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Penelope Cruz

Uneven skin—especially melasma—is common in olive skin, but proper sun protection can minimize it.



Daisy Fuentes

"Ingredients like DMAE, alpha lipoic acid and vitamin A help keep pores small," says Joy.



Jennifer Lopez

Discoloration shows easily, so exfoliate olive skin every few days.



Salma Hayek

"Olive skin can develop dark circles, so use eye cream with cell-regenerating properties," says Ronel Corbin, senior vice president of operations for ESPA.

FAILURE TO PROTECT FROM THE SUN

According to Miami dermatologist Flor A. Mayoral, MD, most Latinas neglect to wear sunscreen regularly. "Because the skin is dark and has more pigment, they think it's naturally protected from the sun, but that's not the case," she says. Like all other skin types, olive skin is prone to photo damage and sun-related conditions and diseases. To correct wrinkling and damaged skin, radiofrequency skin-tighteners can be used to firm the skin and build collagen, as can fillers and fractional lasers.

PROBLEM

> rosacea

WHY IT OCCURS Unbeknownst to many, olive skin can suffer from rosacea, a condition that generally affects lighter skin. While many questions about why rosacea occurs are still unanswered, there are certain triggers that prompt it to surface. Rosacea is accompanied by tiny pimples, and Latin skin contains a lot of melanin, so there is an increased chance of discoloration. Some topicals, like retinol, may make rosacea worse.

RESPONDS WELL TO

Antibiotics and laser light treatments like IPL.

Rosacea is one condition that won't diminish on its own—some course of treatment is needed. "We mainly treat it with a combination of oral and topical antibiotics, Vbeam laser treatments to target those little vessels, and prescription-strength azelaic acid like Finacea and Metrogel to control redness and flushing," says Dr. Mayoral.



INTENSE DEFENSE

The doctor-developed CellCeuticals PhotoDefense Anti-PhotoAging Daily Skin Protector SPF 55+ provides extreme sun protection, in an ultra-lightweight formula, to strengthen the skin and fight UV-induced damage. \$45, cellceuticalskincare.com

PROBLEM

> melasma

WHY IT OCCURS Olive skin, especially in those of Latin descent, is very susceptible to developing melasma. The exact reason why it is epidemic-like for these women is unknown. But the fact that there's a lot of melanin in the skin has something to do with it. "It's hard to get Latinas to use sunscreen, so that could be part of the problem since the sun increases melanin activity," says Dr. Mayoral.

RESPONDS WELL TO

Hydroquinone, light chemical peels, topical steroids, retinoids and microdermabrasion

Treating melasma with hydroquinone and retinol along with hydrocortisone is Dr. Mayoral's preferred plan of attack. "I also like to do light microdermabrasion and glycolic peels, but only short-term," she says. "Anything too strong will produce more discoloration." Melasma can fade, but, if you go in the sun without any protection, it's likely to return.

> BEFORE



> AFTER



To reduce melasma, this patient had treatments using Omnilux LED lights, Pearl laser and Laser Genesis therapy.