

# TOWN & COUNTRY

DECEMBER 2018/JANUARY 2019

THE HEROIC  
LIFE & DEATH  
OF A  
FEARLESS  
REPORTER

STARRING

ROSAMUND  
PIKE

HOLIDAY  
PARTY  
DRESS CODE  
MANIFESTO

GIFTS  
FOR YOUR  
FAVORITE  
GLUTTONS,  
GRINCHES  
&  
SNOBS

ARE  
BOYS  
SCHOOLS  
TO  
BLAME?

THE  
WILD  
CARD  
INSIDE  
FOX  
NEWS





# LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS



## *Your Skincare Black Book*

DR. MACRENE ALEXIADES

*The dermatologist with an artist's eye.*

Alexiades is discreet about her client list, but, considering her knack for freezing time without freezing faces, it's clear why it reportedly includes a number of big name actresses and models. "I make you look like your best you and then keep you there for the rest of your life," she says. Her signature treatment is a liquid face-lift using filler injected behind the hairline. NEW YORK CITY, NYDERM.ORG

DR. ROBERT ANOLIK

*The Michelangelo of Botox and filler.*

Anolik got an education in Botox's myriad uses from his mentors (the late ➡➡)

FOUNTAIN OF YOUTH

## FACE IT

*From New York to Paris, a guide to the best cosmetic derms, plus the newest treatments and essential product picks.* By Fiorella Valdesolo



## LOOKING GLASS FOUNTAIN OF YOUTH



Dr. Fredric Brandt chief among them), and he is known for wielding it adroitly for his A-list New York clientele for everything from erasing fine lines to contouring jaws to softening neck bands. "I'm putting droplets of Botox into the neck of almost everybody over the age of 30," he says. "When those muscles stretch, they pull down in a line from the jaw to the clavicle, making the neck look worse. Injecting lets it sit higher." NEW YORK CITY, LASERSKINSURGERY.COM

### DR. DAVID COLBERT

*The NYC dermatologist with a holistic MO.*

Colbert opened his sprawling NYDG Integral Health facility earlier this year, which

has allowed him to employ an "inside out, outside in" approach to rejuvenating skin. That means crafting bespoke combinations of therapies like vitamin IVs with more traditional lasers and injections.

NEW YORK CITY, NYDERMATOLOGYGROUP.COM

### DR. HAROLD LANCER

*The Beverly Hills A-lister pick.*

A favorite of boldfacers from Beyoncé to Victoria Beckham, Lancer is known for cocktail modalities head to toe and zeroing in on specific areas of concern—like earlobes, which he plumps with filler, and inner arms and thighs, which he firms with a radiofrequency treatment. BEVERLY HILLS, LANCERSKINCARE.COM

### DR. RHONDA RAND

*The L.A. lifestyle dermatologist.*

Rand, who counts Angelina Jolie as a patient, prides herself on designing personalized skin fixes. Two frequently booked procedures: Clear + Brilliant laser with PRP (platelet-rich plasma) to address sun damage, and the BTL Exilis Elite, a radiofrequency and ultrasound system that lifts the face and neck—"great results with no downtime." LOS ANGELES, RRMINDING.COM

### DR. TINA ALSTER

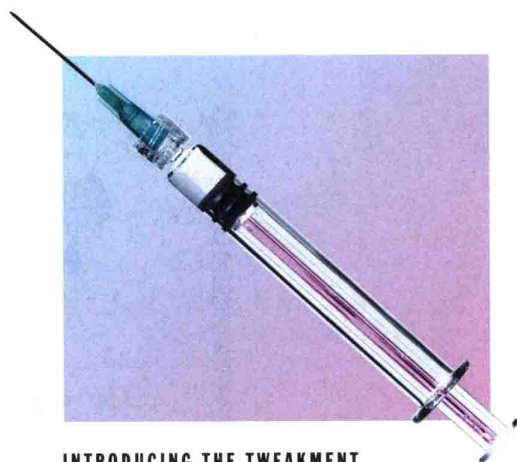
*The go-to for DC power players.*

Alster has been spreading the gospel of medical lasers since founding the Washington Institute of Dermatologic Laser Surgery in 1990. The fact that her main clientele is everyone on the Hill (and her office is a few blocks from the White ➡➡➡

## Is the Chest the New Neck?

*According to top doctors, anti-aging concerns have indeed gone south.*

Left alone, the fragile skin on your chest is yet another mirror of your age. "I tell my patients you should treat your chest the way you finally started treating your neck and the way you've been treating your face for many years," says Munich-based Dr. Timm Golueke. The biggest issues, according to New York dermatologist Robert Anolik, are hyperpigmentation (both sun spots and an overall dull browning of the skin) and a weakening of the collagen layer, which translates into fine lines and creases. He favors strong, non-ablative resurfacing like Fraxel Dual laser all over, ruby lasers for sunspots, and, to plump the surface, injections of Juvederm's Volbella hyaluronic acid filler blended with saline to make it more liquid, which is then stamped into the skin with an Aquagold needling device. Botox can also be effective for décolletage damage. "Injected very diffusely throughout the décolletage, it can minimize the superficial muscle fibers that could be contributing to the lines that are forming," Anolik says.



### INTRODUCING THE TWEAKMENT

The latest entry in the skincare lexicon is born of the trend in favor of tiny tweaks over dramatic treatments. "People used to come in twice a year for a complete overhaul; now they come for smaller amounts and more often," says Dr. Timm Golueke. A little can truly go a long way, says Dr. Rhonda Rand: "Botox sprinkles can soften the face a bit, just one Clear + Brilliant laser treatment gives skin an immediate healthy glow, and a tiny bit of lip filler can make the mouth look the way it used to, not detectably bigger."

