This generation of models, movie stars and other women from every walk of life may be the first in decades to bypass the knife when it comes to their quest for eternal youth. Non-invasive, natural cosmetic procedures are gaining popularity among wealthy mavens and industry insiders for whom the face is their stock and trade. In our quest to find out what was being done and who was doing it, plasma, oxygen and nutrition seemed to be the buzz words. This holy trinity of health and wellness are the archangels in the battle against aging. AS IF spoke with the foremost experts in this emerging field of in-office treatments and consumer products in which the organic and high-tech meld to produce amazing new results in search for skin renewal. These are the doctors and treatments that are making the impossible possible.
Eat right for your blood type is the basis of beauty.

We all know that stress is a killer, but it’s also a culprit in aging. The resulting stress loss from stress pushes up your hormonal age by raising your cortisol levels slowly over time. I was surprised to hear from Dr. Garcia that seemingly innocuous things we do, like sleeping with the TV on, or keeping the Human Growth Hormone (HGH). The flickering of the light on the television on our eyes causes the brain to register sunrise. The occurrence of sunrise signals the brain to stop REM sleep, which stops the production of this essential growth hormone. Moreover, importantly, growth hormones diminish rapidly over time. To combat all of these effects on aging, Dr. Garcia recommends intermittent fasting—under-eat one to two days a week instead of prolonged fasting or dieting, take your vitamins, and get your sleep—preferably in a very dark room.

Dr. Oz’s wellness clinic offers personal nutrition consultation, bodywork, proprietary IV vitamin cocktails, and a range of cutting-edge treatments, the latest of which is platelet-rich plasma (PRP). Dr. Lionel Bisson, a member of Dr. Garcia’s wellness clinic in New York City, is a master of the PRP technique for facial rejuvenation and treatment of sports-related injuries. The PRP treatment uses stem cells harvested from an adult patient’s own body right in the doctor’s office. 30 cc’s of blood or more (about the size of a tube of toothpaste) are drawn into a syringe. Blood is spun in a centrifuge to isolate the platelets—those healthy, hearty cells in our blood responsible for healing and creating new tissue, as in the same natural process that occurs when you get a cut, a burn, or a muscle tear, and our bodies naturally send platelets to the site of the injury. This new kind of PRP facial, which is proposed to function as a mini face-lift, was adapted from the world of sports medicine. Top-tier athletes use it to speed up recovery from knee surgery and chronic injuries.

Dr. Bisson prepares the skin with numbing cream and then takes an instrument called a derma pen, which is something like a tattoo needle that gets passed over the entire face to create thousands of tiny incisions in the skin that the body naturally rushes to heal. As this process is performed with the derma pen, a nurse drips the super-charged centrifuged blood, drop by drop, over the entire face, and the skin rapidly absorbs the ing platelets and begins to form new tissue at the site. This technique lends itself not only to the resurfacing of the skin and restoring suppleness and radiance, but also includes the technology to make natural fillers as an alternative to synthetic drugs like restylane or Botox out of a patient’s blood by varying the amount of time the blood stays in the centrifuge. That’s why some people call this a natural facelift.

MyBody—Clark

“Your face is an ecosystem,” says Therese Clark, the founder of MyBody, a groundbreaking line of organic treatment products which lie somewhere between cosmeceuticals and holistic formulations based on the science of biocellulose. Biocellulose uses only symbiotic and probiotic ingredients to stimulate and strengthen the immune system and epidermis, which, in traditional skin-care, is removed by peels and other non-ablative treat- ments that essentially “strip mine the face,” says Clark, which weakens the body’s immune system over time.

Skin is the body’s largest organ and has to be treated as such. “If any other organ in your body was bright red and inflamed in the way many products and peels leave your skin, you’d be in the ER!” says Clark. “I sat with a scientist and told him I wanted to create a product that the skin is able to eat, process, secrete and get rid of like food, ‘Cosmetics of any kind should not be stored in your liver,’ argues Clark. The goal of all skincare is to help the skin produce collagen and elastin, but not, as Clark warns, “by creating inflammatory response leading to chronic inflammation,” which can harm our systemic health, leading to what she terms “Inflammaging.”

Clark, who suffers from a hyperthyroid condition caus- ing hyperpigmentation and hair loss and whose partner survived cancer twice, puts women’s health at the forefront of her work. “Too many women face the same Electroc Light!” She continues, “We make a point not to formu- late with any known xenoestrogens, which can have a negative hormonal impact.”

