



WHAT'S HOT NOW

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**10**  
**BEST**  
**FINDS**  
OF THE SEASON  
**NEW**  
**REALITY**

**CARDI B**  
**UNCENSORED**

**BEAUTY**

CHAPTER 4



ANTI-AGING AWARDS  
**BAZAAR**  
2019 WINNERS

THE HARPER'S BAZAAR  
**ANTI-AGING AWARDS**  
LOOK YOUR BEST AT EVERY AGE

*It's not about trying to appear younger but rather feeling your most beautiful. Of course, great products can help with that. The following have been chosen because they're the very best that money can buy. >*

**THE BEST OTC RETINOLS**

*Clinically proven to stimulate collagen—reducing the look of fine lines and wrinkles—retinol has long been the gold standard among dermatologists*



**SERUM**  
If you're a retinol newbie, consider trying Elizabeth Arden Retinol Ceramide Capsules Line Erasing Night Serum (\$84). It babies skin with ceramides in perfectly portioned and easy-to-use doses.



**MOISTURIZER**  
Typically daytime is off-limits for retinol usage—the ingredient can cause sun sensitivity and irritation. But RoC Retinol Correxion Deep Wrinkle Daily Moisturizer SPF 30 (\$22.99) adds in antioxidants and sunscreen to protect skin.

**3 THINGS YOU DIDN'T KNOW ABOUT RETINOL**  
**1. Irritation is optional.** Rather than apply retinol to bare skin as is typically directed, dermatologist Joshua Zeichner, M.D., recommends layering the active ingredient on top of moisturizer to prevent redness and flaking. **2. Skin needs around-the-clock hydration.** It's important to moisturize every eight hours, says dermatologist Paul Jarrod Frank, M.D. Keep a mist at your desk. (We love MDNA Skin The Rose Mist, \$120.) **3. Retinol won't thin your skin.** Dermatologist Robert Anolik, M.D., puts this myth to bed: "Retinoids trigger new collagen production and boost hyaluronic acid synthesis throughout the skin, which actually strengthens the dermis," he says.

**THE BEST NECK TREATMENTS**

*Everyone is talking about "tech neck" in beauty, and for good reason: Constantly craning over our devices can accelerate lines and sagging. Thankfully, procedures and products are catching up to the moment.*



**NECK CREAM**  
Considered by many to be the product that launched an entire category, StriVectin's original neck cream is a skin-tightening game changer made with ceramides, peptides, and a lifting complex. The newest iteration, StriVectin TL Advanced Tightening Neck Cream Plus (\$95), also evens skin tone.

**IN-OFFICE PROCEDURES** You'd be forgiven for thinking that the neck is the last to go. But in fact, given how delicate the area is—and how we're perpetually looking at our phones these days—the skin is lining and slackening earlier than ever. Beyond applying topical treatments, dermatologist Dennis Gross, M.D., recommends Ultherapy, which lifts skin by detecting where collagen is depleted via ultrasound imaging, then targeting those areas with sound energy to help it regenerate naturally. Another option: Dermatologist Paul Jarrod Frank, M.D., likes Vivace, a microneedling tool that uses radio frequency to naturally stimulate collagen production. Dermalis apply a topical numbing cream, so it feels less like pricking and more like a subtle tingle; Frank also says you might be red and puffy for a few days after, but it's very minimal. To get back definition, SculptSure, an in-office body-contouring laser, now has a handpiece for the jawline. All in all, it takes one-to-three 25-minute in-office sessions, with some soreness after each. To target necklace lines, some derms recommend a hyaluronic acid filler, like Restylane or Juvéderm.



**THE BEST BODY CARE**

*Don't let your body age faster than your face: Treat the rest of your skin with products that do more than moisturize, whether it's targeting tone or texture*

**CELLULITE TREATMENTS—WHAT ACTUALLY WORKS**

Before we get to the solution, let's zero in on the problem: Cellulite isn't just about fat, it's also about the vertical connective bands woven through fat that pull down on skin, creating the appearance of bumps and ripples. "Cellulite is genetic—if you have it, it's not your fault," says dermatologist Ellen Marmur, M.D. (Losing weight and gaining muscle can help the look of cellulite, but it can't change how fat is deposited.) One of the biggest advances is the FDA-cleared Cellfina, a minimally invasive procedure that uses a needle-size blade to cut the bands, eliminating the puckering effect. As for noninvasive treatments, dermatologist Paul Jarrod Frank, M.D., suggests the newest device on the market, BTL Unison. It uses radio frequency for skin tightening and shockwave therapy in one handheld tool. Patients reach optimal results after four visits (20 minutes each, spaced a week apart), and it requires no downtime. Another breakthrough on the horizon—it's still in clinical trials for cellulite but has promising results—is an injectable, enzyme-based drug that works by breaking up the bands, Marmur says. (It's already FDA-approved to treat other medical conditions also caused by fibrous tissue.) >

**PANEL OF EXPERTS** Dermatologists Macrene Alexiades, M.D., Robert Anolik, M.D., Whitney Bowe, M.D., Doris Day, M.D., Jeanine Downie, M.D., Dendy Engelman, M.D., Paul Jarrod Frank, M.D., Mona Gohara, M.D., Dennis Gross, M.D., Karyn Grossman, M.D., Michelle Henry, M.D., Ranella Hirsch, M.D., Shereene Idriss, M.D., Harold Lancer, M.D., Ellen Marmur, M.D., Howard Sobel, M.D., Heidi Waldorf, M.D., Amy Wechsler, M.D., Patricia Wexler, M.D., and Joshua Zeichner, M.D. Beauty consultants Jackie Aina, Katie Jane Hughes, Charlotte Tilbury, and Nam Vo; and Harper's Bazaar Beauty Director Jessica Matlin and Digital Senior Beauty Editor Jenna Rosenstein.