

WEIGHT LOSS MIRACLE: How One Sister Lost 130 Pounds, p. 124

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(NO MORE DARK SPOTS, MOLES, ACNE, FINE LINES OR DRYNESS)

Faceoff

PHOTOGRAPHY
BY CHRIS KOLK

FOUR TOP DOCS AND A
STELLAR AESTHETICIAN SIT
DOWN WITH **MIKKI TAYLOR**
AND REVEAL THE LATEST
ADVANCES FOR SECURING
BEAUTIFUL BROWN SKIN
AT EVERY AGE

Dark spots. Adult acne. Enlarged pores. Deep creases. Got questions? We've got the answers you need to address or overcome all of your concerns and uncover the skin of your dreams. We convened a panel of industry A-listers to discuss the latest strategies for all of our skin concerns. What we learned is that the future of great skin is already here.

HYPERPIGMENTATION

Mixing a New Cocktail It doesn't matter whether the discoloration occurs on your face or resides on your elbows and/or knees, no single treatment is going to eradicate hyperpigmentation. While the topical depigmenting agent hydroquinone has been in use for years as the first line of therapy to even skin tone, experts are putting a different strategy to work and finding great success. "What we have now is combination therapy—combining hydroquinone with other ingredients proven to make the fading process more effective," explains Fran E. Cook-Bolden, M.D., a New York City dermatologist. The FDA proposed a ban on over-the-counter sales of cosmetic products containing hydroquinone in 2006, citing "some evidence" that hydroquinone may act as a carcinogen, although its cancer-causing properties have yet to be proven in humans. "I still like to use hydroquinone. Yes, it's under scrutiny now, but if used correctly it is actually a very safe medication," says Cook-Bolden. She also says hydroquinone can be combined with anti-inflammatories, which

calm the skin; with retinoids, to improve treatment penetration; and with glycolic acid, to loosen surface cells and break down the barrier to the overpigmented cells. Over-the-counter formulas, which contain up to 2 percent hydroquinone, may work for mild discoloration. However, your dermatologist can prescribe higher percentages for deeper pigmentation concerns.

Other experts, like Washington, D.C., dermatologist Cheryl M. Burgess, M.D., have found success using hydroquinone in conjunction with botanical ingredients. Burgess is fond of products, usually in the form of serums or creams, that contain such ingredients as ferulic acid, bearberry extract, licorice, arbutin and topical vitamin C. Some of her favorites include Dr. Susan Taylor's Rx for Brown Skin Naturally Flawless Advanced Botanical Brightener and Black Opal Body Fade Crème Botanical Formula. Many dermatologists are also in favor of integrating in-office procedures to speed up the goal of an even complexion. Microdermabrasion (which uses a light abrasion to remove the dead, outer layer of your skin), chemical peels (such as the SkinMedica Vitalize Peel, which contains lactic and salicylic acids) and laser therapy (which can improve the skin's texture)—sometimes all together—will produce faster results.

Treating the cause of your dark spots (whether it's acne, melasma or something else) is just as important as evening out your complexion. So figure out the source and slather on the sunscreen. Sun exposure can make your marks darker, which is why most dermatologists agree that an SPF of 30 should be used daily. ▸

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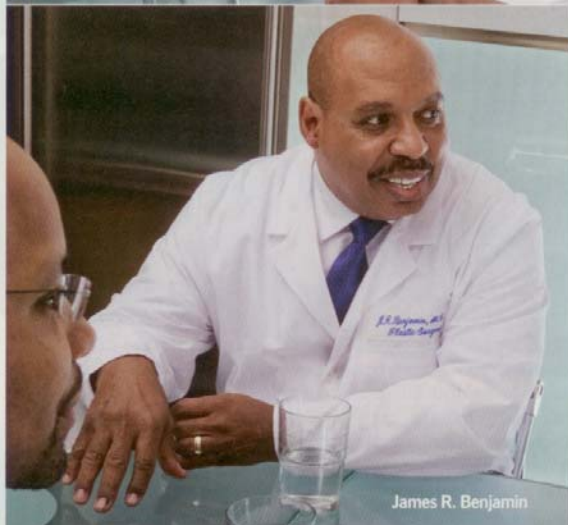
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From left: Marva Selliken, Monte O. Harris and Fran E. Cook-Bolden



Cheryl M. Burgess



James R. Benjamin

GET BEAUTIFUL SKIN AT EVERY AGE

We asked our panel of experts to identify key concerns by the decade and give us their best age-defying strategies. You already know they all agree that sun protection is a must, whether you're 18 or 81. Here are more skin-saving secrets you need to adopt right now:

TWENTIES

Common Concerns: Oiliness, acne, postinflammatory hyperpigmentation

In-Office Solutions: You won't likely find yourself spending much time in your dermatologist's chair. But even if your skin is flawless, you still need to have a care regimen to keep it that way. "Cleanse, hydrate and protect the skin at least once a day—more if the skin is oily," says Cook-Bolden. "It's about keeping the good things, like hydration, in and the bad things [like sun damage and free radicals] out." Therefore, it's best to apply a cream or serum to protect the skin and block anything that may irritate or harm it, such as pollution or smoke. You also need a sunscreen to prevent premature aging.

