

BEAUTY

CHAPTER

4

HARPER'S BAZAAR BODY SPECIAL

Feel your best this summer with the newest cellulite treatments, self-tanners, and SPFs

FOR SOFT, SUPPLE legs, exfoliate with the Exuviance Retexturing Treatment (\$42)—and turn the page for the most cutting-edge cellulite procedures. ►

Max Mara Leisure swimsuit, \$260.
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Fashion editor: Miguel Enamorado

Photographs by Victor Demarchelier

CELLULITE:
 WHAT ACTUALLY
 WORKS

Sound advice on beauty's most stubborn issue. By Annie Tomlin

THESE DAYS, at boutique fitness studios across the country, you're more likely to hear an instructor preach about honoring your thighs than burning calories. And yet, for all of the body positivity sweeping the nation, there is still one area many women struggle to embrace—their cellulite. “Everybody has it,” says Naissan O. Wesley, M.D., a Los Angeles dermatologist. Well, practically everybody: More than 90 percent of women have some sort of rippled, puckered texture on their thighs, buttocks, and even stomach. The cause is simple. Fat cells push past the tight, fibrous bands called septae that connect skin to muscle, creating lumps and bumps. “No one loves the appearance of it,” says Dendy Engelman, M.D., a New York dermatologist.

Cellulite develops on its own, but minimizing its appearance requires time, effort, and—most critically—realistic expectations. Although the technology behind minimally or noninvasive in-office procedures is improving dramatically every year, nothing will give you airbrushed legs. “There’s really no cure or treatment that just wipes cellulite away,” says Paul Jarrod Frank, M.D., a New York dermatologist. “But if you find the right treatment, you can make a 40 to 70 percent improvement.”

So where can you get the most bang for your buck? Most doctors are skeptical about at-home devices that promise only modest, short-term benefits (if any). Cellulite creams also offer dubious results. Manage your expectations, advises New York derm Mar-nie Nussbaum, M.D. “Caffeinated formulas dehydrate and make the skin appear smoother, but the effect is temporary,” she says.

For those who really want to get serious about treating their cellulite, Frank swears by BTL Unison, a new device that combines shock-wave therapy with radio frequency (\$1,000 per treatment). “People love it because they see a difference right away,” he says. It works by tightening skin with radio-frequency energy and using acoustic waves to break up the fibrous bands that cause dimpling. Four 15- to 40-minute sessions (which feel like a hot

stone massage combined with a tiny jackhammer) should be done over a two-week period. The best part? “Unison’s results are longer-lasting than some of the prior devices,” says Frank.

Some doctors customize multiple treatments to target skin laxity, fat cells, and the bands that create divots in the skin. For instance, Nussbaum often uses three different modalities. (The total cost is \$4,000 to \$10,000, depending on the combination and number of treatments.) The protocol is spaced out over four to six weeks, starting with truSculpt iD, which uses radio frequency to reduce fat by up to 27 percent in one 15-minute treatment. Nussbaum then follows it up with four Emsculpt sessions to increase muscle

tone (read more about this device on page 198). On their final visits, patients are treated with the Exilis Ultra 360, a device that uses radio frequency and ultrasound to tighten the skin. “It’s the least invasive approach I’ve found, and I’m seeing a difference,” she says.

As with so much else in cosmetic dermatology, the future may lie with injectables. It’s not unusual for doctors to use dermal fillers to fill deep dimples (prices range from \$700 to \$1,200 per treatment, and you may need an annual top-up). Collagenase clostridium histolyticum (CCH), which is currently in clinical trials, may offer a more long-term solution. “Clostridium is a bad bacteria in general,” says Engelman. “But this takes something that could be negative and uses it in an innovative way.” (See also botulinum toxin, a.k.a. Botox, which is perfectly safe when administered in small doses by a medical professional.) After it’s injected into a dimple, CCH destroys the fibrous bands to reveal smoother skin in just one treatment. “It’s very quick and much less invasive than what we have now,” she adds. Downsides include bruising and tenderness, but in a recent study, 54 percent of patients treated with CCH were satisfied with the results. Engelman anticipates that this treatment will be FDA approved within the next year or so. Until then you may want to consider another tactic: turning the other cheek. ■

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THE BEST NEW
**BODY
PROCEDURES**

*The latest technologies
achieve what even
the most intense
workouts can't
(in a fraction of the time)*
By Annie Tomlin



The body is the new face," says Paul Jarrod Frank, M.D.

"We've been treating the face for 25 years now, and research and development is catching up to everything below the neck."

AND SO IT BEGINS: As Memorial Day draws closer, a familiar pattern emerges. Gyms hit capacity, bread baskets sit untouched, and our motivation to get stronger and leaner feels renewed. At the same time there have never been more technologies to help advance these efforts. "The body is the new face," says Paul Jarrod Frank, M.D., a New York dermatologist whose Upper East Side practice sees a steady stream of celebrities. "We've been treating the face for 25 years now, and research and development is catching up to everything below the neck." Here we outline the best—and most effective—ways to look leaner now.

For: OVERALL FAT REDUCTION

Try: RADIO FREQUENCY TREATMENTS

Want to permanently destroy fat cells? The newest nonsurgical body-sculpting device does it in only 15 minutes, says Anne Chapas, M.D., of Union Square Laser Dermatology in New York. During clinical trials for the truSculpt iD radio frequency treatment, Chapas says she saw patients undergo "fantastic" changes in just two sessions. (The cost: about \$1,500 per treatment.) "Patients lost 20 to 30 percent of the fat underneath their skin," she says. (Imagine reducing a handful of flab into something barely squeezable.) Results are most evident two to three months after treatment, and unlike some other machines, the device works on people of all sizes. Plus, "there are no side effects, and it's very comfortable—like a hot stone massage," adds Chapas. Bonus: The procedure also tightens skin.

