

Looking good, feeling great

The five Rs of radiant skin

According to New York dermatologist to the stars Dr David Orentreich, having great skin is a doddle – just as long as you observe the ‘five Rs’.

Of course, we’re not talking about reading, writing and arithmetic, but the different ways in which a cosmetic dermatologist can help sort out any skincare problems you may have. “When a patient visits me I always bear in mind these five Rs: resurfacing, relaxing, rejuvenating, replacing and redraping,” Dr Orentreich explains. “All skin solutions fall into one of those categories.” And as the man behind the flawless face of Naomi Campbell (right) and a host of supermodels and actresses, he certainly knows what he’s talking about.

Dr Orentreich, who works with his father Norman and sister Catherine in their New York practice, has a whole armoury of technology at his disposal, including lasers, micro-dermabrasion, peels, cosmeceuticals and skincare drugs. However, cosmetic dermatology should not be confused with surgery. “A surgeon uses scalpels to cut skin, a cosmetic dermatologist does not,” explains Dr Orentreich. “A patient can come into my office, have a treatment and go back to work in the afternoon and no one need ever know.” No wonder he guards his celebrity client list so closely.

For the rest of us, too, the five Rs can help identify common skincare concerns and their most effective treatment.

Resurfacing

“I believe that skin was designed to be exfoliated regularly,” explains Dr Orentreich. “But somehow, along the way of evolution, we’ve stopped that happening naturally.” Consequently, skin cell turnover slows down, which can result in pigmentation problems, blocked pores, fine lines and a dull and sallow complexion.

Daily exfoliation is crucial for healthy skin, but cosmetic dermatologists also have more intense ways of resurfacing skin, including chemical acid peels, physical micro-dermabrasion and even lasers. “These not only lessen fine lines but can remove pigmentation marks or age spots, burning away moles and skin tags in an instant.”

Relaxing

Our faces appear more youthful when they are relaxed, and the gold standard of relaxing treatments, according to Dr Orentreich, is Botox. “Despite the occasional negative press, it is an amazing drug that has been around for decades in neurology and ophthalmology.”

Used in dermatology since the late 1980s, Botox relaxes the muscles that, when contracted, appear on the skin’s surface as


furrows and lines, most commonly between the brows, on the forehead and the so-called “laughter lines” at the edge of the eyes. Botox has other uses, too. “It can be injected into the muscle that tugs down the end of the nose, or those that bring down the edges of the mouth, to give an instant lift. It can even be used to make lips look fuller and necks less scraggy,” enthuses Dr Orentreich.

A few expert cosmetic dermatologists are also using it to lessen the lines that appear

between the breasts as part of the ageing process or as a result of sun damage, and to reduce the wrinkles on hands. “It’s used to stop sweating, too – in the armpits, on the upper lips, even on the palms of hands.”

Rejuvenating

“As a cosmetic dermatologist I have access to a range of really effective drugs that can rejuvenate damaged skin,” says Dr Orentreich. These include creams such as the



Even if you are not lucky enough to have beautiful skin like Naomi, a cosmetic dermatologist can help

PHOTO: REX

Dr Orentreich's skin essentials

vitamin A-based Retin A, which can tackle sun damage and lines, prescription-strength anti-inflammatories, or drugs to treat acne, eczema and psoriasis. "My advice to anyone who suffers from problem skin is to ask for a referral to a dermatologist as soon as possible."

The doctor's second weapon in the fight to rejuvenate skin is the laser. "Laser treatment can be targeted to specific skin problems such as broken veins, redness, acne, brown spots – even excess hair – and can kill the cells that cause the problem without damaging the healthy skin cells, all in seconds."

Replacing

"We all lose the fullness of our faces as we get older," says Dr Orentreich. "One of my jobs is to replace that – not by making a face fat, but giving back that plump, smooth skin we associate with youth."

