

THE BEAUTY EXPERT

# allure

JULY 2015

## SEXY SUMMER NIGHTS

Free & Easy Hair,  
Warm Skin,  
A Little Gold Pencil

## Taylor, Cara & Selena's Hair

CHIC WAYS TO TIE IT UP

*Taraji  
P. Henson*  
COOKIE CONQUERS ALL

## FROZEN!

Treatments to  
Freeze Away  
Wrinkles, Ab Fat,  
Stress & More



## Tough-Love DIET

No Sugarcoating,  
Just Big Results



# Allure's Experts

For each issue, *Allure* relies on the insight of top doctors, makeup artists, and hairstylists. A look at a few from this month:



**Yoon-Soo  
Cindy Bae**

The clinical assistant professor of dermatology at NYU Langone Medical Center in New York City has written several chapters of books on laser surgery and scar revision. Bae talks about freezing body fat in "The Ice Age."

**What does CoolSculpting feel like?** "We place a cold gel pack on the area before we put on the device, which gently sucks in the tissue and gets cold, like a Popsicle. When we place the gel pack, the patient is like, 'Oh, this is cold,' but they get used to it."

**What can't it do?** "Some patients think it will solve all of their weight problems or that they won't have to exercise. But this is for treating pockets of fat that are resistant."

**What dermatology trend surprises you?** "We get calls from patients who are younger than 18—even 14—who want lip fillers. We say no."



**Houman  
Danesh**

The assistant professor of rehabilitation medicine at the Icahn School of Medicine at Mount Sinai in New York City is also certified in medical acupuncture. He looks at a new pain remedy in "The Ice Age."

**Have you ever tried unconventional ways to relieve pain?**

"I've been hypnotized before to see what patients experience."

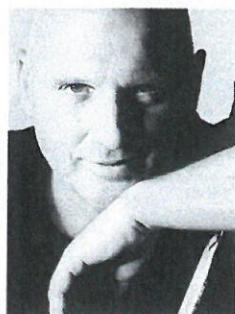
It's like a deep meditative trance."

**What do people need to know about pain?** "Sometimes the solution isn't about the pain. If you

have back pain at work, you don't necessarily need pills; you need an ergonomic evaluation of your desk."

**You're also an assistant professor of anesthesiology.**

**What's the weirdest discovery in that field?** "That redheads need more anesthesia. It may be because of a missing receptor on a gene."



**Sam McKnight**

McKnight started his career cutting hair at a salon in Prestwick, Scotland. Forty years later, he takes a fresh look at old-fashioned pigtails, ribbons, and bows in "Sweet Spot."

**What was your first big job in hair?**

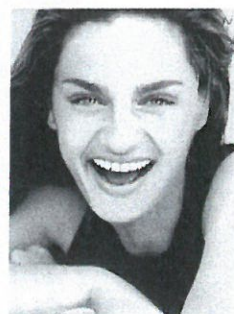
"I moved to London in 1975 and worked at Molton Brown, which was a very cool hairdressing salon. In 1980, I left and went full speed ahead on my own doing photo shoots."

**At what moment did you think, 'I've made it'?** "I thought I'd made it when I did hair

for a lingerie shoot for British *Vogue* at the Park Lane Hotel in London, which was very grand and a bit intimidating. Little did I know that was only the beginning."

**What is your favorite look?** "Anything to do with the '70s. I love a flick or a little '70s volume. I don't like anything that's too stiff. [I like]

stuff that moves, feels alive, more rich, more modern."



**Pati Dubroff**

In "Summer Shade," Dubroff, a makeup artist who works with Charlize Theron and Dakota Johnson, created sultry bronzed looks for evening parties.

**What was your big break?** "When I met

François Nars, I was part of a team for a fashion show. He asked me if I would be his full-time assistant."

There were a lot of makeup artists and a hundred models, so it's pretty amazing that he noticed me among the chaos."

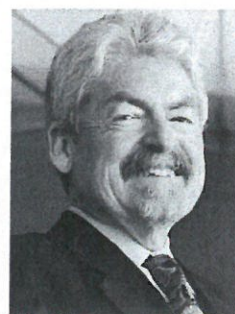
**Do you have other artistic talents?** "I

would like to get into pottery, but it's so drying on the hands. Someday when I don't have to touch people's faces so much,

I can touch clay."

**What's it like working with celebrities on press tours?** "It's

long days. They're choosing someone who is not only going to do a good lipstick but also someone they'll feel comfortable with all day."



**James Hill**

Hill is the cofounder of the National Weight Control Registry (NWCR), which tracks more than 10,000 people who have lost significant amounts of weight and kept it off for a year or more. He brings this perspective to "Big Fat Lies."

**What have you learned through your work with the NWCR?** "You've got to concentrate on diet and exercise but also on sleep, stress, and mental fitness. In the long run, what works for weight loss is not sexy. It's moderation; it's eating healthfully; it's staying physically active."

**What is your favorite healthy snack?**

"I'm a big nut fan. Almonds are particularly good."

