as both an anti-inflammatory agent and an oil reduction agent. Theoretically, its addition to skin care products, especially those tasked to fight acne and other inflammatory skin conditions, is probably legitimate. It is also a good antioxidant that can help protect against free radical damage to skin cells. CBD can be made from hemp which helps skincare companies get around the federal ban on marijuana. Side effects of unregulated use include: Nausea, fatigue and irritability. CBD can increase the level in your blood of the blood thinner coumadin, and it can raise levels of certain other medications in your blood by the exact same mechanism that grapefruit juice does."**

## **MICRONEEDLE PATCHES**

Some beauty editors and bloggers swear by pimple patches. According to experts, those patches are about to get even more advanced by way of a ton of tiny microneedles (or "microstructures"). The logic is that you can put a smaller amount of acne-fighting ingredients into these tiny little cones and apply it to the skin, it's a better, more effective delivery system.

Here's how they are purported to work: The small band-aid-like sticker has spikes coated with hyaluronic acid that are thinner than a hair follicle. Through these teeny painless pricks in the skin, the patch drives the active ingredients deep in to the skin.

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**"There is plenty of good medical literature on the validity of these small patches that are impregnated with various chemicals. The patch gets worn and the needles (either metallic or made out of absorbable polymer) penetrate the skin delivering the chemical treatment. Their design takes advantage of the concept of transcutaneous delivery of drugs. Patches can be custom made to fit various areas of the face and deliver anti-aging or other chemicals while a patient sleeps. The efficiency of delivery is better through the tiny skin punctures than if you only put the chemical directly on the intact skin. In theory, aesthetic practitioners can make custom topical treatments and place them on the patches to deliver customized at home skin treatments for their patients."**

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## **ANTI-POLLUTION SKINCARE**

Your skin is exposed to environmental aggressors on a regular basis. Although unseen, these pollutants can wreak havoc on your skin by breaking down collagen and elastin, the fibers that give skin its bounce. To help reduce these unwanted side effects, anti-pollution skin care products are continuing to gain

favorability among consumers. Just as SPF is now de rigor in skin care, this seems to be the case with anti-pollution ingredient.

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"I think that this is a new name for old tech. In brief, our skin is exposed to environmental contaminants that create inflammatory conditions. These conditions lead to build up of free radicals in the skin. The ingredients in antipollution skin care are basically strong antioxidants that protect against the free radicals. But the skin is assaulted by more than chemicals. It experiences dehydration, UV exposure, temperature changes, etc. True antipollution skincare should guard against all this. Typical protective and reparative ingredients include vitamin E, vitamin C, retinoids, hyaluronic acid, zinc oxide, vitamin B3, and bisabolol."

#### **DR. SOMENEK'S FINAL VERDICT:**

Just as one can become a slave to fashion, the same can happen with skin care trends. My best advice is to consult with your skincare physician. Discuss what you are exposed to during the day. Is it sun, pollution, humid air, wind, etc.? Talk to your doctor about what type of skin you have. Skin type changes as you age, and as hormonal factors come into play. Someone who had oily skin in their 20's and 30's can have combination skin in their 40's and 50's. Speak with your aesthetic provider about what your specific goals are for your skin. Is it reduced acne? Fewer wrinkles? Reduced brown spots? Broken capillaries? Just because something is a trend, does not mean it's right for your skin care type or your goals. If you have a regimen that works for you, stick with it. Don't be tempted by designer brands if drugstore brands are effective for you. There is nothing wrong with giving your skin care routine a modern "kick," but good skincare does not mean one must try everything available on the market or in a med/spa or doctor's office.

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# TRAIN IT RIGHT

*by Alicia Bell*

[www.trainitright.com](http://www.trainitright.com)

## THE HOTTEST TRENDS IN SKINCARE FOR 2021 & BEYOND By: Dr. Michael Somenek

SHOULD YOU USE THEM OR LOSE THEM?

Each year brings with it fashion trends, decorating trends, and beauty trends. The latter covers everything from nails, haircare, makeup and skincare. With the ubiquity of social media, and TikTok, beauty users now can pick up popular trends from anywhere across the world and follow them. Skincare is the biggest segment in the beauty industry with global sales that hover around \$130 billion in 2019. There is so much for consumers to digest and decide on. We turned to Dr. Michael Somenek, a Washington, D.C. Board Certified Facial Plastic Surgeon and skin care expert. He takes a microscope to some of the hottest trends in 2021 to give you insight into what's worth your hard-earned dollars.