I sat with a scientist and told him I wanted to create a product that the skin is able to eat, process, secrete and get rid of like food.

The best thing that you can do for your immune sys- tem is to take some form of probiotic every day.” Clark informs me that our gut comprises 70% of our immune system. Our skin makes up the remaining 30% of our immune defenses. To avoid “strip mining the skin,” she also strongly recommends, “Always use non-ablative treatment you could use our MyBody Kids’ Biocellulose Probiotic Treatment,” which, in effect, is like inoculat- ing your skin. Performed in a dermatologist’s office, the treatment takes 30 minutes, and there’s no pain and no downtime. Most acids treatments burn their way through the skin, creating controlled wounding. “We never compromise the barrier of the skin,” says Clark. This lactobacillus ferments yeast, filters compound tricks the body into thinking it’s under attack and makes the body produce antimicrobial peptides. It’s a wound repair response without creating a wound, hence no trauma. The lactic acid loosens the glue between the cells, letting the probiotic penetrate the skin and volumize the skin rather than thinning it. Clients report immediate gratifica- tion, with their skin feeling tighter and looking more radi- ant after 4 to 8 sessions.

MyBody is at the forefront of exquisitely formulated organic products that hold their own against traditional formulations. These innovative treatments make it easier for all of us to fight the good fight when it comes to find- ing the fountain of youth! (loveyourbody.com)

TEENLIFTING®—Dr. Sanje Gošović

We all know our bodies need a workout, and we wouldn’t expect to get specific results without doing specific exer- cises. Then why should we think differently about our faces? Dr. Gošović andelectric treatments that involve the use of patented electrodes for the face and body, called TEENLIFTING®. This method restores a youthful appearance to the face and body, and her clients swear by it, saying, “the results of a one-hour session are like going to the gym for a full eight hours every day for a week while getting nine hours of stress-free sleep a night!”

Dr. Gošović has an interesting pedigree as a phys- iotherapist, acupuncturist, cosmetologist, and inventor. TeenLifting for the face boasts a series of electrodes spec- ifically shaped to fit the striated muscles around the eyes, circular muscles around the mouth and the long stri- ated muscles in the throat, cheeks, forehead and scalp. During the procedure, a technician places a series of felt-wrapped and moistened electrodes around specific areas of the face that release alternating currents deep into the muscles, causing the muscles to contract and lift back onto the bone, where they were during their teens.

What makes TeenLifting specialized and unlike any other cosmetic electric stimulation is that Dr. Gošović has spent over 20 years developing electrodes that spe- cifically target the circular muscles and muscle fibers around the mouth and especially the eyes. These electrodes are one directional, making it very hard to stimulate the circular muscles of the eyes, and the entire mus- cle must be exercised in order to achieve results,” says Dr. Gošović. TeenLifting’s electrodes do just that. Each TeenLifting session exercises different muscles in differ- ent pulsations and rhythms—much like a fitness trainer activates muscles using different activities and weights for each training session to achieve the best results. The results of TeenLifting include a noticeable lifted face, and cheeks become naturally fuller as collagen and blood flow are stimulated and muscles fill out and are strengthen- ed. After just a few sessions, you start to recognize yourself as the way you looked when you were younger.

The results of a one-hour session are like going to the gym for a full eight hours every day for a week!”

The only potential clients who would not benefit from TeenLifting are those who use Botox, because it con- tradicts the benefits of strengthening muscles. Unlike lasers that treat the skin, TeenLifting treats the muscles directly under the skin; however, with the release of oxy- gen and increase of circulation, the skin becomes much more glowing and radiant after just one session. Body TeenLifting works in the same way, and because of its deep penetration into the muscles, it provides a lift to the stomach, thighs and buttocks that’s visible only after one session. The higher volume of circulation aids in the elimina- tion of water retention for more efficient weight loss and helps cellulite fade away, and because it stimulates drain- age, it helps detoxify the body and increases oxygenation of the tissues. Beyond its slimming and anti-aging bene- fits, TeenLifting was used for the treatment of ALS, osteo- porosis, bladder incontinence, migraines, Palsy and Bell’s Palsy, among others. A TeenLifting body treatment can last 45 to 60 minutes, a facial treatment 30 to 45 minutes. As recommended that clients receive a treatment every three months. However, since Dr. Gošović practices in Croatia, she gives her foreign patients a series of 5 to 8 treatments within a week and recommends coming at least twice a year. Rumor has it that she may be set- ting up a practice in New York City soon.