Your skin may also be experiencing a lot of its teenage behavioral patterns, such as excess oiliness and premenstrual breakouts. To counter this, experts recommend topical antibiotics and retinoids or benzoyl peroxide to control breakouts, and for more serious acne, there's Accutane. The pros also rely on retinols, glycolic acid, lactic acid, alpha-hydroxy acid—all used in some combination—to stimulate collagen, to smooth skin, even tone, and get you glowing.

At-Home: Look to product lines from companies like Clinique or Aveeno that address a number of skin types. For acne, try Neutrogena Oil-Free Acne Stress Control 3-in-1 Hydrating Acne Treatment; Dermadoctor Ain't Misbehavin' Intensive Medicated Blackhead Treatment; St. Ives Elements Microdermabrasion Scrub; and Bliss Oil-Free Sunban Face with SPF 30, which offers oil-free protection to help keep skin even without clogging pores.

THIRTIES

Common Concerns: Expression lines, discoloration, texture changes, flesh moles, facial hair growth

In-Office Solutions: Now that the first signs of aging are beginning to appear, experts work both on the preventive and healing ends of the aging spectrum. "In your thirties you start to see skin tone and texture changes. Vitamin C serums can help with that," says Cook-Bolden. Vitamin C, a well-known antioxidant, not only brightens the skin but protects it from some sun damage as well. "Vitamin C is also a critical component for collagen production, without which the skin will sag and appear dull," she adds. In addition, aesthetician Selliken believes in monthly facials and mild glycolic peels as a form of combination therapy to address these textural and tonal changes among the 30-plus set.

Many derms agree that this is a good time to look into Botox for smoothing expression lines or wrinkles. "Botox is one of the highest satisfaction procedures out there," adds Cook-Bolden. You >

may also want to think about eliminating any flesh moles that may appear; they are easily removed with a hyfrecator, an electrical tool that sears the moles and causes them to fall off within two weeks.

At-Home: "How you care for your skin every day is important," says Harris, "probably more than any physician-directed intervention." Be sure to keep undereye skin hydrated while addressing fine lines and puffiness. The Decléor Expression De L'Âge line is designed especially for the first signs of aging that appear in thirtysomething skin. Or try L'Oréal Paris Skin Genesis Daily Treatment Eye Serum; SkinCeuticals C E Ferulic antioxidant serum to improve texture and elasticity while minimizing discoloration; and iS Clinical Hydra-Cool Serum, which contains hyaluronic acid to boost moisture and radiance.



FORTIES

Common Concerns: Sagging, frown lines, dark circles, lackluster tone

In-Office Solutions: Thanks to injectables, "liquid face-lifts" may eventually replace surgical face-lifts. Our experts are fans of Restylane, Juvéderm and Radiesse, as they improve volume, make the skin appear firmer, control frown lines—all without your having to go under the knife. "What fillers offer right now is a modality in which the benefit really outweighs the potential for problems," says Benjamin.

Skin contouring in the chin and neck areas is also popular through liposculpture, which is liposuction combined with artistic sculpting. According to Harris, "the skin still has a very good inherent elasticity, so you can easily remove unwanted fat this way." Skin resurfacing—through more aggressive chemical peels or microdermabrasion—is also important at this stage to accelerate cell turnover, brighten and tighten skin, and help diminish lines.

At-Home: Step up your skin-care regimen. Experts look to cosmetic treatment lines that are high in antioxidants to diminish the signs of aging, from textural and tone changes to fine lines. Look into brands such as Revaléskin, Cosmedicine or Elizabeth Arden Prevage.

FIFTIES AND BEYOND

Common Concerns: Crow's-feet, deeper lines around the nose and mouth, thinning of the upper lip, loss of facial volume

In-Office Solutions: At this point, it's about minimally invasive

surgical and nonsurgical treatments to tweak the hands of time. "When Botox first came out, it was primarily used to minimize the furrow between the brows," says Harris. Now we're looking at Botox and fillers for sculpting and contouring. "When a fiftysomething patient comes to me, I know I can lift the corner of her mouth or fill in deep folds or other recessed areas with a filler," explains Harris. Cook-Bolden is doing eye lifts and minimizing frown lines with Botox. Burgess is doing a lot of lips. "Mainly the top lip," explains Burgess. "As we age, the top lip tends to turn under, so I am injecting hyaluronic acid."

Resurfacing treatments play an essential role in maintaining a smooth, radiant complexion, and chemical peels and/or microdermabrasion are routinely scheduled for this demographic. Harris adds that lasers are also an effective antiaging option.

"Whether for tightening or evening out the complexion, lasers allow us to work beneath the surface without making an incision."

"HOW YOU CARE FOR YOUR SKIN IS IMPORTANT, PROBABLY MORE THAN ANY PHYSICIAN-DIRECTED INTERVENTION."

—MONTE O. HARRIS, M.D.

At-Home: Your treatment regimen should definitely include pentapeptides to rev things up. "Pentapeptides are an ingredient found to stimulate collagen and elastin formation to help produce younger-looking skin," says Cook-Bolden. To combat wrinkles and fine lines, try Olay Regenerist Filling + Sealing Wrinkle Treatment or Avon Anew Clinical Expression Line Filler. To enhance diminished upper lips, albeit temporarily, try Too Faced Lip Injection. □