

[STYLE]  
BEAUTY INNOVATIONS

# Get Glam!

GETTING OLDER IS A FACT OF LIFE. BUT THERE ARE PLENTY OF OPTIONS FOR STAYING BEAUTIFULLY RADIANT AT ANY AGE. HERE'S THE INSIDE TRACK ON WHAT TO DO AND WHERE TO GO TO LOOK YOUR BEST FROM HEAD TO TOE.

By Tina Borgatta

Thank you to our experts: Dr. Rami Batniji, MD, FACS; Dr. Zena Gabriel, MD, FAAD; Diane Hibbard, Licensed Esthetician; Dr. Zein Obagi, MD; Dr. Grant Stevens, MD, FACS; Britta Wetteskind, RN

## 30s

Your skin's already begun aging as you enter your 30s, but now is when you'll notice the signs—lines at the corners of the eyes, along the forehead and around the lips. Skin starts losing its elasticity—and myriad factors are to blame. “Collagen and elastin production is reduced—the cells that produce these elements become inactive,” says Dr. Zein Obagi, founder of Obagi Skin Health Institute in Laguna and the soon-to-open ZO Skin Centre at Fashion Island. The process of shedding dead cells and producing new ones also slows, and water loss occurs, weakening the skin's barrier against the environment. The good news? These changes are reversible if you take action now.

### THE MUST-DO

**Retinol and Vitamin C** This is when you should incorporate products into your daily regimen that contain—along with sunscreen—retinol to stimulate collagen, increase cell turnover and improve elasticity; and vitamin C to act as an antioxidant. Obagi's ZO Skin Health program has these, plus anti-inflammatory and DNA repairing agents. \$1,200-\$2,000 for a one-year supply, *Obagi Skin Health Institute, 883 S. Coast Highway, Laguna Beach, 949.667.5115, obagiskin.com*



Proper skincare is key for women of all ages. It's simple, but our experts agree, establishing the right regimen can minimize, offset and even reverse some of the common signs of aging.

### ALSO CONSIDER

#### Volume Replacement

Volume loss can be particularly apparent among women with active lifestyles, says Dr. Rami Batniji of Batniji Facial Plastic Surgery in Newport Beach. And that can have an effect on facial features. “For example, loss of volume to the cheek can result in hollowness between the lower eyelid and cheek.” To correct this, Batniji uses Voluma—a hyaluronic acid filler. It's the first and only injectable filler that's FDA approved to address cheek volume loss. It's a simple in-office procedure, and it lasts up to two years. \$1,000 per syringe, *361 Hospital Road, Newport Beach, 949.650.8882, drbatniji.com*

#### Oxygen Facials and Microdermabrasion

Hormonal changes during this time can affect the skin—you might see dry patches, acne or both; and discoloration around the eyes, upper lip and cheeks, says Britta Wetteskind, a registered nurse and the founder of European Wellness Cosmedical in Newport. Monthly oxygen facials or hydrafacials with microdermabrasion work to exfoliate and replace moisture, leaving skin with a dewy appearance. *Oxygen facial \$75-\$125, hydrafacial with microdermabrasion \$150-\$175, 230 Newport Center Drive, Newport Beach, 888.706.1245, europeanrm.com*

PHOTO BY ALESSANDRA KOMAC/STOCKSY

# 40s

Life begins at 40—or so the saying goes. But whether it's the wisdom of your years or the excesses of your youth, this is when aging really starts to show. Fine lines turn into mild wrinkles (Botox can help), and you might notice textural changes to your skin—larger pores and thinning around the eyes. (You know, that crepe-papery on the lids.) There also may be volume loss at the temples, with more hollowing above the cheeks. And, yes, you may even see the early signs of the dreaded jowl. If you haven't been a slave to sunscreen, well, that will show too. Not on the retinol regimen yet? Consider a prescription-strength Retin-A cream. And schedule some of these treatments to kick things up a notch.