For: AGING CLEAVAGE

Try: LASER RESURFACING

Summer wardrobes put cleavage on display—and with it the crepiness and hyperpigmentation that can result from years of sun worship. Now there's a resurfacing treatment that can restore smooth, taut skin. "Sometimes people don't want surgery, lifting, or implants," says Harold Lancer, M.D., a dermatologist in Beverly Hills. "They just want a firmer texture." For these patients, he resurfaces skin with the Palomar Icon 1540, a fractional resurfacing laser that generates new, healthy collagen and elastin. The protocol calls for at least three treatments (at \$1,500 each) spaced four to six weeks apart. After one session you should start seeing results, says Lancer. There's no downtime, just a few days of redness after each visit. By targeting the circumference of the breasts, he's not only able to firm them but also minimize stretch marks, melasma, and scarring. Best of all, Lancer says, "it works for women of all ages."

For: A SCULPTED BACK

Try: LASER LIPO OR KYBELLA

Even the leader on your Flywheel board probably has "bra bulge," that little pinch of skin and fat that pops out between the underarms and swimsuit straps. "Some ladies are super-fit, but they've just got that extra bit of skin and fat," says New York dermatologist Dendy Engelman, M.D., adding that this area is often impervious to exercise. "There are some areas that don't budge, despite your best efforts." For patients bothered by this (admittedly small) issue, one option is laser liposuction, which Frank calls a quick and easy procedure. (Prices start at \$5,000.) "I can put in a little bit of local anesthesia, make one teeny hole through your armpit, and in a half hour it's gone, and you go to work the next day," he says. As a noninvasive option, Engelman injects Kybella, or deoxycholic acid, to dissolve the walls of fat cells. (For this purpose, it's about \$800 to \$2,000 per treatment, and it usually takes no more than two.) Though the drug is more commonly used to minimize double chins, it can eliminate excess fat and cause the skin to retract, leading to a smoother appearance. And while Kybella doesn't work everywhere on the body ("it's never been a useful treatment all over," says Lancer), the lunchtime procedure can deliver results in this otherwise resistant region.

For: IMPROVED MUSCLE TONE

Try: EMSculpt

When it comes to muscle definition, crunches and squats can only take you so far. To create six-pack abs or a pert derrière, doctors are using Emsculpt, an electromagnetically powered device that contracts abdominal or gluteal muscles 20,000 times in each 30-minute treatment. "Previous technologies were focused on reducing the fat, but they weren't building the underlying muscle," Engelman says. In this case, the tightening is impressive: In clinical trials, patients lost an average of 1.5 inches in waistline circumference and 19





The new body treatments have little to no downtime

percent of fat. (The recommended protocol involves four sessions spaced two or three days apart; each visit costs around \$1,000.) The procedure is painless, but it does feel odd—the device stimulates the muscles, forcing them to contract. One thing to consider before booking your first appointment: Emsculpt works best on people who are already svelte; ideal candidates have less than an inch of pinchable fat. “This is a treatment for that New York, L.A. fitness-obsessed person who’s just not satisfied with their SoulCycle and

Tracy Anderson classes giving them the definition they want,” Frank says. Still, as advanced as technology may be, there’s no escaping gym time.

For: FIRMER ARMS AND KNEES

Try: A THREAD-LIFT

Since thread-lifts can raise jowls on the face, why not use them on the body too? “Thread-lifts are having a second life,” says Chapas. “I really like the results on the face, so we started to institute NovaThreads to help patients with saggy arms and knees.”

To tighten skin above the knees and on arms, Chapas uses a combination of threads and volumizing filler to lift, plump, and stimulate collagen. The process (about \$3,500) involves injecting small polydioxanone threads—similar to the type used in cardiac surgery—in the dermis to reposition and support the tissue. Along with creating tauter skin, the presence of the thread provokes the body’s healing process and boosts collagen synthesis.

Over a period of one to two months, Chapas perfects the positioning before adding minute injections of Radiesse to address crepiness, skin texture, and even stretch marks. The body reabsorbs the threads within six months, but results may last up to a year, thanks to the treatment’s biostimulatory effects. One caveat: This works best for relatively small, thin areas of skin. “It can’t do a breast-lift or a thigh-lift,” she says. “But it’s helpful for fit people who are starting to see some sagging in their arms or knees.”

For: FASTER FAT REDUCTION

Try: A GROUNDBREAKING BODY CREAM

Historically, fat-burning creams have turned out to be nothing more than hope in a jar. But Alastin Skincare TransForm Body Treatment (\$195) promises something different. This over-the-counter formula accelerates the results of radio-frequency and fat-freezing, body-sculpting procedures by metabolizing fat more quickly. “We give it to all of our patients right after these treatments,” says Chapas. “It helps your body remove fat in a more efficient way.”

And clinicals offer compelling evidence: Following a CoolSculpting abdominal treatment, a study participant applied the cream to one side two times a day; six weeks later, the treated side measured four times as much volume loss as the control side. The cream works best in conjunction with in-office treatments; on its own, it can boost production of elastin and collagen to minimize crepey texture but won’t do anything to reduce fat itself. (We double-checked.) ■