

THE SOLUTION

# 5 WAYS TO TREAT ACNE SCARS

**LOOK BETTER NOW!**

Turn to page 145 to find a top doctor.

THESE FIVE SOLUTIONS CAN HELP YOU SIGNIFICANTLY REDUCE THE APPEARANCE OF ACNE SCARS.



If your skin is rough from cystic acne, an at-home tool may improve skin texture.

According to Dr. Grossman, scars on the forehead and cheeks can make skin appear uneven. "The two major types of scars are rolling hill (undulations in the skin where the skin is depressed) and ice-pick scars (deep narrow scars)." At-home microdermabrasion tools like **Trophy Skin MiniMD Microdermabrasion System**, can somewhat help remove the outer layer of skin using light abrasion to smooth out any rough areas. **\$99, trophyskin.com**

If your skin has brown or red discoloration, an acid-based serum can help with the spots.

Acne can cause scarring and discoloration that may fade naturally, but sometimes extra help is needed. "If the discoloration is red or brown, it's not technically a scar, but rather prolonged inflammation in the area that may lead to scarring later on," says Dr. Grossman. Milder at-home treatments, like **Cosmedix Clarity Skin Clarifying Serum**, which contains salicylic acid to remove dead skin, can also help diminish discoloration. **\$42, cosmedix.com**

If your scars are difficult to hide, mask them with full-coverage foundation.

The inflammation and redness associated with acne can lead to dark spots that are difficult to erase. Dr. Grossman explains that some hard-to-cover spots, which are the lingering effects of acne, need the help of makeup to fully conceal them. Formulated with an anti-inflammatory agent and antibacterial tea tree oil, **bareMinerals Blemish Remedy Foundation** fully covers discolored skin while also preventing future breakouts from occurring. **\$28, bareminerals.com**

If your skin is bumpy and uneven, smooth it out with a weekly glycolic acid peel.

Certain types of acne can lead to noticeable scars and uneven, bumpy skin. "These scars, which are caused by excess tissue production, result in raised tissue where the blemish was," says New York facial plastic surgeon Lee Ann Klausner, MD. "Pigmentation can be treated with topical agents like hexylresorcinol and hydroquinone." Used once a week, **Natura Bisse Glyco Extreme Peel** works to exfoliate skin for a visibly smoother complexion. **\$250, naturabisse.com**

If your skin is indented from picking, plump it up with fillers and/or lasers.

Fillers can temporarily raise the depressed portion of the scars. Occasionally, the skin won't lift enough with filler, and according to New York dermatologist Jody Levine, MD, fractionated lasers (a combination of lasers was used on the patient here) can boost collagen production with less downtime. "The collagen growth can help rejuvenate skin and improve scars." Microneedling, which involves tiny needles puncturing the skin to promote collagen growth, can also help heal scars.

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Anything that has to do with the surface of the skin is a textural issue and a facelift won't fix it.


—DR. JACONO

*truth.*

**AN INSIDE LOOK:**

## WHAT REALLY HAPPENS WHEN YOU GET A FACELIFT

SAGGY SKIN? CHECK. LOOSE JOWLS? CHECK. TURKEY WADDLE? CHECK.

 **If these are** just a few of the problems looking back at you in the mirror, chances are a facelift is what you need. But before you commit to the procedure, you should know what really goes into it. This includes everything you need to do, both pre- and post-surgery, to optimize your results, which can make you look 10 years younger and tighten everything back to where it belongs. We've got the scoop right here, and it's not nearly as scary as you may think.





science.

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## Skin-Care Scare

IF YOUR PRODUCTS CAUSE YOUR SKIN TO BECOME ULTRASENSITIVE

IN SOME CASES, the more you exfoliate your skin, the more it becomes sensitive. It can even get red, chapped and inflamed, causing you to believe your products are giving you an allergic reaction. "Many times, that's not the case," says

Dr. Scheel. "What's really happening is that if you are someone who exfoliates heavily, by using

Retin-A and also doing microdermabrasion and peels, sensitive skin can develop. Then, because

your skin barrier is broken down, there can be sensitivity to your skin-care products. It's best to back off of using products and treatments that contain acids when this happens."