(ozgaro.com)
Veronica Webb Del Gatto

AS IF Beauty Director Veronica Webb Del Gatto began her career in fashion on the runways of Alaia, Chanel, and Versace shows, has graced the international cover of Vogue and Elle magazines, and won an exclusive contract with Revlon Cosmetics. Her passion for fashion design landed her on Vogue’s best-dressed list three times and has propelled her into fashion journalism as a writer and correspondent for BBC World and Bravo’s Guide to Style with Tim Gunn. Wife, mother, entrepreneur, and three-time New York City Marathon runner, Veronica believes that health and beauty are one and the same and offers a fresh view on glamour as synonymous with food, fashion, and family.

Perricone MD Blue Plasma Orbital

Drawing upon break-through science that facilitates gentle, non-acidic, non-abrasive exfoliation of the delicate eye area, this daily treatment is bio-specifically formulated to attack dead skin cells. It’s hydro-infused with enriched water to moisturize and combat fine lines and wrinkles while it brightens. Best of all, it’s compatible with makeup!

Available at Neiman Marcus, Nordstrom, and Sephora (perriconemd.com)

Chanel Le Blanc

Le Blanc brightening concentrate works to curb the overproduction of melanin due to environmental and internal stresses that lead to dark spots. This unique 4-week treatment offers the dramatic reduction of hyper-pigmentation, while Pearl Protein Extract makes the skin smooth and luminous.

Available at Bergdorf Goodman, Neiman Marcus, Nordstrom, Bloomingdales, and Macy’s (chanel.com)

Dior Dreams Kin

This age fighter is the culmination of over 300 tested ingredients, 206 clinical trials, and more than 1000 hours of formulation. The results include smoother skin, diminishing dark spots, and fading red spots to reveal a shine-free, firm, and plumper complexion.

Available at Bergdorf Goodman, Neiman Marcus, Nordstrom, Bloomingdales, and Macy’s (dior.com)

MyBody Protect and Serve Tinted Sun Shield

Hormonal imbalance and catabolic disease are two X-factors in skin health that show most prominently on the skin. Using science based on biomimicry and super-charged probiotics, MyBody helps skin repair itself starting from the epidermis and extending deep within the dermis. This light formula sits beautifully on the skin and mixes well with a dab of your own foundation to create the perfect shade for dawn-to-dusk sun protection 365 days a year.

Available online at lovenybody.com

Estee Lauder Revitalizing Supreme Global Anti-Aging Crème

A skin care crème that responds to your skin’s ever-changing moods, remedying breakouts, blotchiness, and even chapped skin, this crème is formulated to provide nutrients and moisture in the deepest layers of the skin to delay the signs of aging and ease your skin’s moods.

Available at Bergdorf Goodman, Neiman Marcus, Nordstrom, Bloomingdales, and Macy’s (esteeelauder.com)

Pure Flow Pure Lift Face

This simple wand for at-home use creates effects similar to microderm exfoliation treatments and provides an instant natural lift that rivals Botox injections. Pure Lift Face is arguably the most effective in-home electromagnetic stimulus massager on the market. Gentle electrical currents exercise the face and increase circulation, helping to reduce bags and fine lines around the eyes and decrease the appearance of wrinkles on the face and neck.

Available online at pureflowfitness.com

Yves Saint Laurent Or Rouge

The unique ingredient in Or Rouge is extracted from a particular variety of saffron from Morocco’s High Atlas Mountains. Saffron found on this terrain provides unique healing and enriching benefits to the skin. Morocco was also the birthplace of this genius designer, who returned again and again for revitalization and inspiration. YSL Or Rouge captures the essence of saffron to give inspiration and healing to the skin.

Available at Bergdorf Goodman, Neiman Marcus, Nordstrom, Bloomingdales, and Barneys New York (yslbeauties.com)

The Jewels of L’Oeuvre Noire by Kilian

This capsule collection of wearable perfumed necklaces for women and leather bracelets for men are infused with a choice of Kilian unique fragrances. The women’s collection offers four standout styles of necklaces and for men there are four leather bracelets of varying thicknesses, produced by the same French tannery that supplies leather to some of the world’s most coveted luxury brands. Men’s bracelets are scented in a choice of five fragrances.

Available June 2014 at the NYC Kilian Boutique, Saks Fifth Avenue and bykilian.com