

# The SKIN Refreshers

*How to look as if you took the vacation you skipped.*



## THE ELEGANT UPDATER

*Dr. Rosemarie Ingleton is well-rested-looking New Yorkers' secret weapon.*

**THE METHOD** Ingleton is a master at Botox and Fraxel, and at curating skincare regimens that are a mix of drugstore standbys, prescription products, and items from her own Rose Ingleton MD line. **GUIDING PRINCIPLE** “I am always happy to share how I traveled the path from immigrant of limited means to accomplished physician and entrepreneur.” **HOW WE EMERGE** She anticipates that the end of mask-wearing will bring on a big surge in lip fillers. **THE TAKEAWAY** Take note of her daily routine: meditation, prayer, and exercise, plus at-home sessions with a quartz gua sha tool to improve circulation and lymphatic drainage. [INGLETONMD.COM](#), @INGLETONDERMATOLOGY

## ▼ THE INSTA DERM

*Dr. Shereene Idriss's #pillowtalkderm Instagram stories were a lockdown go-to.*

**THE METHOD** A whiz with fillers, neurotoxins, and lasers, Idriss can erase the imprint that 2020 left on our faces without leaving

any trace of intervention. **GUIDING PRINCIPLE** “When treating patients in my office, I like to approach them through a holistic lens, rather than picking them apart and dealing with each wrinkle one by one.”

**HOW WE EMERGE** Zoom has made us obsessed with skincare, but “once normalcy resumes, I believe patients will be looking toward body treatments at an increased rate, as they will finally be fully seen again while out and about.” **THE TAKEAWAY** “I truly believe that evening out of skin tone, particularly pigmentation, gives most people the biggest bang for their buck.” [UNIONDERM.COM](#), @SHEREENEIDRISS



## THE SUBTLE SCALPEL

*Beverly Hills surgeon Jason Roostaeian executes undetectable nose jobs and face-lifts.*

**THE METHOD** “You should be able to cover a before photo and look at the after and say, ‘Would I think this person had surgery already?’ You may not be able to articulate why, but humans know what looks human.” **HOW WE EMERGE** He’s been having

## BOUTIQUE HOTEL OR DERMATOLOGIST'S OFFICE?

Dr. Paul Jarrod Frank’s new West Village location is leading the way in mindfully designed medical spaces. The 4,000-square-foot aesthetic healthcare center was imagined in collaboration with Gachot Studios, and the result feels like a private home—or home away from home—with dark wood, comfortable couches, mood lighting, and a gallery-worthy art display. If you’re getting your frown lines relaxed, shouldn’t everything else be relaxed too? [PFRANKMD.COM](#)

his busiest months ever, which he attributes to disposable income not spent on vacations. “Plus, days-long recovery times used to be a point of contention. Now most people have the time.” **THE TAKEAWAY** “You get one shot to do a procedure right. Do the research up front.” [DRJASONPLASTICSURGERY.COM](#)



## THE GLOW-UP ARTIST

*Visit Dr. Catherine Chang's all-female Beverly Hills practice for the subtlest nip-tuck.*

**THE METHOD** Chang has actually trademarked her philosophy, Naked-Beauty MD™, which is all about making sure her work is invisible but transformative. **GUIDING PRINCIPLE** “I always try to show my patients that it’s not about the outside all the time. Beauty truly comes from within.” **HOW WE EMERGE** “It has been an unprecedented year of stress, uncertainty, and loss of routine. Many people will notice a lackluster quality to their skin, so they will want to restore their glow.” She also expects to be doing a lot of lower face and neck lifts. “I don’t think masks are going away soon, so now is the perfect time.” **THE TAKEAWAY** “Botox is my favorite bang-for-your-buck nonsurgical treatment. It helps to soften and prevent fine lines and also decreases the oil production of your skin.”

[DRCATCHANG.COM](#), @CATCHANGMD

