



Health

S.O.S SAVE OUR SKIN!

Hot new ingredients to transform your complexion

THE Fountain of Youth may be a myth, but if it did exist, it would probably be spouting sunscreen.

There's no question that prevention is key to a youthful complexion, but if you've already done the damage — spent too much time in the sun or smoke — and want to hide the evidence (namely, wrinkles, fine lines and blotchy skin), there's a new wave of powerful ingredients designed to do serious battle against the telltale signs of aging, leaving skin smooth and luminous. Apply them as a first step before moisturizing.

GROWTH FACTOR

WHAT IT IS

This heavy hitter is a substance capable of stimulating cellular growth, decreasing fine lines, changing pore size, and improving skin texture by way of new collagen growth, according to Dr. Robert M. Swartz, a facial cosmetic and reconstructive surgeon in Manhattan. "The best thing that's come out in the last half decade is growth factor," adds Park Avenue facial plastic and reconstructive surgeon Steven J. Pearlman.

WHERE TO FIND IT

CellCeuticals CellGenesis Regenerative Skin Treatment with Growth Factor Peptide (GFP) Cellular Complex (\$80; cellceuticalskincare.com) also contains the powerhouse retinol (it promotes cell turnover and stimulates collagen), antioxidants (which fight free radicals that lead to signs of aging), and lipopeptides.

"Lipopeptides help improve skin thickness, firmness, elasticity and are significant anti-aging ingredients," says plastic and reconstructive surgeon and co-founder of CellCeuticals Dr. Garth Fisher.

Also, **SkinMedica TNS Recovery Complex** (\$155; skinmedica.com), which



Powerful ingredients are being integrated into a new generation of skin care products that claim to have excellent anti-aging properties.

is packed with a variety of growth factors as well as antioxidants and is only available in doctors' offices.

"TNS Recovery Complex contains the highest concentration of NouriCel-MD, which is a skin cell therapy discovered through more than a decade of wound healing research," explains Dr. Ariel Ostad, a Manhattan-based dermatologist and a clinical assistant professor in the department of dermatology at New York University Langone Medical Center.

"The complex also contains ceramides, hyaluronic acid and pantho-phenol, which permeate the skin with hydration to help nourish, plump and firm the skin."

SNAP-8

WHAT IT IS

The polypeptide is being touted as a safer, cheaper, and milder alternative to Botox, which reduces the ap-

pearance of wrinkles caused by repetitive facial expressions such as frowning.

"Snap-8 is supposed to be like Argireline — a polypeptide that reportedly can reduce the amount of contraction of facial muscles," explains Pearlman. "You may have some improvement in wrinkles because the muscle is relaxed, but there's no such thing as topical Botox."

In other words, the treatment won't replace expensive injections, but it appears to help smooth out creases.

WHERE TO FIND IT

Kinerase Pro+Therapy C8 Peptide Intensive Treatment (\$119; kinerase.com), which also contains kinerase (a plant growth factor that improves fine lines and helps skin retain moisture) and antioxidants (vitamins C and E and green tea). Kinerase is only available through a dermatologist or plastic surgeon.

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