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# ULTIMATE REPORT

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## **HOW SAFE ARE VIRAL TIK TOK BEAUTY TRENDS? BY: BOARD-CERTIFIED FACIAL PLASTIC SURGEON MICHAEL SOMENEK**



### **WHY ALL THE FUSS OVER STAYING BEAUTIFUL OVER TRENDY PANDEMIC-FUELED SOCIAL MEDIA BEAUTY PRACTICES?**

The quest for youth is one started in younger years for some. For others, regular maintenance starting at a later age is satisfying. Clever ways of defying rapid aging always trend strongly on social media, opening a doorway for followers to join in on the treasure

trove of desired results. While these anti-aging and self-administered beauty treatments seem simple enough with great results, some conceal additional results that are not so desirable. Four of these trends, as promoted on the massively popular social media platform Tik Tok, may cause more harm than good. Michael T. Somenek, MD offers advice about the four most popular social media beauty trends and how they may produce not-so-desirable results.

## **SUNSCREEN CONTOURING**

### **WHAT IS IT?**

The original viral video has a resurgence this past summer. Model Eli Withrow posted a TikTok video where she has sunscreen applied on different parts of her face. She states: "Haters will say it doesn't work. I'm convinced that if you put a base sunscreen of SPF 30 on, and an SPF 90 on all the spots that you would put highlighter on, the sun will contour your face where you'd put bronzer, and you'll be natural snatched all summer."

### **WHY YOU SHOULD STEER CLEAR:**

There is no way to predict how the sun tans various parts of your face. All areas of the face don't get the same amount of sunlight. Attempting to control your sun ray exposure through mixing SPF levels is illogical. Radiation bounces off sand, water, and cement hitting the face at different angles. Not only might you not get the "J-LO glow, but you could also get patchy sunburns. While the idea is meant to use tan lines to contour the face, you are risking your skin from a cosmetic standpoint and health-wise in the form of skin cancer. This is not worth the quest for a temporary (at best) contour.

## **FACE-LIFTING PATCHES**

### **WHAT IS IT?**

'Face-lifting patches' are plastic adhesives used to help reduce fine lines and wrinkles overnight. The purpose is to use tape to constrict the muscles in your face and limit their motion to minimize wrinkles. This is an overnight ritual that requires you to sleep with the tape on, keeping you from frowning or making any expressions during your sleep. Wearing it all night is also said to prevent creases caused by sleeping on your front or side.

### **WHY YOU SHOULD STEER CLEAR:**

Tape considered strong enough to stay in place throughout the night isn't made to be safe on the skin and can cause redness, irritation, and acne breakouts. The adhesive has to be incredibly tight and therefore, uncomfortable to use for an extended time to hold the muscles still. There is even a risk of ripping off a layer of the skin as you pull off the piece of tape. This can cause a tear in the skin barrier, and the trauma could result in underlying pigmentation or leave you at risk for a bacterial infection that

could potentially scar. In theory, these facial patches should work as they keep muscles in place while you sleep, not allowing them to wrinkle as you move throughout the night. However, they can have the complete opposite effect when it comes to reducing fine lines and wrinkles. When you tape your face to hold muscles still, you're preventing them from working, while adding resistance. In doing so, you're training your facial muscles to work harder and, in turn, become more powerful. As they get stronger, it accelerates the formation of those fine lines and wrinkles you were hoping to avoid.

## **PORE VACUUMING**

### **WHAT IS IT?**

This is an at-home device that is put out by various different companies. It gained traction during the pandemic when many people could not visit doctors for elective treatments. The goal of these tools is to extract dirt, debris, and sebum from the skin in order to reduce blackheads and pore congestion.

### **WHY YOU SHOULD STEER CLEAR:**

If you have seen videos, it is evident that users saw instant redness. If you don't know how to set the device appropriately for your skin, putting the volume up to higher settings won't necessarily remove more blackheads, but it could leave your skin looking as if you just got a hickey. Those with skin issues such as rosacea especially need to proceed with caution. The vacuum can exacerbate these conditions and cause untoward side effects like broken capillaries and bruising. This can even occur with those who simply have sensitive skin. Even if the device is effective, the pores will eventually re-fill again, and preventing this from occurring via this tool is too much wear and tear on the skin.

## **DIY LIP FILLER**

### **WHAT IS IT?**

Once again, another pandemic-fueled aesthetic trend. One way people attempt to do this at home is through at-home kits to inject their own lip filler through tools called Hyaluron pens. These use pressurized air to force filler into lips instead of needles which are used in a board-certified plastic surgeon or dermatologist's office.