**THE MUST-DO**

**Skin Resurfacing** Fractional laser treatments stimulate collagen production, improve pigmentation and smooth wrinkles. Dr. Rami Batniji, of Batniji Facial Plastic Surgery, advises patients on pre- and post-care to ensure a quick recovery, which typically takes a week. "Using a retinoid and bleaching cream prior to the laser resurfacing decreases potential complications," he notes. "Immediately after the laser resurfacing, we incorporate very gentle skincare products... including TNS Recovery Complex by SkinMedica. And one month after the laser procedure, we place patients on... growth factors and retinoids to enhance collagen production... to continue the improved appearance." From \$2,000, 361 Hospital Road, Newport Beach, 949.650.8882, drbatniji.com

**ALSO CONSIDER**

**Skin Lightening** The light energies and bipolar radio frequencies of IPL photofacials lighten age spots, reduce redness and minimize pores. "Three treatments... may be recommended for sun damage, dark spots and redness," says Britta Wetteskind, founder of European Wellness Cosmedical. There's no downtime. You'll see full results in about a week. \$300-\$500 per treatment, 230 Newport Center Drive, Newport Beach, 888.706.1245, europeanm.com

# 50s

"Nature gives you the face you have at 20, but it's up to you to merit the face you have at 50"—sage words from Coco Chanel. Hopefully, you've already begun your fight against

Father Time because menopause and gravity start kicking in now. The hormonal shift causes skin to lose its elasticity, with a continued decrease in moisture. And you know what gravity can do. You'll see it in the eyes—the brow descends; the upper lid loses collagen; and the lower lid appears fuller from fat cell deposits. Lines form around the mouth; muscle bands on the neck become noticeable; and there's more hollowing of the cheeks. Botox and fillers can still help, but here's what else you should do.

**THE MUST-DO**

**Deep Peel** Dr. Zein Obagi, of Obagi Skin Health Institute and the soon-to-open ZO Centre in Newport, suggests a deep peel to the papillary dermis (composed of fine collagen fibers) or the upper reticular dermis (made of thick collagen fibers) to smooth wrinkles. Expect a downtime of 10 days. *ZO Controlled Depth Blue Peel \$3,500, Obagi Skin Health Institute, 883 S. Coast Highway, Laguna Beach, 949.667.5115, obagiskin.com*

888.706.1245, europeanm.com

**ALSO CONSIDER**

**Firming Lasers** Britta Wetteskind, founder of European Wellness Cosmedical, uses lasers to lift the lower face and jowl. The Sublime Firming Laser utilizes a bipolar radio frequency. There's no downtime, but it takes three to five treatments to see results.

Ulthera uses intense frequency ultrasound, and results come after one to two treatments. Light sedation might be needed. *Sublime Firming Laser \$375-\$500 per treatment, Ulthera \$2,500-\$4,000 per treatment, 230 Newport Center Drive, Newport Beach,*

**Vampire Face-Lift** "It involves drawing blood and separating the platelet-rich plasma, and applying it topically to the face or injecting it," says Wetteskind. The plasma helps stimulate cell growth and skin renewal, and improves collagen production and vasculature. It takes two treatments three to six months apart for full effect. Pair it with Juvederm filler for immediate results. \$700-\$800, \$1,500-\$1,800 with Juvederm, 230 Newport Center Drive, Newport Beach, 888.706.1245, europeanm.com

# 60s

It's been said there are three phases of life: youth, middle age, and "you

look great." Fortunately, the latter doesn't have to be an empty compliment. Sure, changes are inevitable—everything you began noticing in your 50s continues into your 60s and becomes more pronounced, particularly around the eyes (the hollowing and hooding) and the neck. Skin can take on a more translucent, sallow appearance, with less volume. But there are weapons to combat even these signs of seniority. Take arm, and then follow Lucille Ball's advice: "Live honestly, eat slowly, and lie about your age."

**THE MUST-DO**

**Lower Face-Lift and Neck-Lift**

"This will address skin laxity of the neck and face, improve jawline contour and achieve a more youthful neckline," says Dr. Rami Batniji, of Batniji Facial Plastic Surgery. "Occasionally, I'll incorporate a small incision beneath the chin to perform liposuction and tighten the neck muscle bands." Through a small incision within the creases of the ear, Batniji repositions a deeper muscle layer to further enhance the neck and jawline, and he repositions jowl tissues to the upper cheek for a more youthful facial contour. "This type of face-lift avoids the unnatural pull appearance," he notes. Plan for a two-week recovery—that's how long it takes for swelling and bruising to subside. Prices vary, 361 Hospital Road, Newport Beach, 949.650.8882, drbatniji.com

