

Sister Act

TWO SPORTY SIBLINGS MAY BE NEW YORK'S NEXT STAR SKIN DOCTORS.

In a town where superderms—the sought-after patron saints of crease-free foreheads, invisible pores, and diligent mole checks—are made, I may be sitting across the breakfast table from New York's next two contenders. Not only are Elizabeth Hale, M.D., and Julie Karen, M.D., both rising talents at the Laser & Skin Surgery Center of New York (the same practice where dermatology superstars Roy Gerone-mus and Fredric Brandt can be found), they both did fellowships in the highly specialized skin cancer surgery called Mohs at NYU's Langone Medical Center—where they both now teach, and were both, in their respective years at school, chief resident. But that's not all they have in common: They're sisters, to boot.

"Growing up, I was very much the big sister," says Liz, 38, smiling at Julie, 35. "As we've aged, we've started to look more alike. Now it's as if we're morphing into the same person." She's not kidding. Besides the honey-blonde hair that falls past each sister's shoulders, ending in an easy bounce, and a penchant for smartly tailored, Audrey Hepburn-esque shifts, they live in the same building—on the same floor; they're competitive marathoners, ferocious SoulCyclists, and mothers to young children. They walk to work together most mornings; neither cooks; each admits that her husband picked out the shoes she is wearing (Fendi for Liz; Louboutin for Julie).

The sisters, who grew up in leafy Westchester, New York, going on hospital rounds and attending medical conferences with their mother, an

ophthalmologist, were attracted to dermatology because, says Liz, "the skin is a reflection of overall health. People can see what's going on and are motivated to make it better." Adds Julie, "It's also a link to internal medicine and disease. Sometimes it's the skin that gives the first clue." A week in their lives is a broad mix of skin cancer surgeries and cosmetic services. "I do a lot of vein treatments," says Julie, who specializes in a harrowing-sounding procedure by which "you thread a laser into the vein and then seal it shut." Liz is the woman to see for Botox and fillers. "Someone can come in very focused on a wrinkle, and we'll find a problematic mole. Skin

cancer, when caught early, can be completely curable," she says.

In their free time, when their kids aren't running up and down the hall between their apartments, the sisters can be found playing tennis ("We want to be the USTA dermatologists," says Liz) or training for their next big race. They ran their first marathon in New York fourteen years ago and held hands crossing the finish line. "We wanted to break four hours, and we did it in 3:59:59," says Liz. To prep for October's Marine Corps Marathon in Washington, D.C., they spent this past summer (swathed in Coppertone Sport) running twice a day on the beach in Westhampton. "We tried to time the runs to the kids' naps, or we'd push a stroller. It's really good cross-training," says Julie. Still, admits Liz, who has a habit of finishing her sister's sentences, "it's not great for the leg veins." Lucky for her, she knows a good doctor.—SARAH BROWN *beauty* >210



SPF REQUIRED
HALE (LEFT) AND KAREN BEFORE A RUN ALONG THE EAST RIVER.



DOCTORS' ORDERS
ELIZABETH HALE (FAR LEFT, IN GIAMBATTISTA VALLI) AND JULIE KAREN (IN OSCAR DE LA RENTA) IN WESTHAMPTON.