### **WHY YOU SHOULD STEER CLEAR:**

The lips are filled with nerve endings and they swell and bruise very easily. More worrisome than that is improper injection can result in blocked blood flow. Non-physicians don't have the skills to treat these complications before they lead to serious damage. In addition, since this is not regulated by the FDA, you have no



way of knowing what products you are putting into your lips. Even without a substance going into your lips, other methods that use suctioning tools to create a temporary bigger pout can be dangerous as well.

## **SO, IS IT WORTH FOLLOWING TIK TOK BEAUTY TRENDS?**

If you're a consumer with no aesthetic, cosmetology, or medical experience to justify extreme + unsupervised experimenting on yourself, probably not. While all Tik Tok beauty trends are not dangerous, these four are questionable. Okay, so you have plenty of time on your hands during this pandemic and want to give some wellness love to your overall appearance. Spending time on constructive wellness that contributes to the betterment of your individual health is far more cost-effective than making a mistake that results in medical treatment, costs, and an undesirable permanent image change.

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# yahoo!

## news

<https://nz.news.yahoo.com/>

### Doctors Explain What You Need to Know About Your Breasts' Shape and Size



Whether you call them boobies, boobs, breasts, bosom, or whatever else—for every word there is to describe breasts, there are infinite types and shapes of

breasts out there. Everyone has a unique breast shape that's deserving of love and care.

If you've ever questioned whether the shape of your breasts was "normal" or healthy, though, then know you're not alone. In honor of Breast Cancer Awareness month in October, we're talking about breast health with doctors including, the types of shapes and sizes out there and how to care for your breasts.

### **What are the different types and shapes of boobs?**

You might have seen different guides outlining the types of boobs a person can have, but the truth is, the number of breast variations is unlimited. According to Pennsylvania-based gynecologist, Dr. Kelly Copeland, M.D., many factors can influence your breast appearance, including genetics, body weight, bone structure, nipple size, and shape. "You can imagine with so many factors the 'types of boobs' or variations in breast appearance can be infinite," she says. "Types of breast shape, size, and how they lie on the chest wall have been suggested to fall into more specific groupings or types, but it's important to know you may not perfectly fit into one of those types, and that doesn't necessarily make you abnormal."

One company that's known for creating these guides is the bra brand, ThirdLove. The brand introduced a breast shape dictionary, which outlines the

"most common" types of breast shapes one can have. These are the different types of boobs, according to ThirdLove:

**Asymmetrical boobs:**

**Athletic boobs:**

**Bell boobs:**

**East West boobs:**

**Relaxed boobs:**

**Round boobs:**

**Side set boobs:**

**Slender boobs:**

**Tear Drop boobs:**

Despite these nine categories defined by the brand, though, California-based gynecologist and founder of LaMaria, Dr. Manuela Vazquez, reiterates that breasts don't have to fit any category or guide because there are so many

variations that are considered normal. In fact, one in every four women will have unequal breasts. "There is no 'gold standard' for comparison that physicians use when we are examining a patient's breasts," she says. "What is important is that a person has breast self-awareness and knows what is the normal appearance and feel of their breasts."

### **Can your breasts change?**

**Your boobs can and most likely will change throughout time for a few reasons.**

**According to Dr. Copeland, breasts are sensitive to hormonal changes, including puberty, pregnancy, and menopause. Breastfeeding can also play a huge role. Washington D.C.-based board-certified plastic surgeon, Dr. Troy Pittman, says many people who breastfeed experience a loss of shape, size, and definition after having babies. "There are small ligaments that support the interior of the breast called Cooper's ligaments," he says. "Any significant increase in breast size, such as breastfeeding, will stretch out these ligaments. Once that process is reversed (i.e. at the end of breastfeeding), the ligaments relax, which can contribute to breasts that sag." As you get older, Dr. Pittman says it's normal for breasts to change and lose definition, as well.**

"Breasts are also sensitive to weight changes because they are mostly made of adipose or fat tissue," says Dr. Copeland. So, you'll notice your breasts will get bigger or smaller depending on if you're gaining or losing weight.

**When should you see a doctor about breasts?**

**Doctors agree that having a sense of breast self-awareness is a very important concept. "In addition to mammograms for women over the age of 40 (or maybe earlier for those with a family history of breast cancer), it's important to do a monthly self-breast exam," says Dr. Pittman.**

This is when you periodically check for changes in the contour, skin dimpling or puckering, lumps or bumps, discharge from the nipples, or new pain in the breasts, says Dr. Copeland. Any changes that you notice in your monthly breast exam should be reported to your doctor as soon as possible. If you have any concerns, questions, or need some reassurance, Dr. Vazquez says doctors encourage visits to give you peace of mind.