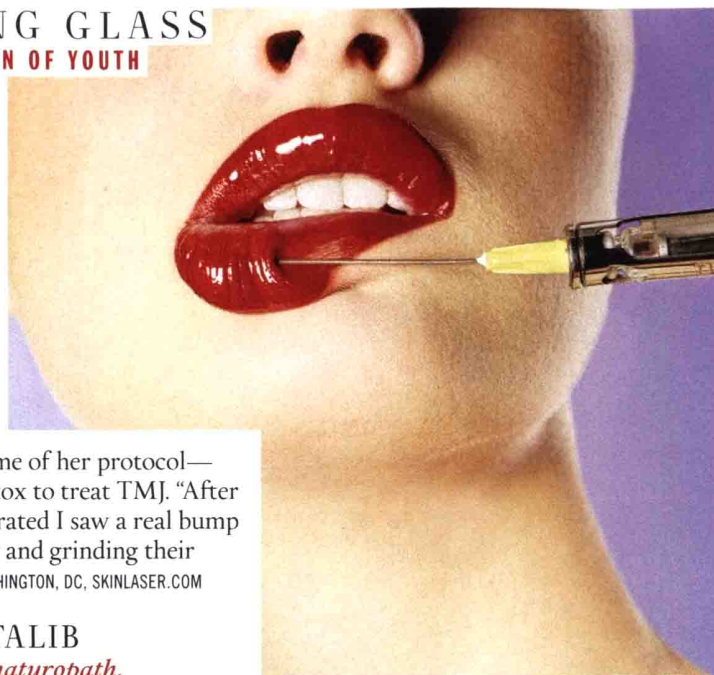




#### OFF LABEL, ON POINT

Doctors have been using Botox in unexpected places. “It does a lot more than what it’s FDA-approved for” (namely, lines between eyebrow and forehead), says Dr. Robert Anolik, who frequently gives lectures on the topic. Some of the unusual places that he has used it: the chin, where it can prevent dimpling and the development of orange peel skin, and the base of the nose, to offset the downward trajectory that comes with age. And Dr. Timm Golueke has been injecting Botox in the feet of patients who have pain points from high heels.

## LOOKING GLASS FOUNTAIN OF YOUTH



House) dictates some of her protocol—including using Botox to treat TMJ. “After Trump was inaugurated I saw a real bump in people clenching and grinding their teeth,” she says. WASHINGTON, DC, SKINLASER.COM

### DR. NIGMA TALIB

*The skin-healing naturopath.*

The beloved London-based doctor has made a name for herself by tracing skin issues like sagging, acne, pigment problems, and fine lines back to the gut. “I look for the root cause,” says Talib, whose patient protocol includes food tolerance tests, herbal medicine, and PRP, which she microneedles into the skin. (“It’s literally like a face-lift.”) LONDON, HEALTHYDOC.COM

### DR. MAURICE DRAY

*Paris and London super-naturalist.*

French women *do* get cosmetic work—but it’s about moderation. “Most patients say they just want to look fresher,” Dray says. His famed Mesolift is a cocktail of vitamins, minerals, hyaluronic acid, and

antioxidants that he gives patients three times a year. “We inject to improve texture and give a glow while slowing down the aging process.” PARIS AND LONDON, DRDRAY.CO.UK

### DR. TIMM GOLUEKE

*A less-is-more approach.*

The Munich-based Golueke is known for using a light touch with injectables and seeking “inconspicuous results” at his discreet clinic. That means erasing the brown spots and blood vessels that are really irking you, but not resurfacing your face. “People don’t want to look like a porcelain puppet anymore,” he says.

MUNICH, DRGOLUEKE.DE «

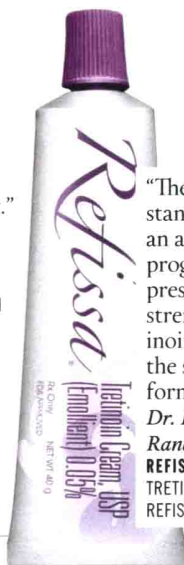
## Doctors’ Orders *The products experts recommend to save face.*



“A physical sunblock is the most important thing you can do daily for your skin.”  
*Dr. Maurice Dray*  
SKINCEUTICALS  
PHYSICAL FUSION  
UV DEFENSE  
SPF 50 (\$34),  
SKINCEUTICALS.COM



“Usually retinols are really hard on me, but this one isn’t.”  
*Dr. Nigma Talib*  
SHANI DARDEN  
RETINOL REFORM  
(\$95), SHANI-DARDEN.COM



“The gold standard in an anti-aging program is a prescription-strength tretinoin. This is the strongest formulation.”  
*Dr. Rhonda Rand*  
REFISSA  
TRETINOIN CREAM,  
REFISSA.COM



“This fills in surface lines and pores and has the potential to stimulate skin’s ability to produce more hyaluronic acid.”  
*Dr. Robert Anolik*  
SKINMEDICA HA5  
REJUVENATING  
HYDRATOR (\$120),  
SKINMEDICA.COM



“I’m a big proponent of using an ultra-sonic brush to clean and prep the skin in the morning before your vitamin C and sunblock.”  
*Dr. Tina Alster*  
CLARISONIC MIA  
PRIMA SONIC  
FACIAL CLEANSING  
BRUSH (\$99),  
CLARISONIC.COM