

A TIGHTER  
TUMMY  
IN ONE WEEK  
(WITHOUT EXERCISE)

THE NEW  
FACE OF  
40  
ANTI-AGING  
CELEBRITY  
SECRETS



BREAKTHROUGH:  
ERASE  
WRINKLES  
WITH RADIO WAVES

NEW TREATMENTS  
THAT GROW  
SEXY  
LASHES

# clogged pores

CULPRIT 02

AS SOON AS OIL AND DEAD SKIN CELLS START BUILDING UP IN A PORE, BACTERIA HAVE A FEEDING FRENZY THAT HELPS THEM MULTIPLY AND EVENTUALLY CAUSES A PIMPLE. YOU CAN PREVENT CLOGGED PORES BY KEEPING DEAD SKIN CELL BUILDUP TO A MINIMUM, AND AVOIDING FACE- AND HAIR-CARE PRODUCTS THAT CONTAIN PORE-CLOGGING INGREDIENTS LIKE MINERAL OIL, LANOLIN AND SHEA BUTTER.

## 02 CLOGGED PORE FIGHTER



PRESCRIPTION  
Retinoids

Retinoids go by many names, including tretinoin, Retin-A, Tazorac, Differin and more, but they are all derivatives of vitamin A that affect the way the skin turns over and prevents dead cells from sticking together and clogging the pores. As if there weren't enough retinoids to choose from, there's also a prescription called Ziana that combines tretinoin with the antibiotic clindamycin to target bacteria as well. Dr. Reichel often starts acne treatment with Retin-A because, "in addition to breaking down comedones, it's great for older acne patients who are also concerned about aging."

**HOW THEY WORK** Topical retinoids prevent clogged pores by speeding up the skin's natural rate of exfoliation. By decreasing the stickiness associated with the dead cells, the chances of pores becoming clogged are lessened.

**RESULTS SEEN** Within two to three months, but acne may worsen before it improves.

**SIDE EFFECTS** The most common side effects are dryness and irritation, which tend to decrease with continued use. Starting with every-other-night use and gradually working up to every night can help keep side effects to a minimum.

**COST** May be covered by insurance

## 03 CLOGGED PORE FIGHTER



AT THE DOCTOR'S OFFICE  
Chemical peels

Many different types of peels can be used to alleviate acne as well as scarring, but glycolic acid—a type of alpha hydroxy acid—is the most common. Salicylic acid (a beta hydroxy acid) may be more suitable for sensitive skin, and yet another type of acid, polyhydroxy acid is among the latest generation of acids that results in the least irritation. Your doctor will decide which type of peel and concentration is best for you based on your skin.

**HOW THEY WORK** Chemical peels remove the superficial layers of dead skin cells to prevent pores from becoming clogged.

**RESULTS SEEN** Most peels deliver results within two weeks.

**HOW MANY TREATMENTS** A series of six peels spaced two weeks apart is generally recommended.

**SIDE EFFECTS** Redness, sun sensitivity, possible peeling

**COST** Starting at approximately \$150

## 04 CLOGGED PORE FIGHTER



AT THE DOCTOR'S OFFICE  
Isolaz

Stubborn acne needs a multifaceted treatment that covers all of the acne-causing culprits: bacteria, inflammation, oil and clogged pores. A relatively new office-based treatment called Isolaz does just that. "Studies show it's safe and effective for mild to moderate acne," says Dr. Reichel, but according to Dr. Blair, "Active lesions respond very well to this treatment, but it's not aggressive enough to help prevent pimples from forming."

**HOW IT WORKS** Isolaz uses suction to clean out the pores while pulsed light targets oil and bacteria.

**RESULTS SEEN** Many patients see improvement in their blemishes after the first ten-minute treatment; maintenance treatments every three months are recommended.

**HOW MANY TREATMENTS** On average, four treatments are needed.

**SIDE EFFECTS** As opposed to other light-based acne treatments, Isolaz does not cause any post-treatment sun sensitivity or require any downtime—at most, patients may be a little pink for a few hours after treatment.

**COST** \$250 to \$500 per treatment, depending on location of the practice and size of the area treated