

NEW | MAN

THE ANTI-AGING GUIDE FOR MEN BY NEWBEAUTY MAGAZINE



BODY

SKIN

HAIR

FACE

SMILE

THE ALL-INCLUSIVE GUIDE TO PRODUCTS, PROCEDURES AND TIPS FOR A BETTER BODY, THICKER HAIR, A PICTURE-PERFECT SMILE, A YOUTHFUL FACE AND MORE

SKIN CONCERNS

01

BREAKOUTS AND ACNE

It may surprise you to learn that one in five adults between the ages of 25 and 44 experiences acne. In fact, some find their acne is worse in adulthood than it was during puberty. The good news: There are a variety of new treatments designed to easily and effectively help adults who are concerned about getting their acne under control while minimizing unsightly acne scars.

Blackheads, whiteheads, papules, pustules and cysts are all forms of acne. Both over-the-counter and prescription-strength acne treatments, like topical and oral antibiotics, retinoids, and laser and light treatments, reduce sebum production and acne-causing bacteria while normalizing the shedding of skin cells. The overall goal with any acne regimen is to eliminate existing lesions and prevent new ones from forming.

02

FINE LINES AND WRINKLES

The latest statistics from The American Society for Aesthetic Plastic Surgery (ASAPS) confirm that close to half a million men chose Botox and fillers to address fine lines and wrinkles. These nonsurgical treatments continue to grow in popularity because of their inherent simplicity, lack of downtime and overall effectiveness. **Botox** can be used to soften dynamic lines, also known as "expression" lines, by paralyzing the muscle underneath. Crow's-feet, forehead creases and furrows between the eyebrows are all areas that respond well to Botox. According to Miami, FL, dermatologist Flor A. Mayoral, MD, "Botox is an ideal procedure for men, especially for addressing the forehead and frown lines, because it creates a relaxed, rested look."

Fillers treat volume loss by plumping up sunken tissue, softening wrinkles and filling the hollows of the face. Common areas that are treated include nasolabial folds, marionette lines, cheek lines and creases around the face. Fillers can also be used to plump up thinning lips, smooth the jawline and neck, and correct the hollows around the eyes.

The product used will depend upon the nature of the correction and your concerns. New York City plastic surgeon Andrew Kornstein, MD, has found that men usually require a combination of fillers and Botox, as well as higher doses than women, for optimal results. "Men need more Botox than women because of the thickness of their muscles. Botox slows the muscle activity that results in lines, and fillers do a great job at smoothing out deeper wrinkles and folds," he says. "Together, Botox and fillers can restore a more youthful appearance and add contour to a man's face, eliminating mean or sad expressions caused by furrows, lines and sagging."



To smooth out lines and wrinkles, this patient received Botox injections. Procedure performed by Kevin Tehrani, MD; New York, NY.

- + **THE PAIN FACTOR** Most patients report that injectables and fillers are somewhat uncomfortable with minimal pain. Ask your doctor to apply a topical anesthetic to your skin to reduce any pain that you may experience.
- + **DOWNTIME** You may experience some redness, swelling or bruising for a few days. Avoiding aspirin and alcohol for a week before treatment can mitigate this.
- + **RESULTS** Temporary. Botox needs to be repeated every four to six months. Fillers may last anywhere from six months to one year, depending on the product used and the area treated. Semi-permanent fillers can last longer.
- + **COST** Fillers start at approximately \$400, depending on the area treated; Botox starts at approximately \$300 per area treated.



INSIDE TIP

The results of injectables are highly dependent on a doctor's technique. You don't want a bad result—even if it is temporary. Choose a practitioner with experience, and consider a formal consultation prior to committing to treatment.