



family practice

NINE DERMATOLOGISTS
(WHO ARE ALSO MOMS)
GET REAL ABOUT
EXACTLY HOW THEY CARE
FOR THEIR OWN SKIN—
AND THE BEAUTY WISDOM
THEY PASS ALONG TO
THEIR KIDS.

**AS TOLD TO
ANNEKE KNOT**

Dr. Rose Ingleton (58)

Board-certified dermatologist and founder of Rose Ingleton MD; mom to Niles (22) and Kendal (20); IG: @ingletondermatology and @rosemdskin

What's one thing that bugged you about your skin growing up that you've learned to love? When I was young, I thought that my lips were too big for my face. Ha! Now I embrace my full, defined, well-shaped lips as one of my strongest facial features. I love my lips!

What skin-care sin do you wish you would have avoided? I recall one particular pimple on my nose that I squeezed repeatedly as a teenager that has left a scar that I still stare at today. If only I knew then what I know now.

Is there an in-office procedure you swear by? I'm a big believer in having periodic chemical peels or microdermabrasion to exfoliate superficial dead, dull cells and bring out your skin's radiance. I love the benefits that chemical peels give my skin, and there is no downtime.



What skin-care lessons did you pass down to your sons? That they still need to protect and nurture their skin by wearing sunscreen regularly, even though they have melanin-rich skin. Also, I've tried to pass down a ritual from my mother of cleaning their skin daily. She's 95 and lives with us. Her skin is unbelievably beautiful and wrinkle-free. We all want to age like Mommy.

Do you find your kids' generation has a different attitude toward beauty? They generally have a broader view of what is beautiful. They're more apt to appreciate beauty in nonconventional facial and physical features. Gone are the days when only European ideals of beauty were the benchmarks. The standard of beauty is evolving with this generation. They see classically African features—thick, tightly coiled hair, big lips, wide noses, dark skin, big butts—as beautiful. It's all evolving.

Treatment Cheat Sheet

The procedures our pros swear by, explained.

Microneedling Extremely fine, short needles are rolled over your face, creating tiny channels in the skin's surface that cells work to repair, boosting collagen and smoothing fine lines. In about four treatments, scars and sunspots are diminished. Expect redness but very little downtime. **Price** From \$250 per treatment.

Thermage FLX Radio-frequency A handheld device transmits radio-frequency waves, which quickly heat the dermis of the skin, stimulating collagen production and giving a more lifted effect. Several treatments may be needed, and the effects take a few months to peak. Potential swelling and redness should subside within 24 hours. **Price** From \$2,000 per treatment.

Sciton Joule BBL (BroadBand Light) Light therapy helps treat significant redness. The device emits broad-spectrum photothermal energy, which absorbs excess pigment in skin and hemoglobin in blood vessels. After a few days, brown spots will come to the surface and peel off, but this treatment requires little downtime. Patients begin to see results after as little as one week, but skin improves further over time. Amount of treatments depends on each individual's goals. **Price** From \$500 per treatment.

Fractionated CO₂ Laser Also known as Fraxel, this laser glides over skin, emitting wavelengths that penetrate below the surface, breaking down old skin cells and stimulating the growth of new ones. Depending on your

concern—acne scarring, sun damage, etc.—you may require multiple sessions. And because of the laser's deep penetration, there is redness and peeling, so patients can expect around five days' downtime. **Price** From \$1,200 per treatment.

Botox Botox is a neurotoxin that's injected into the face to prevent muscles from contracting. It's commonly used to treat deep forehead creases, crow's-feet, and frown lines. Smoothing effects are temporary, lasting from three to six months. **Price** From \$300 per treatment.

Chemical Peels Alpha and beta hydroxy acids loosen the dead layer of skin and reveal new cells. Peels improve tone and texture, and optimize skin's ability to absorb active ingredients in topicals. A superficial peel may only cause a little redness and peeling, and is safe on all skin tones; a deeper one requires a few days of downtime. Many pros recommend getting around three a year to maintain results. **Price** From \$200 per treatment.

Microdermabrasion A tool that uses tiny crystals to slough off dead skin. There's little to no downtime; it's helpful for those with light scarring, sun damage, or for those who just want a little glow. Results last for about a month. It often takes multiple treatments to yield more dramatic results. **Price** From \$100 per treatment.