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ON THE PRESSURE TO BE PERFECT AND WHAT HER HEART WANTS NOW

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microneedles absorb water and soften to become hydrogels," which act as shallow "fillers" that uniformly smooth and plump the skin. This effect, he says, lasts up to four months; he anticipates that a version of the product might come to market "at any time."

VEIN LINE

With age, skin thins, subcutaneous fat decreases, and blood vessels dilate—a triple threat that can sometimes result in a network of blue veins showing through on temples and foreheads. By targeting the hemoglobin that flows through veins with a YAG laser, small- to medium-size vessels can be safely erased in one or two zero-downtime sessions, similar to those used to treat spider veins on legs. (Concealer is still the only option for larger facial veins.) "We usually have many more veins than we need," says Kauvar, who says that trained dermatologists can identify which veins are small enough to be removed without posing any health risks. Years after doing the procedure on dozens of early test subjects, "I actually haven't seen any [veins] come back," she says.

LIP SERVICE

A new hyaluronic acid injectable, Restylane Silk, offers "a different kind of fill" than other FDA-approved higher-viscosity fillers, according to Miami-based dermatologist Joely Kaufman, MD. "It doesn't look like you've had any work done. It looks natural." Silk's ti-



Tousled waves at Alexandre Vauthier Couture, fall 2015

Clockwise from top: SACHAJUAN Hair Control Treatment revs follicles with microcirculation-boosting apigenin, panthenol, biotin, and niacinamide in REGENESIS Spot Serum target thinning areas with a user-friendly roller ball; ALTERNA Caviar Clinical Weekly treatment blocks the production of DHT, a hormone linked to hair loss; KIEHL'S Magic Elixir balances the scalp with botanicals; ROGAINE Foam, designed for women, delivers a daily dose of minoxidil.

ecules, which are a fifth of the size of those in standard Restylane, allow it to be injected superficially, in small droplets spaced closely together across the

in-house clinical studies, 81 percent of female test subjects using the new, high-

"It's super, super smooth," says dermatologist Marina Peredo, MD, of Manhattan and Smithtown, New York, who explains that because Silk subtly restores surface layers, the lips look more hydrated than inflated, "almost as if you're wearing a lip gloss." An added bonus over off-label

Kaufman, Silk contains lidocaine, which "makes it comfortable." Results last at least six months.

men's Rogaine with 5 percent experienced a 48 percent increase in air volume in six months. By increasing blood flow to follicles that are beginning to age, "minoxidil stimulates hair follicles to begin to produce hair," says hair restoration specialist Alan J. Gilbert, MD, of Boca Raton, Florida. According to Gilbert, Rogaine's formulation also reduces one unintended side effect: "the risk of causing unwanted hair growth if it drips onto the forehead." The new version has also dropped the solvent propylene glycol, resulting in less flaking and itching than with past formulas.

STRONGER, THICKER, HEALTHIER:

HAIR RAISERS

GROWTH POTENTIAL

Due to "trauma, stress, and hormonal changes," says New York dermatologist Erin Gilbert, MD, PhD, "up to 40 percent of women experience hair loss by age 50." But an upgrade to an old favorite, minoxidil, could provide some relief. In

A LOT OF PLUCK

Counterintuitive as it may sound, plucking hairs might actually encourage a six-fold growth in new hair, according to a study out of the University of Southern California's Keck School of Medicine. When researchers selectively pulled 200 hairs, spaced up to 1 mm apart, from the backs of lab mice, the microinjury prompted an immune system response,



From left: A Harvard Medical School study found that the micro hyaluronic acid and resveratrol in CAUDALIE Resveratrol Eye Lifting Balm boost the skin's production of hyaluronic acid; rich in DNA-repairing peptides, OMOROVICZA Blue Diamond cream smooths lids; STRIVECTIN Clinical Corrector lip tint minimizes lines with repair-hormone-stimulating nicotinic acid; KAPLAN MD Lip 20 Mask resurfaces with papaya enzymes; in in-house trials, 85 percent of participants who used the TRIA Age-Defying Eye Wrinkle laser daily saw fewer lines around the eyes in eight weeks.