<https://nz.news.yahoo.com/doctors-explain-know-breasts-shape-183703293.html>

# BYRDIE

[www.byrdie.com](http://www.byrdie.com)

## How I Semi-Permanently Removed My Under-Eye Bags Little pain, major gain.



"Have you had work done?" my mom asked a little too casually during a visit last summer. "Your lips, right? Or Botox?"



"No!" I said, shocked—I've always personally thought injectables and plastic surgery of any kind are just not for me, and she knew that. But indignity gave way to glee as I realized that my newfound [dermarolling habit](#) to get rid of my under-eye bags had hit a new stage of success.

## How To Remove Dark Circles With Turmeric

I had purchased a dermaroller on Amazon a few months earlier, after getting a [microneedling](#) treatment at a dermatologist's office and watching my might-as-well-be-tattooed dark circles and puffy [under-eye bags](#) disappear—and stay gone in the weeks that followed. I seriously doubted that I would get anything approaching similar results at home, but if nothing else, pressing tiny needles into my face seemed like a pretty badass thing to try, a funny story to tell either way. I've never been happier to be so wrong.

## MEET THE EXPERT

- [Kerry Benjamin](#) is an esthetician and the founder of StackedSkincare and the StackedSkincare spa in Santa Monica, California.
- **[Michael Somenek, MD, is a board-certified facial plastic surgeon based in Washington, D.C.](#)**

Keep scrolling to read more about these miracle-working needles and how they work, according to skincare experts.

## What Is Dermalrolling?

I asked that very question of celebrity facialist and dermarolling proponent Kerry Benjamin after it occurred to me that I wasn't satisfied with my explanation of, "Uh, I think it boosts your collagen by making tiny micro-injuries in the skin." I wasn't wrong, but it was so unbelievably simple that even after months of putting it into practice, I was still half-convinced that there was dark magic involved. Not quite.

A derma-roller is the at-home version of [microneedling](#), an in-office cosmetic procedure that uses tiny needles to puncture the very first layer of skin. It works to rejuvenate skin by boosting collagen production. Some microneedling devices are in pen form (wherein the needles are stamped rather than rolled into your skin) and often involve highly skilled experts. In both cases, skin is undergoing trauma via mini-needles, the most noticeable difference is whether those needles are being angled into your skin or not.

**As Somenek explains, even though you can purchase and use them at home, dermarollers are pretty great in terms of reducing bags and puffiness. "Jade rollers are another excellent tool you can use at home for under-eye bags," he says.**

## Benefits of Dermalrolling for Under-Eye Bags

- Boosts collagen
- Thickens skin
- Fills in fine lines:

"The skin around your eyes is very thin and delicate," Benjamin explained as she pressed a roller into my face. "When you see dark circles, you're just seeing the blood pool around your eyes through the skin. By making those tiny injuries in the skin, you're putting collagen production into overdrive and thickening that skin." Doing so makes the blood much less visible and fills in those under-eye bags and lines, too.

So how does a dermaroller work so well? **"They stimulate the lymphatic system and massage the face to get rid of puffiness, toxins, stimulate blood flow, and reduce muscle tension," says Somenek.**

For me, the most remarkable aspect with microneedling is that while these very noticeable results are certainly advertised at the cosmetic dermatologist's office after hundreds of dollars worth of treatments, I've been able to see such a dramatic transformation at home, with a comparably minute investment of \$20 to \$30 in a dermaroller—and far less blood, pain, and inflammation, too. Why isn't everyone doing this?

Perhaps it's because they just don't know about it or where to begin. Maybe they're convinced that it hurts—all very understandable assumptions. So let's clear that up, shall we?

### **What to Expect When Dermarolling Under-Eye Bags**

Let's get one myth out of the way: It doesn't hurt that much, especially when you're the one in control. However, there are a few pointers to note before you begin rolling. First things first, never start dermarolling without slathering on some kind of primer first: Not only does that medium serve as a buffer between the needles and your skin, but when you use a great treatment, you're also literally pushing those ingredients deep into your skin for maximum absorption—far more than you would just by using your fingers and leaving it there. I typically use a serum with additional collagen-boosting ingredients like hyaluronic acid, such as the Grown Alchemist [Age Repair Serum](#) (\$99). Just be sure to avoid super-reactive elements like retinol or vitamin C.