**Any guilty pleasures?** "I could put cheese on everything. We're finding now that cheese probably isn't as bad as people think, but it is a little high in fat, so you have to watch it."



#### FROZEN IMPACT

"Cryospas" claim that standing in a liquid-nitrogen-chilled chamber burns calories. Another option: Crank up the AC tonight. Participants in a recent study who slept in rooms set to 66 degrees developed more brown fat (the good kind—it actually expends energy) and burned more calories during their waking hours.

# THE ICE





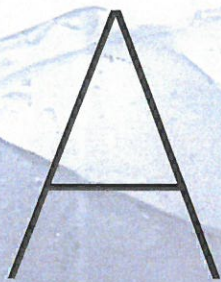
CAN ARCTIC  
TEMPERATURES  
MAKE YOUR BODY  
FIRMER AND YOUR  
SKIN FRESHER?  
BRACE YOURSELF  
FOR THE LATEST  
TREND IN BEAUTY.

By Jenna Rosenstein

AGE

PHOTOGRAPHED BY STEVEN KLEIN





fter Han Solo was frozen in carbonite in the original *Star Wars* trilogy, he emerged feeling cranky and sick. But the people in our galaxy subjecting themselves to freezing temperatures (willingly) say they feel quite the opposite afterward: totally rejuvenated. Dozens of "cryospas" have opened recently, with small chambers chilled well below minus 200 degrees Fahrenheit. The theory: Freezing your tail off boosts energy, relieves pain, and even burns calories and builds collagen. At doctors' offices, liquid nitrogen is being used in facials to chill and smooth the skin, and fat-freezing efforts are broadening, as CoolSculpting treatments move from the belly to the rest of the body. With more icy innovation coming, it's time to separate the truth from the science fiction.

## FRESH FACED

Liquid nitrogen once had the least sexy job in a dermatologist's office: freezing away warts. Then doctors realized that a lighter application could reduce inflammation and gently exfoliate to make skin more radiant. "It can also help clear breakouts because it increases the immune system's attack on acne-causing bacteria," says Doris Day, a clinical associate professor of dermatology at NYU Langone Medical Center in New York City. But there are risks: "If the nitrogen is too cold or held over the skin too long, it can lead to pigment issues, like permanent white spots," says Joshua Zeichner, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. And if you're prone to flushing, skip it: Extreme changes in temperature are a known trigger for rosacea.

## FAT FREEZING

CoolSculpting—a procedure that uses cold metal panels on the surface of the skin to freeze away fat cells—is going beyond the stomach and was just approved by the FDA for fat reduction on the thighs. There are now five different CoolSculpting applicators for various parts of the body, with more on the way. "CoolSculpting can be used off-label on the arms and on fat around the chin," says Yoon-Soo Cindy Bae, a clinical assistant professor of dermatology at NYU Langone Medical Center. "Some women also ask for it just above the knees."

## COLD SPELLS

Full-body cryotherapy is mind-numbingly, incomprehensibly cold (about 240 degrees below zero, give or take). When our intrepid reporter—dressed in only a sports bra, underwear, and spa-issued socks and mittens—stepped into the tiny, open-topped chamber at KryoLife in New York City, she lasted just 105 seconds before she begged to get out. (The KryoLife technician urged her to stay in for at least two minutes.) Afterward, though, she felt completely energized, as if she had drunk the world's strongest espresso without getting jittery. When bare flesh is exposed to subzero temperatures, "your body gets shocked, which constricts your blood vessels, causing shivering and that fight-or-flight response," says Houman Danesh, an assistant professor of anesthesiology and rehabilitation medicine at the Icahn School of Medicine at Mount Sinai in New York City. The rush of endorphins could explain why a few studies have suggested that full-body cryotherapy can help relieve anxiety and depression. Cold's anti-inflammatory powers have been touted by elite athletes for decades. "Extreme cold—whether standing in a cryosauna or taking an ice bath—definitely helps with aches and pains," says Clifton Page, an assistant clinical professor of orthopedics and family medicine at the University of Miami Miller School of Medicine. As for the claims that it can refresh skin, help insomnia, and cure the common cold, "that's purely anecdotal," says Danesh.

## NEEDLE NEWS

"Frotox" is not really, really cold Botox or poisonous ice cream. It's the nickname for a new treatment called Iovera, which uses liquid nitrogen to cool a metal probe that is then inserted into the skin to freeze nerves in the forehead. "The idea is that by temporarily affecting the nerves, you may be able to relax wrinkles," says Ranella Hirsch, a dermatologist in Boston. Frotox is currently available in Europe and Canada, where it's billed as a toxin-free way to smooth wrinkles for a couple of months at a time, but it's also more invasive than botulinum-toxin injections, like Botox. "You have to use a much larger needle, so you can expect a little more swelling and bruising," says Michael Kane, a plastic surgeon in New York City. And early data shows that the line-smoothing results won't last as long as Botox injections. Iovera is already used in the U.S. for pain management and is currently under review by the FDA as a wrinkle treatment.