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HOWARD MURAD, MD



SMOOTH OPERATOR

SPECIALTY: At the Murad Inclusive Health Center and Spa in El Segundo, California, the UCLA professor of dermatology takes a holistic approach to cellulite, promising a dimple-free derriere—no dubious injections required.

SECRET WEAPON: Vitamins. Essential fatty acids, like those found in Murad's Firm and Tone Dietary Supplements, boost skin hydration levels to improve texture—from head to toe—by 47 percent in eight weeks, "We need to maintain hydrated cells and connective tissue to keep fat from migrating into the dermis, which results in cellulite."

QUICK FIX: "Body lotions with very good hydrators like hyaluronic acid and sodium PCA make skin look smoother and more plump."



THE KIT

(From above left)

According to Murad, cellulite is due to poor circulation, not too much fat: "Use SPA SISTER Textured Bathing Gloves on dry skin twice a week to improve circulation and skin tone"; MURAD Firming Bronzer SPF 15 "contains tiger's herb, which increases skin's resilience"; MASADA Mineral Herb Spa "contains salts from the Dead Sea and natural herbs like rosemary, which stimulates and cleanses"; MURAD Firm and Tone Serum "boosts blood flow with cayenne pepper extract."



BERENICE S. ROTHENBERG



BARE ESSENTIAL

SPECIALTY: For more than 35 years, NYC-based Rothenberg has been shaping the arches and de-fuzzing the faces of real world Gossip Girls (and more than a few incognito dermatologists) who appreciate her ultragentle, no-redness approach.

SECRET WEAPON: Ask about her brow boot camp: After coaxing your arches into line and monitoring their growth for a few months, she'll use a combo of laser and electrolysis to set the shape. "The follicle creates a shadow that can make your eyebrow look heavy. Plucking only removes the hair; laser erases it."

QUICK FIX: Removing peach fuzz on the sides of the face will emphasize your cheekbones. "That hair catches the light and can make your face look more round and less defined."



THE KIT

(Clockwise from top left)

CLINIQUE Continuous Coverage SPF 15 "protects sensitive skin"; TWEEZERMAN Brow Shaping Brush "has soft bristles for taming arches"; LAURA MERCIER Brow Powder Duo is "necessary for growing out brows gracefully"; "Gentle and healthy," PHYTOMER OligoForce Soothing Serum calms irritation,



FREDERICK BEDDINGFIELD, MD



FUTURE FOCUS

SPECIALTY: Whether seeing patients at his UCLA clinic or studying the next great wrinkle eraser as vice president of research and development for Allergan (the manufacturer of Botox and Juvederm), Beddingfield devotes his hours to turning back the clock.

SECRET WEAPON: Beddingfield's patients love the results from what he dubs the "Trifecta"—a combination of broadband light, erbium microlaser peel, and fractionated erbium laser. "It achieves dramatic but safe skin rejuvenation for texture, lines, pigmentation, and redness."

QUICK FIX: For his "very discerning patients" (this is L.A.) who can't risk taking any time off, Beddingfield relies on Botox: "There's no downtime and it gives quick results."



THE KIT

(From left)

VIVITÉ Vibrance Therapy "brightens skin and combats uneven skin tone"; CLINIQUE MEDICAL Dry Spot Balm "relieves post-treatment dryness—especially around the lips, eyes, and nose"; for patients with sensitive skin, Beddingfield recommends applying CERAVE cream underneath prescription topicals, such as retinoids; LATISSE increases "length, thickness, and darkness of eyelashes."