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THE NEW LIP FILLER GETTING MAJOR BUZZ | 2020'S "ZOOM BOOM"  
MEET BEAUTY'S FIRST AIRBNB | AN INJECTABLE FOR CELLULITE?  
NIACINAMIDE: THE ULTIMATE GLOW-GETTER | THE RETINOL REVISE

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## Facial Aging Concerns

According to a study published in *Physical Anthropology*, women see aging acceleration around age 50, near the start of menopause.

Volume loss in the cheeks, under the eyes and in the lips

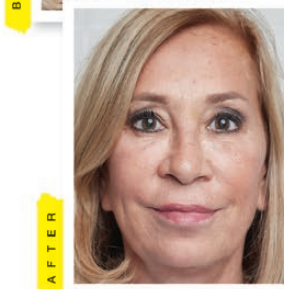
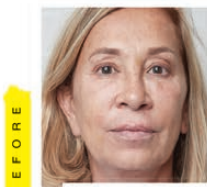
Wrinkles and fine lines in the forehead and around the eyes and lower face

Marionette lines around the mouth

Fullness beneath the chin

Sagging jowls and a loss of elasticity in the neck

FALL-WINTER 2020 106 NEWBEAUTY.COM



Dr. Beer performed a "liquid facelift" on this 60-year-old patient using neurotoxins to smooth crow's-feet, glabella lines and forehead lines. He also injected Belotero Balance in her tear troughs, and Restylane and Juvéderm in her cheeks to restore lost facial volume and address nasolabial folds. Kybella and Radiesse injections helped redefine her jawline.

## 1 The Injectable Lift

A "liquid facelift" is described as the strategic use of neurotoxins and dermal fillers to smooth forehead lines, ease smile lines, and treat areas that have lost volume around the eyes, cheeks and lower face. While it may not be the best option for patients with skin laxity or excessive sagging, West Palm Beach, FL dermatologist Kenneth R. Beer, MD says it's a good fit for those with volume loss, forehead lines, etched-in glabella lines, and a loss of structure around the jawline. "If you're used to seeing your expert injector for a few neurotoxin injections and a spot of filler, it's not the same as a 'liquid lift,'" explains Dr. Beer. "Typically, a 'liquid lift' should involve between four and 14 syringes of filler, and between 25 and 100 units of neurotoxin."

## 2 The Thread Lift

Although Chicago plastic surgeon Julius Few, MD performs hundreds of facelifts a year, he is also a big proponent of thread lifts for patients with mild facial aging. Using biodegradable threads with small anchoring cones that allow for lifting of the tissue under the skin, thread lifts can provide minimal lift with minimally invasive means. "It is FDA-cleared for nonsurgical lifting of the midface, but I have expanded off-label application to very effectively treat the lower third of the face, the jawline and the neck," says Dr. Few. "The procedure typically takes me less than 30 minutes, and the results are immediate. Our published research shows results can last two to three years, with the supplement of Botox and filler. Downtime is usually less than 24 hours; I have had several of my patients go to red-carpet events the same week." However, as Dr. Few notes, for patients with more severe facial aging, or those wanting a longer-lasting option, a facelift procedure is still the gold standard.

## Youth Boosters

These anti-agers address lines and wrinkles and uneven skin tone and texture to give skin a more youthful glow.



01 Cetaphil Deep Hydration 48 Hour Activation Serum boosts hydration with hyaluronic acid, and softens skin with sunflower seed oil, and vitamins E and B5. \$18, amazon.com



02 Apply a layer of Augustinus Bader The Face Oil morning and night. Utilizing Professor Bader's TFC8 technology, the oil promotes cellular renewal, which helps smooth skin texture and reduce the look of fine lines and wrinkles. \$230, augustinusbader.com

GARY JAMES