To do this he uses cosmetic fillers. These work on lines that Botox cannot get rid of, most commonly those that run from the nose to the edge of the mouth and certain deep horizontal forehead lines. Fillers are also used to provide the bee-stung lips sported by so many famous faces these days.

"Forty years ago, my father pioneered the use of silicone as a facial filler and today I use collagen, Restylane (hyaluronic acid, a chemical found naturally in the skin), the patient's own body fat and, in some cases, silicone. Most fillers are temporary but, combined with Botox, they can smooth out virtually any facial line or wrinkle."

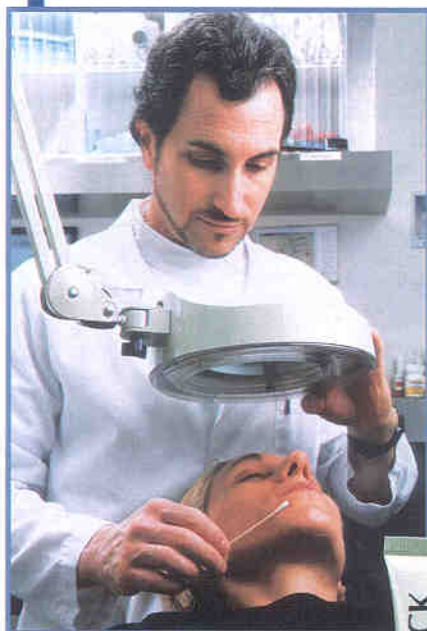
Redraping

"For years, the only way to redrape a face that had excess, sagging or lax skin was to perform a facelift, but all surgery carries a risk and results in scarring," says Dr Orentreich.

The alternative is a new technique that is soon to take the UK by storm. Called ThermaCool, it uses radio waves to make the collagen and elastin fibres shrink back, tightening the skin. It has been approved by the US Food and Drug Administration for eyebrow lifts, but dermatologists are

now using it to lift sagging jawlines and necks, breasts, backs of arms and even stomachs (in conjunction with liposuction). Treatment takes about an hour and the results can last for up to 18 months. "This technology could change the face of cosmetic surgery forever," predicts Dr Orentreich

● To find a reputable cosmetic doctor or dermatologist, contact The British Association of Cosmetic Doctors, tel: 0800-328 3613; visit: www.cosmeticdoctors.co.uk.



'Daily skincare really can make a visible difference in the short and long-term. I always tell my patients that there's no point in me treating their skin if they don't look after it'

Must-haves to keep skin in top condition.

● A clarifying toner "Exfoliate your skin every day because what you do today will pay off in three to five years' time. I prefer a salicylic acid-based product because it cleans, exfoliates, moisturises and even acts as a mild antibacterial ingredient." Try *Clinique Clarifying Lotion*, £13.50.



● A daily SPF "The sun is never good for the skin, so protect yours year-round with an SPF of at least 15 that also blocks out UVA rays." Try *Clinique City Block Sheer SPF15*, £12.50; or *Philosophy When Hope Is Not Enough*, £28. For stockists, tel: 0870-990 8452. *Lancôme Vinéfit Complete Energising Moisturiser*, £27 contains both SPF15 and antioxidant grape polyphenols.



● Hydrocortisone cream

"In the short-term this can reduce redness, lessen irritation and calm inflammation, but be sure not to use it for more than a few days at a time." Try *Hc45*, £3.49, available without a prescription from pharmacists. Always read the label for instructions and only apply to your face on medical advice.



● Antioxidants "Skin manages to repair 99.9 per cent of damage, but sometimes it needs help with additional antioxidants and anti-inflammatory ingredients, so choose a daily skin cream that gives your skin what it needs." Try *Estée Lauder Daywear Plus SPF30*, £26; *Kiehl's Abyssine Cream*, £38, with antioxidants and skin-protecting ingredients harvested from the sea; *Clinique Repairwear Day SPF15 Intensive Cream*, £35; or *Garnier Synergie Stop Anti-ageing Daily Moisturiser SPF15*, £7.49.

