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# COUNTER CULTURE

## Doctors' Orders

TOP SKIN MDs TOUT THE TREATMENTS THEY SWEAR BY. WHAT LIVES UP TO THE HYPE AND WHAT'S JUST HIGH HOPES? BY NICOLE CATANESE

	ELIZABETH TANZI, MD <i>Washington, DC</i>	LESLIE BAUMANN, MD <i>Miami</i>	STEVEN H. DAYAN, MD <i>Chicago</i>	MACRENE ALEXIADES-ARMENAKAS, MD, PhD, NYC
MOST REQUESTED	"Fraxel, a laser that erases wrinkles and photo damage on the face and neck. It bores tiny holes in the skin to stimulate collagen production. As skin heals, thin scabs form and peel away in a few days."	"Intense Pulsed Light [IPL]. It's the greatest invention for correcting brown spots and broken capillaries. After three to five visits, an annual touch-up will extend the results, even if you live in sunny Miami."	"Botox is still No. 1, though I'm using it differently. With strategic injections and just the right amount, I can shape the face—open up the mouth area, widen the eyes—not only remove wrinkles."	"Skin-tightening radio-frequency devices such as Accent and ReFirm cause immediate collagen contractions. The face can look 10 years younger after one treatment."
CURRENT FAVORITE	"The fractional CO <sub>2</sub> laser for pigmentation, acne, and fine lines. It's like a more powerful Fraxel and doesn't remove the skin's surface like past procedures. You'll have to take a week off work to heal, though."	"Myobloc, a type-B botulinum toxin, has been around, but docs rarely use it between the brows. It lasts about six weeks, so it's an ideal short-term fix or a way to test out Botox."	"Perlane. This hyaluronic acid filler recently got FDA approval for the nasolabial folds, but I use it to add volume to cheeks and chin, too. The larger particles have more volumizing power than Restylane."	"Fibroblast fillers. Skin cells are removed from patients via behind-the-ear biopsy, then injected into their faces. Even if only a few cells survive, there's a long-term boost to the skin's collagen-making ability."
BEST BUYS	"DermAvance Hyalogy P-effect night cream (\$100) uses nanotechnology to deliver ceramides, which are skin-firming lipids, and hyaluronic acid, a mega-moisturizer." 	"Philosophy Help Me retinol night treatment (\$45) is less potent than a prescription retinoid but can diminish fine lines just as effectively over time." 	"My patients love DermaQuest Peptide Mobilizer serum (\$188). It contains Argireline to lessen muscle contractions and Matrixyl to stimulate collagen." 	"I consult for L'Oréal Paris and recommend their Skin Genesis moisturizer (\$25). I've always dreamed of getting hyaluronic acid in the skin without a needle." 
RISKY BUSINESS	"More studies are needed on mesotherapy—shallow injections of solutions said to break apart fat cells. The cocktails aren't well regulated, so detergents and steroids can be added, leading to discoloration and scarring."	"Patients seeing unlicensed doctors for low-priced injectables. Black-market Botox may contain harmful additives like gelatin from cows. Restylane, when not stored properly, can cause severe inflammation."	"Thermage. Initially, doctors used this skin-tightening device with high heat and some injuries were reported. Now we use less energy, but I'm still unsure of its reliability."	"Semipermanent fillers such as Radiesse. They carry a small risk of forming scar tissue. The body recognizes them as foreign objects, and red bumps can form on the skin several months later."
COMING ATTRACTIONS	"Creams that contain natural and man-made enzymes to reverse DNA damage. Early studies show that when applied post-sun, they can immediately repair cells and possibly prevent skin cancer."	"I can't wait to use Reloxin, known in Europe as Dysport. This Botox alternative will be available in the U.S. next year. Effects last a month longer than Botox and, hopefully, it will cost less."	"GFX, a radio-frequency device that could replace Botox. Heat paralyzes the sole nerve that triggers movement of the muscle that forms the '11' lines. My one question is, Will the nerve regenerate?"	"Science is making great strides in body-sculpting and anticellulite devices. FDA approval is far off, but studies show ultrasound technology can target fatty areas and make skin appear smoother."