

B E A U T Y

BODY CARE



FOR YOUR NECK AND CHEST The skin on your neck is tricky: "It's thinner than the face, so it's more vulnerable to signs of aging," says Gross. SkinMedica Neck Correct Cream (\$135) contains peptides to boost dermal thickness. Red LED light is another way to stimulate production of collagen (the protein responsible for plump, youthful skin). Dr. Dennis Gross DRx SpectraLite BodyWare Pro (\$435) delivers the ideal amount of LED light to stimulate cells in a three-minute daily treatment.



FOR YOUR FEET Marcela Correa, a medical pedicurist in New York, shares tips for prepping your feet to reemerge this summer. Apply a cream containing skin-softening urea, like Eucerin Advanced Repair Foot Cream (\$5.52), to smooth rough patches, then buff with a foot file. Correa likes the Cuccio Metal File (\$45) with disposable pads, as they don't harbor bacteria. Resist the urge to file down calluses: "If you build a callus, it's your body saying you need a layer of protection," she notes.

FOR ALLOVER FIRING Embrace your favorite ingredients for the body. "We recommend antioxidants, peptides, and retinoids," says New York dermatologist Bruce Katz, M.D. But that doesn't mean you should reappropriate all of your facial products. The body's tendency to be drier makes it easier to get irritated by actives. Use a gentle retinol that is formulated specifically for your body, such as Chantecaille Retinol Body Treatment (\$102).



FOR BODY CONTOURING Interest in body care has also reached the dermatologist's office. Katz estimates that he's seen a 30 percent increase in body treatments—especially contouring—at his practice compared with 2019, thanks to recent technological developments. "What was minimally invasive or surgical is now almost entirely noninvasive," he says. Not only can these contouring treatments address areas of the body that are difficult to target even with hours at the gym, but they're also particularly fitting for the era of social distancing. "Once the applicator is adjusted, these treatments are completely hands-free; no one else is in the room," says Katz. One of the latest advances in body sculpting, Emsculpt Neo, combines the muscle-building power of high-intensity focused electromagnetic energy with fat-reducing radio frequency. The results are synergistically better than either of the treatments solo. Derms have been using Emsculpt Neo for the abdomen and buttocks, but in June new applicators will be available to treat the arms and legs as well. (Cost: \$750 per session; four weekly treatments are recommended.) ■■■

JEFFREY WESTBROOK/STUDIO D. SEE WHERE TO BUY FOR SHOPPING DETAILS