### WHAT TO DO INSTEAD

Just because your skin experiences a reactive episode, doesn't mean you need to swear off every single skin-care product in your regimen. "Initially, we want to stop using products altogether and get the skin to a calm place with some cortisone cream. Then, I put the patient on a very bland skin-care routine, and slowly begin adding their normal products back in," says Dr. Scheel. "But, we have to be careful and really pay attention to what's being used so we can target what was causing the reaction."

### SKIN SOOTHERS

Compromised skin needs gentle care. Using products with ingredients that won't irritate or disturb skin is best. Both **Alastin Regenerating Skin Nectar (\$195, [alastin.com](http://alastin.com))** and **La Roche-Posay Cicaplast Baume B5 (\$15, [laroche-posay.com](http://laroche-posay.com))** are safe to use because they hydrate and nourish dry, inflamed skin while also helping to heal it.



bottled.

#### Did You Know?

The NPD Group targets 2012 as the big year for the significant increase in BB or "beauty balm" creams. **THE STAT:** Only 2 percent of total beauty shoppers had actually purchased one, but almost 40 percent of shoppers were considering buying one in the future.

## THE REASON FOR THE TREND

The next generation of skin and body balms is officially here, but it didn't just pop up out of nowhere. Here are six reasons why the trend hit it big:

01

#### KOREAN BEAUTY SURGE.

It's no secret that K-Beauty is big, and more and more of the "traditional" brands are taking note and tweaking their formulas. Balms are definitely a big trend right now, especially in K-Beauty, which manufacturers sort of look to for "the next big trend," says Harper.

02

#### WATERLESS PRODUCTS GAIN POPULARITY.

According to Vargas, balms are made from waxes, oils and butters, and a true balm is waterless. Harper adds, "Waterless beauty, including cleansing balms, is a growing trend because there is a real fear for anyone concerned about the environment that water is becoming a scarce commodity."

03

#### TEXTURE TAKES OVER.

Harper says people are really into different textures right now in beauty—even for products that give the same effects—and balms are one way to get that. "Think about it: It's nice to have options. It's like ice cream versus a milkshake. You pick the one that works for your preference."

04

#### INGREDIENT EXPLOSION.

From a formulation perspective, creating a balm involves many oil-soluble ingredients, which means more ingredients can be put into a single formula. Another plus: "They tend to contain more natural ingredients," Epley adds.

05

#### THE ATTRACTIVENESS OF ALL-IN-ONES.

Simply put, balms are multitasking products, and they make life much easier. "It's the inherent value in the idea of an all-in-one formula that makes a balm so attractive," says Mark Veeder, cofounder of Farmacy, a skin-care line that recently launched a multitasking balm. "They're uncomplicated, and that's what consumers want right now."

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#### TRAVEL BECOMES TOUGHER.

If you've ever had your favorite beauty product taken by TSA, you know that one big bonus of a balm is that it's solid. "Creams and lotions can be messy when you throw them in a bag," Epley says. "Balms are almost always completely solid, they stay put and they can come in stick form, which is a huge product type right now. Plus, you can take them through airport security without an issue."





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**INSIDE TIP**

Surgery can do wonders for your body, but it can also leave behind small scars that can be hard to minimize. Using a product that reduces the look of fresh scars, like embrace Active Scar Defense, helps to reduce tension on the skin as it heals so that scars are flatter, smoother and less red.

**IS IT  
FAT OR  
ARE YOU  
BLOATED?**

BEFORE YOU DECIDE TO INVEST IN A PROCEDURE AT YOUR DOCTOR'S OFFICE, MAKE SURE YOU KNOW WHETHER YOU'RE DEALING WITH FAT OR JUST SOME LONG-TERM BLOATING.

**IF IT'S  
BLOATING...**

If your weight, particularly in your stomach, fluctuates throughout the day, you're probably dealing with a bloated belly as opposed to fat. Anything from what you eat and bowel movements to menstrual cycles and even the time of day, can cause your body to bloat. "Bloating, which is excess fluid or gas, often changes throughout the course of the day, while abdominal fat does not," says Dr. Mariotti.

**IF IT'S FAT...**

Fat can be easily pinched and grabbed—bloating areas cannot. Pockets of fat consistently remain the same in terms of appearance and don't vary from day to day or week to week unless fat is lost.