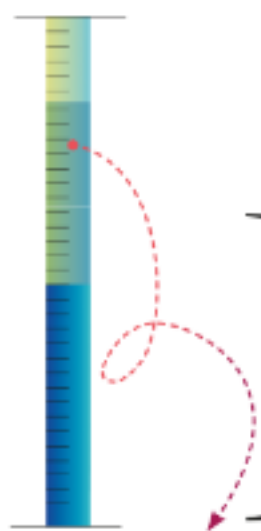


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SKIN DEEP



vs.

ON THE SURFACE

WHAT WORKS ON THE SURFACE AND WHAT GOES DEEP WITHIN? THESE PRODUCTS AND TREATMENTS DELIVER REAL RESULTS.



Although most skin-care products promise to penetrate deep within your skin to make a difference, not all of them do. Some sit on the surface, instead, to work their magic. To target the deepest layers of skin, muscle and tissue to improve the way you look and how you may age, in-office treatments and surgery are needed.

Illustration by **MARCOS CHIN**



TREATMENTS TO TRY

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TREATMENTS UNDER THE SURFACE

While products are important for healthy skin, so are in-office treatments and procedures, which have the ability to pinpoint specific layers of skin for superdramatic results. Placing heat on the surface of the skin via a modality like a laser delivers heat way down to the deeper layers of skin. But, not all heat-based and laser devices work the same. "Treatments that get below the surface of the skin and into the dermis work deep within to correct pitted acne scars and stimulate collagen production," says Dr. Lee.

BEFORE



AFTER



New York oculoplastic surgeon James Gordon, MD, used an erbium laser to correct this patient's sun damage and resurface the lines around her eyes.

1 FIRM + TIGHTEN

Ablative lasers are invasive, and according to Beverly Hills, CA, facial plastic surgeon Davis Nguyen, MD, they penetrate deeper layers of skin for collagen stimulation and to promote tightening. Beverly Hills, CA, facial plastic surgeon Natalie Attenello, MD, says CO₂ lasers produce wavelengths that are absorbed by water in the skin tissue. "The laser energy heats up to its boiling point, which causes the evaporation of surrounding tissue. This is how we **get to the deep layers of skin and remove the old top layer**," she adds. Keep in mind **there will be swelling and redness** because the outer layers of skin are affected and pigmentation changes can occur.

3 WRINKLE REDUCTION

Chemical peels can work on various layers of the skin, including the deeper ones. "Phenol and higher-concentration TCA peels go beyond the epidermis to the dermis so they can give dramatic improvement to wrinkles and scars, but the downtime is significant," says Dr. Waldorf.

4 SKIN REFRESH

Microneedling isn't a laser—in fact, it doesn't use heat, light or energy at all—but it does create temporary channels in the skin that **allow products to penetrate** better than on their own. "There are even chemicals that, when coupled with a drug, can improve penetration," says Dr. Barnett. The FDA is currently looking at microneedling when used with skin-care products, which may change the regulation to fall under a drug category instead of pharmaceuticals because of the deeper penetration.

2 COLLAGEN BOOST

Despite the fact that some lasers and ultrasound-based devices are physically applied to the outermost layer of skin via a handpiece, they work on deeper layers of skin to create a tighter, smoother effect by stimulating collagen production. "For patients who have **good skin quality, I use Thermage**, which targets the dermis," says Dr. Waldorf.

5 GLOW GETTER

Just like how retinol is able to get down to the deeper layers of skin, Joy says that **AHAs**, like lactic and glycolic acids, do the same. "Glycolic acid happens to be the smallest molecule of all the AHAs, so it has the ability to go really far within," she adds. "That's why you **feel that tingling sensation when you apply it**—it's getting absorbed properly."

PRODUCTS TO TRY

REACH FOR RETINOL

Dermalogica Overnight Retinol Repair, \$87, dermalogica.com

BLEMISH BUSTER

Murad Rapid Relief Acne Spot Treatment, \$22, murad.com

SERIOUS SKIN REPAIR

SENTÉ Dermal Repair Cream, \$150, sentelabs.com

MEGA MOISTURE

BEAUTYPROOF Beyond the C Stimulating Moisturizer, \$72, beautyproof.com

GET YOUR GLOW ON

Nia Glow On Demand Energizing Illuminator, \$28, ulta.com

