

FALL FASHION ISSUE

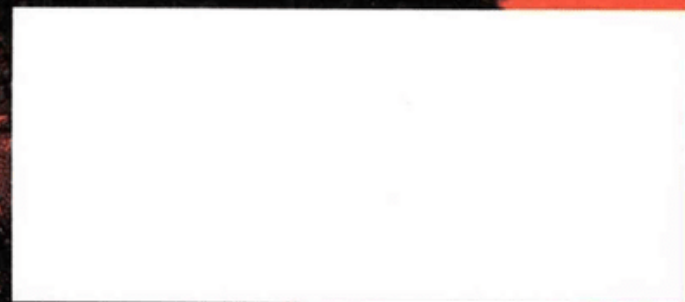
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marie claire

A close-up, high-contrast portrait of actress Emma Stone. She is looking upwards and to the left, with her hand resting near her face. She is wearing a dark, textured garment and a wide, patterned bracelet. The background is a solid, vibrant orange-red color.

EMMA STONE

ON FACING HER FEARS &
GETTING WHAT'S YOURS





SKINCARE REPORT

PROFILE PICK

Our social-media generation is shining a spotlight on a trending “trouble area”: the jawline. **Gina Way** examines the latest innovations that define, reshape, and slenderize the lower face, sans scalpel

Selfie addicts, take note: When it comes to being photogenic, the surprising secret weapon that makes all the difference could be your lower face. “Strong bone structure creates symmetry and dimension, especially for photographs where the lighting isn’t flattering,” says New York City makeup artist Daniel Martin. “A defined jawline accentuates the differentiation between the face and neck, which in turn acts as a podium to display the sculpture of your face.”

It makes sense—just think of stars ranging from Audrey Hepburn to J.Lo to Angelina Jolie. Those necks. Those jawlines! Yet when most of us mortals look in the mirror, we don’t exactly see a perfectly chiseled sculpture. “Imagine a youthful face as an inverted triangle that narrows toward the chin,” explains Manhattan dermatologist Dr. Ellen Marmur. “As we age, this shape gradually turns upside down, and the lower half gets heavier and

loses some of its structure.” Gravity and collagen loss have an impact, but we also tend to accumulate fat in not-so-desirable areas—like under the chin or jaw—as we get older. Just a few years ago, the only good solutions for this danger zone were procedures such as liposuction, a chin implant, or a face-lift, but now there’s a toolbox full of incredibly effective, noninvasive treatments that can firm your lower face, get rid of fat, and create a more defined jawline and neck.

Newer injectable Kybella can help. It’s a synthetic version of the natural fat-dissolving bile our bodies produce that, when injected under the chin, bursts fat cells so they turn into liquid, which is eliminated by the body. “You feel a stinging sensation for a few minutes during the procedure, and there’s swelling for three to seven days afterward,” says Marmur. It takes six weeks to three months to see results, but after two to six sessions, the treated fat is gone forever. Another option is CoolSculpting, the same

technology that eradicates love handles by freezing fat cells to death. A smaller applicator called CoolMini vacuum-seals onto the offending under-chin area for about 35 minutes to an hour; results start after about two months. "Most people require two sessions, but it will remove much of the fat and sharpen the jaw's silhouette," says San Francisco dermatologist Dr. Kathleen Welsh.

Bonus: Both of these targeted-fat-removal procedures prompt a wound-healing response that stimulates collagen production, which helps firm the skin over the next six months. "But while you get some eventual tightening, it may not be as much as you want," says Welsh, "especially if the skin had a lot of laxity to start with." That's when tightening treatments that use radio frequency (like Thermage) or ultrasound energy (such as Ultherapy) help. "They both deliver intense heat deep into the collagen and fibrous tissue beneath the dermis, causing it to contract, tighten, and stimulate collagen and elastin," Marmur explains. "Because [those devices] are non-ablative, meaning they don't affect the surface of the skin, there's no downtime." You'll see some visible tightening in as little as one day thanks to the contraction of the tissue, but it takes two to six months for collagen rebuilding to happen. With high-intensity Ultherapy or Thermage, you usually need just one treatment and can follow up with maintenance if needed.

Another effective way to contour the lower face is with neuromodulators like Botox and Dysport. For example, injecting Botox into the vertical bands in the center of the neck relaxes and softens those lines. It's also injected into part of the platysma muscle (just under the jawline from ear to ear) "so it hugs the bone a little better," says Marmur. "We can also inject the masseter muscles at the jaw near the earlobe, and this makes the lower face look a little narrower." Because age can make the jawline start to look uneven and a bit like a

roller coaster—some areas appear higher, and some, like the jowls, hang lower—filler can be useful. "Using a stiffer product like Restylane Lyft or Radiesse in specific areas can create an even, distinct jawline," says New York City plastic surgeon Dr. Haideh Hirmand.

Finally, there's the updated (nonsurgical) thread lift. "I think this is one of the most amazing, 'wow' procedures," says Welsh. The new generation of the procedure (Silhouette InstaLift) was approved by the FDA in 2015 and features self-dissolving, biodegradable suture material. "Along the thread, you have little arrowhead-shaped beads made from Polyglycolide/L-lactide (PLGA), a collagen-stimulating copolymer that self-dissolves in about three months," says Marmur. The barbed suture has a needle on both ends; one end is inserted into the jowl area and the other is inserted toward the ear as the tiny arrowheads anchor to the fat and tissue to hold the skin in place. "The effect is like when you look in the mirror and pull your skin back to imagine how you would look with a mini face-lift," explains Marmur. When the sutures dissolve, collagen that has been building around them—almost like vines growing on scaffolding—can keep that lifting effect for up to 18 months. (Since the thread is deep under the skin, you can't actually see it—so you won't end up looking like some kind of Tim Burton character.) Plus, says Marmur, "We inject lidocaine into the area so it doesn't hurt. The downtime is similar to filler: a couple days of swelling and bruising."

If you're feeling queasy about these cosmetic interventions (or their prices, which range from \$500 for basic fillers to \$4,500 for the thread lift), Martin recommends a classic makeup trick to create dimension: "Use a contour that's a couple of shades darker than your skin tone; apply it from ear to ear just underneath the jawbone down to the top of the neck, then blend and buff out the edges," he advises. Voilà! You've got a sculpted, photo-ready insta-lift. **mc**

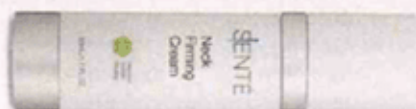
FIRM BELIEVERS

They may not permanently define your jawline, but skincare products with peptides and damage-preventing antioxidants can help keep your chin up

PHILOSOPHY Uplifting Miracle Worker Cool-Lift & Firm Moisturizer for Face & Neck, \$65.



SKINCEUTICALS Resveratrol B.E., \$145.



SENTÉ Neck Firming Cream, \$90.



JUICE BEAUTY Stem Cellular Lifting Neck Cream, \$68.



REVISION SKINCARE Nectifirm Advanced, \$129.



STRIVECTIN TL Advanced Tightening Neck Cream, \$95.

For information on where to buy, see Shopping Directory.