**ALSO CONSIDER**

**Brow-Lift and Eyelid Surgery** These are often done in tandem with the above-mentioned procedures. Brow repositioning is done via a small incision above the hairline. "The goal is not to significantly lift the brow, but rather support the brow so that the heaviness or hooding of the upper eyelid is improved," Batniji says. If the hooding is severe, Batniji can trim the excess upper-lid skin. To correct a puffy lower lid, Batniji takes the fat, moves it to the upper cheek to alleviate hollowing and trims the excess skin, if necessary. Recovery takes about a week. Prices vary, 361 Hospital Road, Newport Beach, 949.650.8882, drbatniji.com

**Skin-Firming Creams** Britta Wetteskind, founder of European Wellness Cosmedical, suggests using a neck-firming cream like Nectifirm and hand cream such as Lumiquin to hydrate, lift and plump the skin. *Nectifirm \$87, Lumiquin \$69, 230 Newport Center Drive, Newport Beach, 888.706.1245, europeanm.com*

# 30s

Here's some good news: Women in their 30s still look naturally gorgeous without too much help—so says Dr. Zena Gabriel, a Newport Beach-based dermatologist. But be

warned, the signs of aging will appear during this decade as estrogen levels drop and growth proteins diminish. The most common effects: dry, flaky skin and cellulite. And you can fix all that.

## THE MUST-DO

**Cellfina** Common cellulite treatments involve surgical procedures—subcision, for example, uses a scalpel maneuvered in a swiping motion under the skin to separate the clusters of tissue that cause dimpling. It can be painful, and there's risk of scarring. But the Cellfina device—introduced to the public in the fall—uses suction to insert a trio of fine microblades into an isolated area of the skin to dislodge cellulite fibers from the buttocks and thighs. Local anesthesia is required, but there's no downtime. For many, desired results come after one treatment and can last for years. \$3,000-\$5,000, *Center for Sculpting Aesthetics, 485 E. 17th St., Costa Mesa, 888.995.8895, csacenters.com*

## ALSO CONSIDER

**VelaShape** This smooths and reshapes the stomach, thighs and buttocks by zapping cellulite and fat with bipolar radio frequency, infrared light, suction and massage. It takes about four treatments for the greatest impact. There's no downtime, and it's relatively pain-free. \$400-\$500 per treatment, *Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

**Moisturizing Body Treatments** Daily use of moisturizers keeps skin hydrated, which increases plumpness. "Look for body lotions that contain shea butter, lactic acid, urea, glycerin, hyaluronic acids and ceramides,"

says Diane Hibbard, skincare director for Burke Williams, which has spas throughout O.C. Among her picks: *Eminence Monoi Night Body Cream*. It pairs argan stem-cell technology with nutmeg seed extract to firm the skin, while monoi oil, shea butter and hyaluronic acid provide omega-rich hydration to boost elasticity and skin tone. And make time for body wraps. *Burke Williams' 75-minute Parafango treatment* begins with an exfoliating scrub, followed by a slathering of Parafango mud. You're then wrapped in a warm blanket to allow penetration of the nutrients. *Eminence Monoi Night Body Cream \$38, Parafango treatment \$169, locations throughout O.C., burkewilliamsspa.com*



PHOTO BY ALEXANDRA KOWAC/STOCKSY

While surgical cosmetic procedures have long been sought after by women hoping to turn back the clock, our experts believe that there are a number of less-invasive treatments on the market today to keep your body looking fresh and feeling healthy.

The Body

# 40s

Many women in their 40s have already had kids and are looking to get their bodies back. Other women just want to maintain a youthful figure. Whether or not you've had kids, the body begins to change. Breasts may start to sag (thank goodness for breast augmentation); the tummy gets soft (yes, the muffin top); and you might even notice a few varicose veins on your legs. We've got you covered.

## THE MUST-DO

**CoolSculpting** Freezing technology crystallizes fat cells on the tummy and thighs. They die off and leave the body through natural elimination, and they don't come back. No downtime, but it takes about three months to see full results. \$1,500-\$2,000, *Center for Sculpting Aesthetics, 485 E. 17th St., Costa Mesa, 888.995.8895, csacenters.com*

## ALSO CONSIDER

**Sclerotherapy** It's the gold-standard treatment for varicose veins on the legs. A thin needle carries a solution that causes veins and vessels to shrink and eventually stop carrying blood,

without negatively affecting circulation. It takes two to four treatments. Healing takes four to six weeks. \$325-\$450 per treatment, *Dr. Zena Dermatology, 359 San Miguel Drive, Newport*