**KEY INGREDIENTS** [Hyaluronic acid](#) is a naturally occurring polysaccharide found in the human body. It acts as a cushioning and lubrication agent for our joints, nerves, hair, skin, and eyes. When used in skincare, it acts as a moisture binder, which means that it will attach itself to the water in the cells (while also attracting and holding water from the air) making them plump.<sup>3</sup>

After cleansing your face and applying a layer of serum or whatever primer you're using, it's time to start dermarolling. Stretch your skin taut, and roll across it diagonally,

horizontally, and vertically, pressing as hard as you can tolerate. I focus on my smile lines, lips, and underneath my eyes as well as any acne scars or discoloration that need tending to. After you're done rolling, apply another layer of serum to your face and sterilize your device with rubbing alcohol before storing it in its case. Also, another safety tip to be mindful of: Try not to roll over one single area more than a couple of times and never use your roller on existing zits or open wounds.<sup>4</sup>

## At-Home Dermarolling vs. In-Office Microneedling

In-office [microneedling](#) means physicians can get a bit deeper into your skin, as they are using professional tools like the aforementioned pens, which essentially work to "stamp" your face with needles rather than roll the needles across the skin. Even though at-home devices might not go as deep into the skin, they can still be effective. When choosing a dermaroller to purchase, you need to pay attention to the needle size. Most experts I've spoken to advise anything between 0.2 and 0.75 millimeters for use at home. (Benjamin advises staying under 0.5 to avoid damage). I've only ever used 0.2 or 0.5 since I mainly focus on my lips and underneath my eyes, and those areas are particularly delicate.

I've purchased rollers from Amazon for as little as \$12. Benjamin chided me a little for this; though, as with anything I purchase from that vast marketplace, I pay close attention to reviews before pulling the trigger. Still, it might be wiser to buy something from a more verified retailer, like Benjamin's own Stacked Skincare.

You'll want to replace your micro-roller after a few uses due to the potential of bacteria on the roller head.<sup>5</sup>

## Side Effects

Dermatologists use something called a Dermapen for in-office treatments, and that's a little more intense—bleeding is a common side effect. But a dermaroller is a little less hardcore, and you can press as firmly as your pain threshold allows. (If you've ever experienced a cat licking your face, the sandpapery sensation is comparable).

## Aftercare

An added benefit of dermarolling is that it can help you better apply other products. **"Dermarollers also soothe the skin, spread and penetrate skincare products to all skin parts, and drain fluid from the face, which can temporarily reduce eye bags," explains Somenek.** So be sure to slather on some eye cream or oil before you roll, to reap all the benefits.

As for how often you should roll, I use my dermaroller two or three times a month. Some people recommend using it more often—Benjamin recommends a few times a week—but I like this frequency; it's enough for maintenance without feeling too harsh

on my skin. Sometimes, if it's been a particularly stressful month or if I've been traveling, I'll see those familiar shadows start to creep up again toward the end, but it's nothing my go-to cream concealer (see below) and upping my water intake can't help.

Make no mistake: Maintenance is key. I've gone through periods where I stop dermarolling (for reasons mostly having to do with laziness) only for those under-eye bags to start creeping in again. It's your choice whether to embrace them or roll them away again—I can vouch for both.

## **The Final Takeaway**

I am officially hooked. At just 23 years old, I was used to looking perpetually exhausted. Genetics had played a role, sure, but very long hours at the office and a stress-ridden lifestyle certainly hadn't helped. Even if I was able to diminish the shadows under my eyes with a heavy layer of color-correcting concealer, the bags remained—and in some cases, the creasing made them look even more obvious. But I was still happier to resign myself to this rather than the alternative: As much as I wanted to say screw it and just go without makeup, you can only get (rude) remarks like “Are you feeling all right?” and “Whoa—late night?” so many times before it starts to sting.

I was floored to realize this wasn't how it had to be. The premature lines on my face disappeared and my upper lip plumped up, and finally—finally—I didn't look so tired anymore, all thanks to microneedling. And others were starting to notice. And they wanted in—or really, I wanted my friends, family, and coworkers to try dermarolling themselves. But then again, it's probably easier to convince someone to try a protein shake than roll hundreds of tiny needles into their face. That's fair.

Still, the results don't lie, and slowly, a handful of people in my life have already become converts. “What needle size should I get again?” is a fairly common chat message I receive at the office. One of my best friends in New York sends me close-ups of her face on the regular. “This is so crazy!” the captions read. “How is this even working?!”

## **FAQ**

- ***What causes under-eye bags?***

Under-eye bags are generally caused by fluid retention, which could come as a result of not getting enough sleep or eating a diet high in sodium.

- ***Can dermarolling reduce or get rid of under-eye bags?***

Dermarolling can reduce the bags beneath the eyes, as it works to boost collagen production beneath the surface of the skin.

- ***Can I dermaroll at home or do I need to seek a professional?***

You can certainly do it at home, though an in-office procedure will go a bit deeper than an at-home product can.

<https://www.byrdie.com/how-to-get-rid-of-bags-under-eyes>

