

4 In-Office Procedures for Skin So Good You Won't Need Makeup

Liz Ritter , Executive Editor | March 05, 2019



The "no-makeup" movement may be big, but Willowbrook, IL, dermatologist Jessie Cheung, MD, says she's getting a very specific request from patients who come into her office: "Everyone wants to look better in their selfies—without makeup or special filters. People are demanding a more #flawless look and they're coming in for solutions." Not sure where to start? These are the derms' top in-office picks for your best skin ever.

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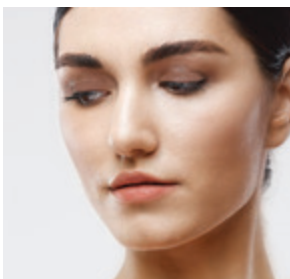
1/5 Picosure



One specific laser, Picosure, is getting all the praise from New York dermatologist Jody Levine, MD. "We have always performed many treatments to make skin more clear and bright. Glycolic peels and BBL photofacials have been a mainstay of my practice and of routine skin management for years. However, lately, with the advent of the Picosure

laser, we have increased these laser treatments tremendously—it gives skin such a beautiful natural glow, there is truly no need for concealer. Everyone loves it!" Dr. Levine says the treatment also offers a really big, really surprising benefit that most patients aren't aware of. "People are most surprised to hear that a few hours after having a treatment, their skin looks totally fine as if nothing was done. One morning, two weeks after the laser, you will look in the mirror and say, 'Wow, my skin looks great,' and then you will remember that you did the laser!"

2/5 Laser Resurfacing



If you have more textural issues and your makeup is getting stuck in your wrinkles and pores, Dr. Cheung says laser resurfacing is probably going to be the most effective treatment for you. "Fractional laser resurfacing technology has evolved to deliver satisfying results in fewer treatments, and with less downtime."

3/5 Photofacials



Dr. Cheung says photofacials (high-intensity pulses of broadband light are delivered through the skin without damaging the surface) are really one of the best treatments for anyone who would need to wear makeup to cover discoloration. "Photofacials target the unwanted browns and reds in the skin, while also adding heat to stimulate

collagen and plump the skin. You'll see a difference with only one treatment, but you'll need a series to really excavate all the sun damage, and then maintain your skin with a few treatments a year."

Dr. Levine adds that, while she still thinks Picosure is number one, her second favorite is the photofacial. "Both are excellent ways to erase pigment and brighten skin. Together they greatly improve skin texture and tone without downtime."

4/5 Platelet-Rich Plasma



"This continues to be one of my favorite additions for skin rejuvenation—you're using your own body to help regenerate your skin structure, and your skin will be smoother, plumper and brighter after either microneedling, lasering or injecting it into your skin,"

Dr. Cheung says. "During the microneedling process, the skin is opened up and able to more readily absorb products, including PRP. When infused into the skin during treatment, the PRP reaches the inner layers of skin, where it aids in the regeneration of fresh skin."

5/5 Bonus: The Take-Home Product Pick



Dr. Cheung says she's recently been really impressed with the results of Alastin Skincare. "This is the one product available that is proven to stimulate elastin production. I noticed a difference with the 'glow' of my own skin very quickly, and it does improve healing after any skin-rejuvenating procedure."