

This season's red carpets and runways display plenty of pleats, folds and ruching. It's a trend worthy of a ruffled blouse, multilayered cocktail dress or *plissé* handbag. It's definitely *not* one you want to see on your face.

Fortunately, May is as ideal a time to update your wardrobe as it is to modernize your arsenal of skin care—especially if the last treatments in your visage vocabulary were microdermabrasion and Botox.

Exciting new tools that obliterate past sun damage are available from area dermatologists, cosmetic surgeons and even spas and salons. For light- to medium-brown sunspots, a series of light chemical peels (\$100 to \$150 per treatment\*) can exfoliate the top layer of skin more effectively than microdermabrasion.

For more intense hyperpigmentation—the “official” name for those sunspots—a trichloroacetic acid (TCA) peel can be effective (prices range from \$200 to \$350). Just don't plan a pool party this weekend; some patients experience redness, swelling and peeling for several days. According to registered nurse Kathleen Slegman of Midwest Medical Aesthetics, the ViPeel, a relatively new advancement that costs approximately \$300, offers the best of both worlds. “It behaves like a superficial peel with results equal to a medium [deeper penetration] peel,” she says. Patients appear to have a light tan at first, with top layers of skin flaking off and peeling soon after. “By day four the process is done, and your skin is luminous and glowing,” Stegman says.

For a more targeted treatment, a magic wand—in the form of intense, pulsed light (IPL) technology—can take care of sunspots individually, eliminating the need for treating an entire area. Tina Hillhouse, a licensed aesthetician at Monarch Skin Rejuvenation Center in Leawood, zaps discolored dots on the face, neck and décolleté for between \$300 and \$600, depending on the area treated. Any redness can be covered with makeup, and within a few days the darkened pigment is substantially lighter.

Results are even better after a handful of treatments. “I consider this an effective preventive treatment because it helps erase the visible spots [and prevents] those that haven't emerged yet [from surfacing],” Hillhouse says. The good news continues at Dr. John M. Quinn's Overland Park surgical clinic, where patients often see the IPL treatments stimulate their collagen growth, which helps to reduce fine lines.

But Dr. Michael F. Hynes says the best way to treat both hyperpigmentation and wrinkles is still the Erbium laser (\$350 to \$800), calling it “the gold standard.” Though this more aggressive process may keep you off the social scene for 10 days or more (some patients put up with a pink complexion for as long as a month), the results—improved texture without fine lines or spots—can be remarkable.

According to Hynes, the best skin care regimen is somewhat like ordering from a tapas menu: Clients should pick and choose from a list of smaller procedures, depending on their needs. This may include a series of peels to help retexture the skin or injectable fillers (approximately \$400 to \$500 per use), which Hynes calls “liquid face-lifts.”

“By taking smaller measures now, you can stave off a full face-lift for years or even decades,” he says. That *is* good news. After all, it means you can address your skin's minor imperfections and still afford Christian Louboutin's peek-a-boo sandals with the major ruffle.

\*Prices are based on average fees provided by local clinics and can vary depending upon the client's needs. ■

## BEAUTY SUMMER- READY SKIN

STORY BY MARA SINCLAIR

### TAKE IT HOME

The trend in skin rejuvenation today is a less-is-more approach: smaller, more frequent procedures rather than a full-blown face-lift. Many doctors and aestheticians recommend products—such as the SkinCeuticals line—that can be used at home to boost treatments performed at an office or clinic.

Dr. Michael Hynes, for instance, is sold on Viviere, a relatively new facial cream that contains vitamins C and E. He also likes the Clarisonic cleansing brush (available at his office for around \$195, as well as area Sephora locations), which is known for its ability to polish the skin. And he recommends Lattise, a product that's proven to grow darker, longer lashes (approximately \$120, also available at Soho 119). “It's just one more non-invasive way to stave off the look of aging,” Hynes says.



**RESOURCE GUIDE:** Midwest Medical Aesthetics, 913-327-7175, lookmybest.net. Dr. Michael F. Hynes, 816-492-5900, hynescosmeticsurgery.com. Monarch Skin Rejuvenation, 913-663-3838, monarchchps.com. Dr. John Michael Quinn, 913-492-3443, quinnplasticsurgery.com. Sephora, 11731 W. 95th St., Overland Park, 913-859-9750.

Fine clothes and accessories only go so far. For the ultimate summertime rejuvenation, devote some attention to something that fits a little closer—your skin.