

# GENLUX

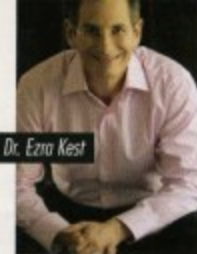
MAGAZINE

Estée Lauder beauty  
Hilary Rhoda *by* Marc Băptiste

## FALL FASHION ISSUE

INTERVIEWS: JENINIFER LOVE HEWITT! DENISE RICHARDS!  
ROMANCE! FASHION! BEAUTY! SHOPPING!





Dr. Ezra Kest

## BRIGHTEN UP

SKINCARE EXPERT DR. EZRA KEST SHINES A LIGHT ON BRIGHTENING TREATMENTS AND PRODUCTS. —DAWN SHAND JOHNSON

### What products are effective for overall brightening?

Look for products with ingredients like licorice extract, kojic acid, vitamin C, mushroom extract, and azelaic acid. Hydroquinone is another great product, though there has been some controversy regarding its use. Tretinoin (Retin-A) helps keep pores clean and lightens brown spots and pigmentation caused by the sun and old acne lesions. There's also a great prescription product called Triluma that combines hydroquinone, tretinoin, and a topical steroid. It has been shown that using these three products in combination works better than using them alone.

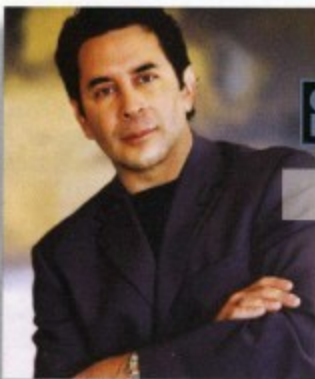
### What are some in-office brightening treatments?

In-office treatments range in levels of aggressiveness. The least aggressive would probably be a light chemical peel. Next, a series of intense pulsed light, or IPL treatments: light is pulsed onto the skin to target redness and brown spots. When combined with a good skincare regimen and sun avoidance, great results can be expected. Most aggressive would be a deeper laser peel.

**What in-office treatments are effective for dark spots on the face and body?** IPL treatments are great for gradually lightening sun-damaged skin. Light is pulsed on the body and absorbed by the brown pigmentation. Over the next few days, the pigmented spots lighten and may flake off. You typically need several treatments, and it is best not to tan between treatments. Microdermabrasion can also help if done correctly and consistently.

**Which products and ingredients do you find effective in treating dark spots?** Sunscreen is the best thing you can use to prevent dark spots and to keep spots that you have from getting darker. Over-the-counter lotions with alpha hydroxy acids can also help to lighten dark spots on the body. But be sure to wear sunscreen, because they can increase your sensitivity to the sun.

*Orlane Paris's Absolute Radiance Lightbox eye regimen, Shimmering Skia Masque and Cream, and Absolute Radiance Evanescent Cream. \$200, Bloomingdale's, Century City, 310-772-2100; Neiman Marcus, Beverly Hills, 310-550-5900*



GENLUX HOT TIP:

## REFRESH YOUR FACE FOR FALL AND SAVE

Dr. Nassif is offering a "Refresh Your Face for Fall" treatment. Opt for a Botox browlift, fill in those smile lines, or plump those lips with fabulous fillers. Just mention GenLux and take \$50 off your next Botox or Juvéderm filler treatment. Bring a friend and you'll both receive 50% off a syringe of Restylane. Dr. Paul Nassif, M.D., F.A.C.S., 120 S. Spalding Dr., #315, Beverly Hills, 310-275-2467, rhinoplastyspecialist.com

*Dermelect Beautone Enlightening Facial Brightener, a great overnight treatment that's free of hydroquinone, \$45, dermelect.com*



*Cover FX BritePrep FX Brightening Foundation Primer and Photo Aging Defense, \$45, Nordstrom at The Grove, 323-930-2230*



*Murad Active Radiance Serum, with resilient C complex environmental shield, targets pigmentation and damage caused by environmental exposure. \$89, sephora.com*



*For treating dark spots and discoloration: Aveda's Enbrightenment Skincare four-step daily regimen (plus twice-weekly masque), infused with powerful plant actives. Enbrightenment Brightening Correcting Serum, \$50; Intensive Massage Masque, \$45; Cleanser, \$35; Correcting Lotion, \$50; Aveda, Beverly Center, 310-659-5067, aveda.com*



*Kiell's Highly Efficient Skin-Tone Corrector, with glycolic acid, Kiell's, LA, 323-965-0569, and Beverly Hills, 310-860-0028*

*Peter Thomas Roth Radiance Oxygenating Serum clarifies, detoxifies, brightens, and evens out skin tone. \$65, Sephora, Glendale Galleria, 818-550-1749, sephora.com*