*Beach, 949.200.8222, doctorzena.com*

**Ultherapy** Here's a nonsurgical method for lifting and tightening the buttocks and upper legs with ultrasound. It also stimulates collagen. Team it with CoolSculpting for the added benefit of fat loss. No downtime, but it takes three to six months to see results. \$2,000-\$5,000, *Center for Sculpting Aesthetics, 485 E. 17th St., Costa Mesa, 888.995.8895, csacenters.com*

# 50s

Joan Rivers couldn't have said it better: "Looking 50 is great—if you're 60." Many women experience a newfound independence to enjoy as they transition into their 50s. But hormone changes are inescapable, and the result is often weight gain, and shifts in skin tone and texture (think age spots and leather). "Women begin to seek more invasive cosmetic procedures in this decade to reinvent and turn back the clock," says Dr. Zena Gabriel, a Newport Beach-based dermatologist. But there are newer and less-invasive ways to do the job.

## THE MUST-DO

**UltraShape Body Contouring** It's a new technology that Gabriel predicts will become the next big thing for body shaping. It uses ultrasound technology to reduce fat and trim 1 to 3 inches from the waist. "The thigh area also can be treated, and soon we'll be able to treat the inner-knee area as well," says Gabriel. Three 45-minute treatments are advised. No downtime, and the procedure could be done during a lunch hour. Team it with VelaShape for tighter skin texture too. *UltraShape series \$3,000-\$3,600, VelaShape add-on \$250-\$300 per treatment, Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

## ALSO CONSIDER

**Photodynamic and Rejuvenative Therapy** "There are many ways to skin a cat, but for neck and chest rejuvenation, I love this therapy," says Gabriel. A photo-stimulating agent is applied to

the chest, then a laser—a pulse light or blue light—activates the potion to remove age spots, pre-cancer cells and sun-damaged skin. A sunburned appearance lasts about a week, then dead layers of skin slough off, revealing a smooth, supple

neck and chest that are free of discolorations. \$800, *Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

**Hand Rejuvenation** You've probably heard the expression "old-lady hands." It's a sure giveaway to a woman's age. Fillers such as Juvederm and Radiesse are good for plumping up deflated skin, and the results can last up to a year. If bulging hand veins are a problem, sclerotherapy is an option, and it can be paired with fillers. *Fillers approximately \$600, sclerotherapy \$200-\$325, Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

# 60s

It's all about looking fresh, not tired, and strong, not frail. Continued

hormone changes and diminishing tissue-building proteins in the body can wreak havoc, causing sagging, wrinkly, leathery, dry skin—qualities that are hardly akin to a dewy appearance. Many treatments recommended for younger age groups—CoolSculpting, UltraShape and VelaShape—are still great choices. Amp up those effects with these additional options.

## THE MUST-DO

### eMatrix Sublative Rejuvenation and Plasma-Rich Protein Therapy

The eMatrix improves laxity and crepe-papering of the skin, and when teamed with plasma-rich protein therapy (the basis of the Vampire Face-Lift), you get the benefit of collagen stimulation and tissue tightening. Fractionated bipolar radio frequency sends energy below the skin's surface to stimulate cell growth. "We can target stubborn saggy areas such as the knees, and patients can expect their skin to regain its elasticity through collagen production," says Dr. Zena Gabriel, a Newport Beach-based dermatologist. And the protein-rich plasma contains rejuvenating nutrients and growth factors that help create new cells and tissues. Gabriel advises a series of three treatments. Results are immediate, with full effects two to four months later. \$1,200 per treatment, *Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

## ALSO CONSIDER

### Full-Body Microdermabrasion and Peel

One three-hour treatment rids skin of imperfections. "The three steps strip the stratum corneum on every inch of your body with microdermabrasion and glycolic peel," says Gabriel, who created the therapy. "Then you're placed on a warm red-light bed, which heats the tissue and stimulates lymphatic drainage and decreases inflammation." \$2,200, *Dr. Zena Dermatology, 359 San Miguel Drive, Newport Beach, 949.200.8222, doctorzena.com*

**Microcurrent Toning** As the body ages, it loses its natural electrical energy, which contributes to the breakdown of collagen and elastin. "With microcurrent treatments, the body is recharged to a more youthful electrical state," says Diane Hibbard, Burke Williams' skincare director. To lift and tone the chest and neck, Hibbard recommends the Radiance treatment, which includes a body massage and facial. \$189 per 80-minute treatment, *locations throughout O.C., burkewilliamspsa.com*