

# NEWBEAUTY®

THE BEAUTY AUTHORITY

FALL-WINTER 2018

*Cleopatra*  
+ *Marilyn*

THE SKINCARE TRICKS  
OF HISTORY'S MOST  
BEAUTIFUL WOMEN

LOOK  
**10**  
YEARS  
YOUNGER

**45** LASERS, PEELS AND  
FIXES THAT PROVE  
YES, IT'S POSSIBLE

**Paulina**  
*on feeling* **INVISIBLE**

MICRONEEDLING:  
A SKIN  
MIRACLE

CHIC HAIR:  
THE CUT YOU  
NEED NOW

SUPER NATURALS:  
THE CLEAN  
ISSUE

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**NEW BEAUTY**<sup>®</sup>  
MAGAZINE



SHUTTERGETTY IMAGES. MODEL USED FOR ILLUSTRATIVE PURPOSE ONLY

### PATCH WORK

Another skin-care struggle tied to the estrogen boosts due to pregnancy and birth control is hyperpigmentation, but it varies from person to person and not everyone experiences it. “Melasma, a more intense form of discoloration often referred to as the ‘mask of pregnancy,’ shows up on the face in dark patches and can be exacerbated in areas exposed to the sun such as the forehead, nose and cheeks,” says Dr. Warmuth. “About 50 to 70 percent of pregnant women report it in their second and third trimester, but it usually resolves within a few weeks after delivery once the rush of estrogen and progesterone decrease.”



Juice Beauty  
Green Apple Brightening  
Emulsion



HUM Nutrition  
Collagen Pop

### SHRINK WRAP

During and after menopause—it can occur as early as our 40s, but the average age in the U.S. is 51—the collagen in our bodies declines, affecting how our skin looks and feels. “Unfortunately, collagen levels drop as much as 30 percent in the first five years after menopause,” says Dr. Williams. “This happens for two reasons: First, estrogen stimulates collagen synthesis, so without as much estrogen, less collagen is produced. Secondly, estrogen is an antioxidant, which eats up collagen-destroying free radicals, so when estrogen declines, free radicals build up and collagen is destroyed.” This structural change in the skin leads to dryness, wrinkles and poor elasticity, as well as a loss of bone collagen. “While bone fractures relating to osteoporosis receive a lot of attention as they pertain to menopausal women, it is lesser known that facial bones also lose significant volume with hormonal aging,” adds New York plastic surgeon Elie Levine, MD. “This can result in a hollowing of the eye sockets, accelerated teeth migration and a diminishing of the bones that support the chin and lips, which can change a woman’s physical profile.”



## *shape shift* AS OUR HORMONES CHANGE, SO DO OUR SILHOUETTES

### **SLOW MOTION**

Dr. Booth says estrogen manipulates our metabolism in such a way that makes fatty deposits form more easily around our hips and melt away around our waists. “Estrogen lowers the body’s need for insulin, making it easier for women at peak fertility to process carbohydrates and maintain a smaller waistline and rounded hips.” But as we enter our early 30s, our metabolism begins to gradually slow down and it may not be as easy to lose weight as it once was.”

When we reach menopause, another dip in metabolism occurs, “Many women

struggle to lose fat during this time because as their estrogen levels deplete, their metabolism slows down,” says Dr. Levine.

To maintain a healthy weight, Dr. Booth suggests following a healthy diet and eating foods with phytoestrogens. “When we eat things from the plant world—especially if it’s the seed of the plant, such as chickpeas and chia seeds, which contain phytoestrogens—it helps stabilize our hormonal fluctuations while feeding our skin healthy nutrients,” she says. “Avoid simple carbohydrates and sugar, which create insulin rushes

and then a big drop-off that disrupts the balance.”

Regular exercise is also an important part of the equation. Working out boosts endorphins, energy and metabolism so the body can maintain a healthy equilibrium. “I recommend at least 20 minutes a day to develop a steady routine,” says Dr. Booth. “The key is to avoid up-and-down cycles, such as going to bed at different times every night and yo-yo dieting, and rather create a consistent regimen that helps keep our hormones happy.”

### **BABY BOOM**

During pregnancy, increased estrogen and progesterone levels—they spike during the first trimester and then plateau for the remainder of the term—result in a spike in blood flow and changes to the breasts, which include swelling, soreness and sensitivity. “Cutting back on salt can help reduce any pain because salt retains water, which can make the breasts feel heavier,” says Dr. Booth. “Exercise can also help by stimulating blood flow, which makes the body feel lighter while also providing an endorphin

boost.” Just as estrogen shifts can cause melasma on the face, they can also cause hyperpigmentation on the body. “It’s normal for the nipples to darken during pregnancy, as well as a dark, vertical line, called the linea nigra, to develop on the belly, which affects about 75 percent of pregnant women,” says Dr. Williams. “It typically shows up at the five-month mark, but it should lighten up a few months after childbirth.”

THE CLINIC  
 GALLERY



BEFORE



AFTER

Concerned with sun damage and overall skin aging, this 50-year-old patient sought Duxbury, MA plastic surgeon Christine Hamori, MD for a chemical peel followed by an Intense Pulsed Light (IPL) treatment.



BEFORE



AFTER

To give this 69-year-old patient a full-face rejuvenation, New York plastic surgeon Roman Rayham, MD performed a Contour TRL laser skin resurfacing treatment, which gave her smoother, softer skin.



BEFORE



AFTER

To improve this 64-year-old patient's skin tone and treat her sun damage, fine lines and wrinkles, Charlotte, NC dermatologist Gilly S. Munavalli, MD performed LaseMD fractional laser skin resurfacing treatments.



BEFORE



AFTER

Miami plastic surgeon Sean Simon, MD performed a SmartSkin CO<sub>2</sub> laser treatment on this 24-year-old patient's full face to diminish acne scarring, blemishes and enlarged pores.



BEFORE



AFTER

New York dermatologist Jody A. Levine, MD treated this 44-year-old patient's severe acne scarring by combining fractionated laser skin resurfacing, a microlaser peel and a ThermaScan infrared laser treatment.



BEFORE



AFTER

Wanting to get rid of the melasma on her forehead, this 41-year-old patient sought Los Gatos, CA dermatologist Steven L. Swengel, MD who performed a LaseMD skin-perfecting treatment to remove discoloration.



BEFORE



AFTER

To treat this 60-year-old patient's aging eyes, Washington, D.C. dermatologist Tina Alster, MD addressed her crow's feet and under-eye bags by performing a periocular rejuvenation using fractionated laser resurfacing.



BEFORE



AFTER

Valencia, CA dermatologist Bernard I. Raskin, MD used the CO<sub>2</sub>RE fractional CO<sub>2</sub> resurfacing laser to improve this 65-year-old patient's skin texture and treat her wrinkles, skin discoloration and acne scars.

Individual results may vary. Undergoing this treatment does not guarantee these exact results.