

NEW BEAUTY

THE BEAUTY AUTHORITY

SUMMER 2019

TOP DOCTORS

WHO TO SEE,
WHAT TO GET

AESTHETIC UPDATE

SUMMER FRIDAY FACELIFT

+

THE TRUTH ABOUT CBD

HAPPY SKIN

BEST NEW SUNSCREENS

Miranda Kerr's

MIRACLE FIXES

HER HEAD-TO-TOE GLOW,
SUPERCHARGED SERUM,
THE CLEAN WATER CURE



60% OF WOMEN SURVEYED WORRY THAT THEIR FOUNDATION ISN'T HEALTHY

SURFACE LEVEL

Shiseido surveyed more than 20,000 women and found that most of us wear foundation for 2,080 hours per year, and many of us are closer to 3,600 hours per year. But most of us fear that our current foundation isn't good for our skin and would prefer not wearing it. This spring, Shiseido launched **HAKU Melanofocus F SPF 30 PA+++**, a medical-care hybrid foundation featuring the same potent quasi-drug (approved by Japan's stringent Ministry of Health) brightening ingredients found in the brand's best-selling HAKU line.

XANAX IN A SPRAY

Well, not quite. But after using a rose-based fragrance twice daily for one month, test subjects experienced a statistically significant reduction in their response to stress, as measured by brain scans. Subsequent research found that this rose-powered stress-relief led to positive physiological changes in the skin: a measurable decrease in acne and redness, as well as normalized sebum production. (Try **Clé de Peau Beauté Synactif Eau de Parfum**, \$300, cledepeau.beaute.com.)

In 2002, Shiseido found that the mix of fennel, grapefruit and pepper causes the brain to upregulate the release of UCP, a fat-targeting protein. Look for the technology in Shiseido's Advanced Body Creator, which is only available overseas.



HAUTE SHOT

Two decades before collagen gummies were on everyone's Instagram feeds, Shiseido launched **The Collagen**, a line of collagen-boosting drinks, supplements and powders that combine vitamin C, hyaluronic acid and fish-derived collagen.



DR. JET SET: HEIDI WALDORF, MD

"What has always impressed me with Japanese skin care is the precision. It's like their food—never about mixing enumerable ingredients so you taste none, but finding the one or two that work together and pack a punch. Not surprising that Japan has always been ahead of the curve with sun protection—you just have to look at a random street and see the number of sun umbrellas used to understand the market. Their sunscreens are light but protective: many were made with physical blockers without seeming heavy or thick, far earlier than we got to that point in the U.S. I'm also a big fan of Japanese lengthening mascaras, which felt 'cleaner' long before many others did. My go-tos on planes are the lavender-scented, disposable, self-heating eye masks sold in Japanese drug stores (even at the airport) [MegRhythm Steam Eye Mask, \$10, amazon.com]. I wear them alone, over a moist hydrating mask, or under a regular sleep mask to help me relax and sleep. I also offer them to my patients while they're being numbed or undergoing body procedures."

—Nanuet, NY dermatologist Heidi Waldorf, MD (pictured at left with her friend Mayumi Endo)