

Beauty

There are new ways to keep your body looking as young as your face



friend of mine

booked an appointment at a high-priced skin spa, hoping for a little refreshment in the eye and forehead area. Instead, the expert scanned her face, then kept on going, down to her chest, her arms, and her legs. And then the aesthetician issued a good news/bad news verdict: "Your face looks 10 years younger than your body." My friend had never thought much about her body-skin situation, other than slicking on lotion semiconsciously after her shower. It took her about 0.1 seconds to change her tune and sign up for a full-body rehab at Dangene's Institute of Skinovation, in New York City's Core Club. And as soon as I saw her resulting bruises and scabs—proof of more than some mid-level massage—I signed up, too.

The body, apparently, is the new face, the shower caddy is the new medicine cabinet, and the standard facial doesn't stop at the chin. "We went through a phase where people just took care of their face and neck," says Samantha Wright, senior aesthetician at Dangene. The problem with that approach is that the chest can start to look significantly older than everything above. "And in the end, you look like you've had work on your face," says Wright. In other words: kiss of death.

The Dangene method considers the body as a whole and addresses everything speedily and at once. At my first appointment, Wright commented on the white scars on my knee and foot ("Was that from the same accident?"—correct and possibly psychic), the spider veins on my thighs, and the tiny red bumps—called cherry angiomas—scattered throughout. She also told me I have quite attractive underarms, which is consoling. There is nothing she could do about the scars because they're over 10 years old and white, and she said the veins need injections by a doctor to make them collapse. Otherwise, "Anything brown, red, lumpy, bumpy, or scaly we can pretty much fix," says Wright. "It just might take three months to a year to accomplish a person's dream body skin." Her armamentarium includes both wet and dry microdermabrasion and a

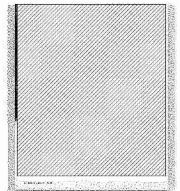


SKINCARE REPORT

BODY OF WORK

Most skincare ingredients don't make it past your neck. **Linda Wells** examines the case for chin-to-toe attention

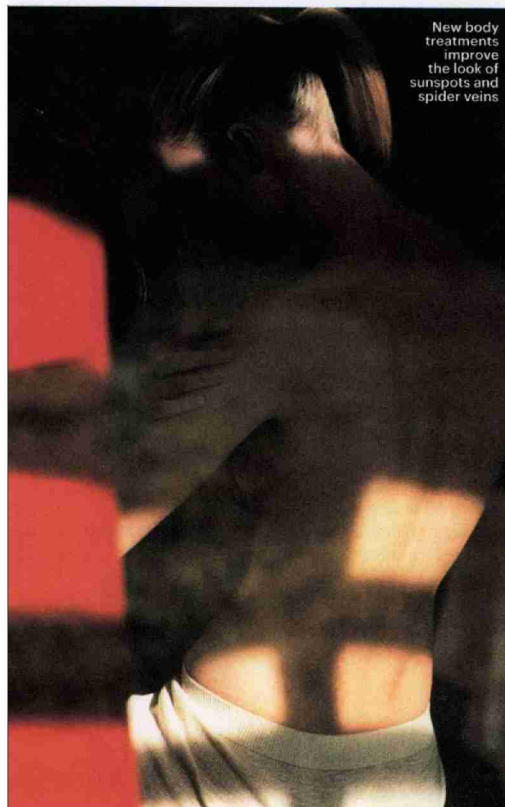
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variety of acid peels, plus lasers and intense pulsed light. And, not surprisingly, all this body attention comes at a heady price: One Skin Rejuvenation Treatment session (which excludes Botox, filler, vein, or foot treatments) is \$1,250.

To encourage physical coherence at home, there's also a whole new batch of products for the body skin requiring an advanced degree in diligence. In the name of body consciousness, I've started waking up 15 minutes earlier than usual for my new post-shower ordeal. I now swab glycolic pads over my chest and arms (Cane+Austin Retexturizing Body Pads); smooth peptide-rich creams everywhere (alternating SkinCeuticals Body Tightening Concentrate with Murad Youth Builder Bodycare Firming Peptide Body Treatment); massage a scoop of Clarins Body Shaping Cream on my abs for the hell of it; and add a layer of Clé de Peau Beauté Body Emulsion because it's just plain gorgeous and has top, middle, and bottom notes like a fine fragrance.

Among the body issues that "drive people crazy," says Dr. Jennifer Myers, a dermatologist in Youngsville, Louisiana, is keratosis pilaris—those tiny, tenacious bumps on the upper arms, thighs, and buttocks. Myers finds that urea, the key ingredient in SkinCeuticals Body Retexturing Treatment, gives the most effective exfoliation with the least irritation. It may seem far-fetched to expect a



CORPS CLUB

The latest ways to firm and smooth your (body) skin



CANE+ AUSTIN
Retexturizing Body Pads, \$70.

CLARINS
Body Shaping Cream, \$65.



CLÉ DE PEAU BEAUTÉ
Body Emulsion, \$150.

KAYO
Concentrated Slimming Serum (shown) and Daily Remodeling Serum, \$46 each.



MURAD
Youth Builder Bodycare Firming Peptide Body Treatment, \$36.

PHYTOMER
Body Blur, \$119.



SKINCEUTICALS
Body Retexturing Treatment (shown), \$60, and Body Tightening Concentrate, \$75.

TATA HARPER
Revitalizing Body Oil, \$95.



TATCHA
Indigo Smoothing Black Sugar Body Gommage, \$74. For information on where to buy, see Shopping Directory.

lotion to firm or tighten the skin, but in controlled clinical studies of 50 women ages 35 and older, SkinCeuticals Body Tightening Concentrate used twice a day for eight weeks produced a 20 percent improvement in abdominal lifting and a 28 percent improvement in thigh perkiness. For other body concerns, including sunspots, slackness, and crepey areas, Myers likes to combine the big guns—lasers and radio-frequency devices—with at-home, over-the-counter creams and serums. She is especially fond of Exilis, an in-office contouring procedure that uses a radio-frequency

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current to melt fat and firm the skin. (The average cost for a series of treatments is \$1,300.) She sends patients off with the SkinCeuticals Body Tightening lotion and then invites them back for "after" pictures. "The results are better with the at-home treatments," says Myers. "We love before-and-after pictures."

Of course, creams and serums can only do so much, and some of the product claims seem to border on magical thinking. They can't eliminate fat or cellulite, no matter how enthusiastically you massage them onto your skin. Yet companies continue to introduce products with those fantastical promises. To that end, more and more skincare brands are opening medi-spas like Dangene to deliver the double-whammy benefits of professional treatments with serums and creams. Dr. Craig Austin, the dermatologist behind the Cane+Austin line, has a new medi-spa in Manhattan where he offers facials, laser resurfacing, and Ultherapy, a nonsurgical skin-tightening procedure that uses ultrasound energy to lift skin—but no Botox or fillers. He's focusing the laser treatments on sunspots on the hands, chest, and décolletage ("a word I'd never heard of five years ago," he says). "People really hate their sunspots," he adds.

I don't believe in hate, but I do love progress. I'm on week two of my body rehab program. Samantha Wright has zapped each of my cherry angiomas—those raised red spots—with a jolt of electricity and swept glycolic acid from stem to sternum. As she worked recently, a song blasted over the speakers. "Super Freak" is not exactly spa music, but as I lay on a massage bed watching the current singe my skin, it suddenly seemed entirely appropriate. **mc**