



Two of Hollywood's top skincare experts recommend the stars' favourite non-surgical fixes — and hot new products to have you looking like an A-lister

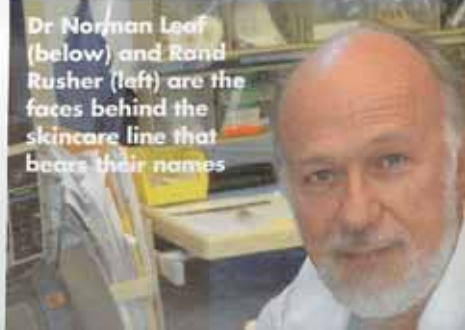


Jennifer Aniston (above) loves Leaf & Rusher's TX Eye line, while Felicity Huffman (above left) is a fan of the entire range

Saving face LA-style



Hollywood is at the cutting edge of cosmetic surgery, but more and more stars are opting for fast, face-fixing options instead. These can make a real difference to the way skin ages and, even better, they are difficult — if not impossible — to detect. "The client should look wonderful but never artificial," explains leading Los Angeles plastic surgeon Dr Norman Leaf who, with cosmetic nurse Rand Rusher, runs a prestigious Beverly Hills skincare clinic where the A-list flock. They have also formulated a revolutionary range of skincare products the celebrities swear by. Here's our guide to the best of them.



Dr Norman Leaf (below) and Rand Rusher (left) are the faces behind the skincare line that bears their names

The Titan machine

"I'm a fan of this new machine, which tightens the skin with infrared heat but is painless, quick, and with no downtime," says Dr Norman Leaf, skincare specialist to the stars. "The infrared energy heats up the skin's collagen and elastin, the fibres which help keep skin firm and wrinkle-free but which deteriorate with age and sun damage.

"It works by first shrinking the fibres and tightening the skin, then it encourages skin to repair and replace the old collagen and elastin fibres with new ones.

"We're using the Titan machine on a nearly nonstop basis in our clinic as it takes just two or three treatments to make a visible difference, then a maintenance treatment every six to 12 months to keep up the result."

Micro-needle resurfacing

As part of their skincare line, Leaf and Rusher have created the Dermaroller, a gadget which pricks the surface dead layers of skin to allow skincare products to work more effectively by penetrating more deeply. The take-home version is based on a clinical device which works at an even deeper level.

"The Clinical Dermaroller is similar to our Dermaroller, but the micro-points are actually called needles and they are about 2mm in length, so they do cause some pain and some bleeding," says Dr Leaf. "The treatment creates thousands of tiny punctures in the skin that go through the epidermis into the dermis. The needling itself is the treatment, not using the needles to deliver a product as we do with the take-home Dermaroller. Each puncture triggers a cascade of healing reactions. The result is the build-up of collagen over a period of four to eight weeks, which improves the skin's appearance. One puncture alone does not produce much collagen, but thousands in a small area create a great deal."

- **Clinical Dermaroller** The device used in the clinic of skincare specialist Dr Norman Leaf
- **Leaf & Rusher Active Serum**, £88 packed with skin-saving retinol and Vitamin C. For best results, use with...
- **Leaf & Rusher Dermaroller**, £68



'Baby Botox'

As a clinical nurse it is Rand Rusher's job to carry out the non-surgical treatments in the clinic and his favourite face fix is a technique he has nicknamed Baby Bo – injecting smaller amounts of Botox into not only the forehead but also the lower face and neck.

"Advanced Baby Bo can improve those odd little wrinkles in the chin, cords in the neck and turned-down corners of the mouth, as well as the usual vertical frown lines, crow's feet and smile lines," explains Rand. "It may not last as long as the usual heavier dose, but the effect is more subtle."

New-age fillers

"With Sculptra – or Nu-Fill as it's known in Europe – and other longer-lasting fillers, we may be approaching the Holy Grail of facial aesthetics," says Rand Rusher. "They enable us to fill out the skin's contours without surgery and without having to take fat from another part of the body, a process that can be problematic for the patient because it can hurt and leave contour defects."

"With Sculptra, we simply draw it out of a bottle and inject it underneath the dermis, which means it doesn't hurt as much as something that is injected into the dermis itself, such as

Restylane or collagen. There is an initial correction, which quickly disappears, usually by the next day.

"Then, about four to five weeks later, formation of collagen increases to the point where some of that initial correction reappears on a fairly permanent basis. At that time, another set of injections is done, building on the first. Sometimes a third is required, but results will last at least two years – and probably even longer."

DNA-repair skincare

Finally, skincare is an essential step for both Dr Leaf and Rand Rusher if a client is to have great skin. "New formulations contain a remarkable new enzyme which penetrates the cells and precisely restores damaged DNA," explains Dr Leaf.

DNA is our entire genetic code, present in each living skin cell. But UV rays from sun exposure penetrate into the deep layers of the epidermis and can damage the cells. "A cell injured in this way will

either die prematurely, causing wrinkles, or worse, mutate into a cancer cell," warns Dr Leaf. "The enzyme in the new skincare creams restores the DNA – it could be considered the 'morning-after pill' for sun exposure. Apply after a day of sunning and the damaged cells regain their immune defences and their vitality. Many patients like to use the day cream, too, finding it an exceptional moisturiser with great anti-ageing properties."

DNA skincare creams:

● **Leaf & Rusher TX Night Formula**, £120; **TX Formula**, £60 (not pictured); **TX Eyes**, £68 All available from SpaceNK, tel: 020-8740 2085; visit www.spacenk.com.

● **Remergent DNA Repair Formula Age Retaliator Serum**, \$125 Can be used on arms and throat as well as the face. Visit www.remergentskin.com.

● **Estée**



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