

ELLE BEAUTY GENIUS AWARDS SKIN



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CONSTANTINO MENDIETA, MD

SPECIALTY: Miami plastic surgeon Mendieta had the tough job of evaluating the rear ends of more than 1,000 women to figure out what makes the ideal butt. He uses a combo of liposuction and fat grafts to craft a perfect posterior—what he calls an A shape, which is slightly fuller on the bottom.

SECRET WEAPON: To get skin in prime presurgery condition, Mendieta suggests that patients moisturize with antioxidant-laden Dermalogica Ultra-rich cream.

QUICK FIX: Two weeks post-new-behind-sculpt, he prescribes endermologie on removal areas only "to drain lymph nodes, speeding recovery."

THE KIT

(Clockwise from left)
 "Start taking **GNC BIO-REMEDY Arnica Relief** tablets a week in advance to reduce the chance of bruising."
 "Before I do a liposuction, I usually have the patient gain weight, so that there's more fat to work with. I lose **MCDONALD'S**, so I tell everyone to go there."
DERMALOGICA Ultrarich Body Cream.



THE ERASER

MADY SHANY

SPECIALTY: Facialist Shany, owner of Jady Advanced Skincare in L.A. and a former chemist, whips up her own products including more than 45 types of masks to treat the acne of Hollywood's A-list.

SECRET WEAPON: "Bacteria figures out what you are using to kill it and becomes immune to ingredients," Shany says. For that reason, she has clients rotate their skincare regimens every three to four months.

QUICK FIX: "The Peter Thomas Roth Power C Soufflé is amazing for dry, blemish-prone complexions," she says. "It's especially great at minimizing inflammation."

THE KIT

(Clockwise from left)
JADY Kick-Ass Mask treats cystic acne with sulphur, camphor, and zinc. **PETER THOMAS ROTH Power C Soufflé**. "So many cleansers for breakouts strip skin, but **B. KAMINS Bio-Maple Hydrating Acne Wash** leaves it supple."



MOUTH GUARD

STEVEN BUTENSKY, DDS

SPECIALTY: A director of aesthetic dentistry at New York University School of Dentistry in NYC, Butensky treats financial titans and Nobel Prize winners.

SECRET WEAPON: According to Butensky, 85 percent of the population grinds its teeth, building muscle on the sides of the face. To prevent chipmunk cheeks, he prescribes a night guard to limit gnashing.

QUICK FIX: "Crest Whitestrips are a simple product, and I like them," he says. "Bleach is bleach, but using these a couple of times a year won't put you at risk of damaging enamel by abusing the active ingredient."

THE KIT

(Clockwise from left)
CREST Whitestrips. Even perfect teeth don't look as good when the lips are in poor condition: "My favorite treatment is **KIEHL'S Lip Balm SPF 15**."
 Ask your dentist for a customized hard plastic **NIGHT GUARD**.



BEAM DEAN

DAVID J. GOLDBERG, MD

SPECIALTY: Dermatologist Goldberg, the director of laser research at New York City's Mount Sinai School of Medicine, spends almost as much time publishing research on lasers as he does seeing patients.

SECRET WEAPON: Nothing gets rid of cellulite permanently, but "we tested Accent, and the results lasted six months longer than Vela-Smooth or other devices," he says.

QUICK FIX: The new fractionated CO₂ laser. It has fewer risks of adverse reaction than the original CO₂, formerly tops for removing deer wrinkles. "You get the same line reduction with no hyperpigmentation threat," he says.

THE KIT

(Clockwise from left)
FORLLE'D Hyalogy P-effect Nourishing Cream is "made with nanoxide hyaluronic acid spheres, which really get into skin."
NEOCUTIS Bio-restorative Skin Cream "contains growth factors that are good for healthy tissue."
 "There's a strong argument to use a sunscreen, such as **NEUTROGENA Age Shield Face SPF 35**, after a laser treatment because skin is sensitive."

All still lifes: Steven Krause; portraits: courtesy of subjects; french fries: Alamy.com

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