



PAULA ROSADO PUBLIC RELATIONS

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CUTTING-EDGE GROOMING

The Face Saver

Lance Brown blasts away skin blemishes with a laser that thinks for itself

Everybody has a smooth complexion, if you go deep enough. That's the way Lance Brown, M.D., looks at it, anyway. But Dr. Brown backs up his swagger with a big gun: a \$110,000 laser that peels away layers of age spots, wrinkles, and scarring.

"Other methods can damage skin tissue, creating infection, discoloration, and scarring," says Dr. Brown. The laser he uses, dubbed Fraxel (short for fractional photothermolysis laser), breaks skin down into small zones, like the pixels on a TV screen. When Dr. Brown pulls the trigger, thousands of columns of light less than a tenth of the diameter of a hair follicle zap the skin, gingerly razing the bad cell clusters but leaving healthy ones intact. Result: Collagen production increases and younger skin emerges.

"Removing layers that impede skin regeneration can kickstart

the renewal process," he says. The treatment is expensive—\$1,500 to \$2,000 for up to five 20- to 25-minute treatments. Not in your budget? Try these three (less expensive) ways to a clearer complexion.

1 BEAT "BACKNE." Sweat and friction irritate hair follicles, creating back acne, says Dr. Brown. "Rough sponges and scrubs make

the problem worse." Use an antibacterial cleanser with benzoyl peroxide to kill the bacteria instead. We like Doctor's Dermatologic Formula Pumice Acne Scrub.

2 MEASURE YOUR MOISTURIZER. "Judge a lotion by its viscosity," says Dr. Brown. "Thicker is better." Apply it when your face is still damp so the natural hydration is trapped.

3 LOSE A LAYER (OR TWO). "Peels are like exercise for your skin," says Dr. Brown. He recommends four or five dermatologist-assisted strip-pings every year. A 2007 study published in *Dermatologic Surgery* found that chemical peels using either alpha hydroxy acid or beta hydroxy acid helped clear up acne in 94 percent of patients after a month. For an at-home application, try MD Skincare Alpha Beta Daily Face Peel.

KYLE WESTERN



Photographs (outside and right) by JELLE WAGENAR