

# NEWBEAUTY®

THE BEAUTY AUTHORITY

WINTER 2019

## CELEB SECRETS

HOLLYWOOD'S  
HUSH-HUSH  
SURGERIES

## LAUREN HUTTON

All Fun  
No Filter

## THE \$500,000 FACE

SUPER RICH  
CREAMS  
OF THE  
SUPER  
WEALTHY

+  
What We  
LOVE Right  
Now!

# THE NEW SEXY

CBD BATHS + BODY-BOOSTING TREATMENTS  
ONE PILL MAKES YOU HOTTER? THE NEW HORMONE FIX  
GLOWY, HAPPY HOLIDAY SKIN—ALL YEAR LONG

## TOX TALK

Sweat seems to be enemy number-one when money is no object. Franklin, TN dermatologist Jill C. Fichtel, MD says targeting “all sweaty areas every six months” is at the top of the to-do list, and Nanuet, NY dermatologist Heidi Waldorf, MD has her sights set on “Blowtox.” “I already ‘tox the back of my neck every five months—the bottom of my hair curls and frizzes as sweat travels there—but, ideally, I would treat my entire scalp every three months (\$1,500).”

## BODY ROCK

If thousands of dollars in serums and lotions lined your medicine cabinet, why stop at your neck? A full-body cocktail of wrinkle-plumping SkinMedica TNS Essential Serum, Retin-A and La Prairie Skin Caviar Luxe Cream would replace any old body lotion for Boston facial plastic surgeon Caroline A. Banks, MD. New York facial plastic surgeon Jennifer M. Levine, MD offers up a casual solution to slack, less-than-camera-ready skin: off-label use of hyperdiluted Sculptra Aesthetic from head to toe.

To eliminate dry, dull skin for the foreseeable future, New York cosmetic dentist Pia Lieb, DDS would drench herself in Clarins Body Balm each morning and evening; New York dermatologist Rita Linkner, MD would swap her usual hydrator with collagen-boosting Alastin Regenerating Nectar, and, before coating every inch of skin with Biologique Recherche Sérum Placenta and Creme Masque Vernix, New York City facialist Autumn Henry would end every long week in the most chic, drool-worthy way: relaxing in a CBD-infused milk bath in an amethyst tub.

## NEEDLE WORK

Gravity doesn't care if you're rich, famous or an MD. To beat it, Miami dermatologist Stacy Marie Chimento, MD daydreams of having Profound RF radio-frequency microneedling treatments done on her face, neck, stomach and thighs every two years—paired with the dimple-blasting powers of VelaShape, of course—for lifting, tightening and cellulite-busting.

Dr. Linkner thinks like us: “I'd get out my Pro-Nox and Ultherapy my entire body.” New York dermatologist Sapna Palep, MD agrees, though she'd alternate between Ultherapy and Titan. To cut down on trips to and from the office, Dr. Fichtel would buy her own Emsculpt device to leave at home. “The ultimate home gym equals Emsculpt, couch, boxed wine and Netflix.”

## FAT FREEZE

Dr. Waldorf is currently living our fat-freezing dreams. “See a bulge, freeze a bulge” has kept me fit and fitting into my wardrobe,” she says. “When I lecture on CoolSculpting, I often do my ‘CoolSculpting macarena’—my hand movements mirror all the places and times I've had it done: lower belly, upper belly, waist, flanks, bottom of my butt, upper arms...and repeat! I think I'm up to 18 cycles since 2012.”

## LIGHTEN UP

To undo the photodamage he incurred as a kid, New York dermatologist Joshua Zeichner, MD says he would Fraxel the entirety of his sun-exposed skin. “Forget cost—if social downtime wasn't a factor, I would microneedle my face with PRP every month,” says Greenwich, CT dermatologist Kim Nichols, MD. And for the most relaxing dose of brightening power, Englewood, NJ plastic surgeon Shwetambara Parakh, MD would top her monthly whole-body HydraFacial sessions with bottles of SkinCeuticals C E Ferulic. **ND**

## LUST LIST

**1. RED HOT**  
“An LED light-therapy bed would be up there on my wish list,” says cosmetic formulator Stephen Alain Ko. “While the research isn't particularly convincing, the thought of laying in a warm, quiet, meditative space—with proper eye protection, of course—while doing my skin care really appeals to me.”

**2. GET EVEN**  
Skin-care superstar Caroline Hirons' full-body cocktail includes La Mer Body Cream and her secret weapon: “Kate Somerville Deep Tissue Repair Cream twice a day, head to boobs.”

**3. CLOCK WORK**  
“I would buy a time machine and start using products earlier to preserve my youth—and get my NeoGraft hair transplant 15 years earlier,” says Grand Rapids, MI plastic surgeon Bradley Bengtson, MD.



We wouldn't make any lofty requests on *House Hunters*, just a chakra-balancing bathtub, preferably made out of Brazilian amethyst. All in the name of wellness, right?

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