

NEWBEAUTY®

FALL 2019

THE BEAUTY AUTHORITY

**THE TOP
DOCTORS**
TREATMENTS TO
GET NOW!

ANGELA BASSETT

**CAN YOU
GUESS
HER AGE?**

**SAVE
YOUR
HAIR**

INNOVATIONS IN
LASERS, PRP
AND SURGERY

**The BIG
Injectable
Debate**



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DISPLAY UNTIL NOVEMBER 25, 2019

NEWS

THE HOTTEST INNOVATIONS FROM THE 2019 AESTHETICS MEETING



NECK TECH

Brace Yourself

The world's most beautiful minds gathered at The Aesthetic Society's annual meeting to give us a glimpse into the future. What awaits? Knife-free necklifts, a shot for cellulite and more.

TURN FOR MORE



NEWS

SCAR-FREE

FACELIFT LITE?

Two minimally invasive technologies are aiming to deliver tighter skin without surgery. Through a series of **micro-core excisions**, the **Cytrellis device removes 5 to 10 percent of skin on the face in a 20-minute procedure**, and could earn FDA-approval by year's end. A similar modality from Recros Medica, rotational fractional resection (RFR) drills out segments of loose submental skin with spinning "scalpels" and sucks away fat with a rotating cannula to contour the jawline. Rockville, MD dermatologist Hema Sundaram, MD, clinical investigator in the U.S. FDA study, said 99 percent of subjects were unhappy with their necks and jawlines before treatment; by 90 days post-treatment, 82 percent were satisfied with their appearance.

BIG GAINS MUSCLE BOUND

Last year marked the arrival of **Emsculpt** and the addition of "supramaximal contractions" to our beauty lexicon. Using high-intensity focused electromagnetic energy, the BTL Aesthetics device activates muscles in a way ordinary sit-ups and squats cannot. While originally approved for strengthening the abs and glutes, new applicators for the arms, thighs and calves are rolling out. In a study of the upper arms, four treatments over two weeks delivered a measurable volume increase, notes Montclair, NJ plastic surgeon Barry DiBernardo, MD. And "by increasing biceps and triceps, lax skin filled out as well in some patients." (The company is now debuting Emtone, which attacks cellulite with monopolar radio frequency and targeted pressure energy.) Muscling its way in, Allergan's CoolTone received FDA-clearance in June. According to Shreveport, LA plastic surgeon Simeon Wall, Jr., MD, the magnetic stimulation it induces "may recruit more muscle cells than Emsculpt, possibly making it a stronger tool."



REAR VIEW

DIMPLE DISRUPTOR

Could the elusive cure for cellulite lie in a syringe?

Presently under investigation is collagenase clostridium histolyticum (CCH), an enzyme that breaks down collagen. "By injecting it into the cellulite dimples, we can dissolve or loosen the collagen-rich fibers tethering the skin to underlying muscles, allowing dimples to float up, and creating a smoother, more level skin surface," explains New York plastic surgeon Lawrence Bass, MD. Based on study protocol, one can expect to need three appointments, involving up to 12 shots per treatment area, spaced roughly 21 days apart. Look for CCH in dermatologist and plastic surgeons' offices toward the end of 2020.

90%

of women—of all sizes, ages and ethnicities—are reportedly affected by cellulite

THE BRIDE-TO-BE

When her fiancé popped the question, **ANGELINA DEDVUKAJ** began dreading saying “yes” to the dress. A year before the big day, she begins her preparations with two state-of-the-art body-contouring devices.

MILESTONE

Wedding-day prep

TREATMENT

Exilis Elite and Emsculpt
for upper arms

DOCTOR

Montclair, NJ dermatologist
Jeanine Downie, MD

You wouldn't know it by looking at me, but I have been self-conscious about my arms for years. No matter how much I worked out, I couldn't spot-treat my upper arms or get the same type of results I could on the rest of my body. It's frustrating going to the gym five days a week, watching your food intake and never seeing the results you want. When my fiancé proposed seven months ago, I was beyond elated. But once I began thinking about our wedding day, I feared that my excess arm fat would limit my dress options. I've always envisioned myself getting married in an elegant, sleeveless gown, but as I tried on various styles, I realized that killing myself at the gym just wasn't going to cut it. I was finally motivated to do something and went to see Dr. Downie about what I could do now to make my arms more slender.

THE PERFECT PAIRING

I explained to Dr. Downie that I felt my arms gave me a heavier look, when in reality, I'm a size six. She recommended Exilis Elite radio-frequency fat-reduction treatments, along with Alastin Skincare's TransFORM Body Treatment, followed by Emsculpt's new muscle-building arm treatment. “Exilis Elite targets deep layers of fat and tightens the

skin,” said Dr. Downie. “The Alastin body cream will help accelerate fat reduction, and the Emsculpt will build muscle and complement your regular arm exercises.”

After my first Exilis Elite treatment, I saw my arms start to shrink a bit. After Emsculpt, I could really see more muscle definition. Although my results have been subtle, Dr. Downie assured me I would see more fat dis-

appear over the next three months as my body continues to flush out the destroyed fat cells naturally through the lymphatic system.

HERE COMES THE BRIDE

I'm so excited to have more dress options now. There is so much pressure for the bride to look perfect, and now my arms are just one more thing I won't be worrying about. Through this experience I've learned that the way we store fat is hereditary and it's really hard to completely get rid of it without surgery. Despite that, I am very satisfied with the changes I've seen so far. Every dress I try on now looks so amazing, it's hard to narrow it down to just one. Above all, I am looking forward to just being in the moment on the day I marry the man of my dreams.



Dr. Downie's arm treatment protocol included five weekly Exilis Elite treatments, Alastin Skincare's TransFORM Body Treatment, and two sessions of Emsculpt a week for two weeks.