

N of One

Dermatologist Jason Emer, MD, dishes on his favorite fall products

By Denise Mann

Ask Beverly Hills cosmetic dermatologist Jason Emer, MD, which skin care products he likes, and his eyes will light up. He's a product aficionado and is not shy about his love for all things complexion- and body-enhancing. Emer's friends and family will attest that his own bathroom and medicine cabinets are packed with cleansers, serums, lotions, and potions that can treat or prevent anything and everything from sun spots and acne to less than luscious eyelashes, crow's feet, and smile lines.



Jason Emer, MD

And he's stocked up for good reason. "I use everything," he says. "I test most products on myself on my inner forearm, face, neck, behind the ear, or back of my hands for 3 to 6 weeks before I would even consider recommending it to my patients," he says.

This N of one approach is not steeped in the rigors of evidence-based medicine, but it still provides Emer with powerful information on efficacy and safety—not to mention some less scientific, but still very important variables such as how good or bad a product smells and whether or not it goes on smoothly or goops.

Here's a glimpse into the products on Emer's radar (and body) this fall:

BRIGHT SPOTS

Lytera® Skin Brightening Complex by SkinMedica®
Cost: roughly \$90, 2 fl oz
www.skinmedica.com

Hyperpigmentation is a blemish on any complexion, but many patients worry about using or overusing hydroquinone. To the rescue: Lytera® Skin Brightening Complex by SkinMedica®, he says. "It combines vitamins A, B, C, fatty acids to help hydrate the skin and improve texture, as well as natural peptides and extracts to lighten. It's the Ferrari of skin brightening creams."

Elure™ Advanced Brightening Lotion
Cost: roughly \$125, 1.5 fl oz
www.elureskin.com

"I love this product. It contains Melanozyme™ (lignin peroxidase, or LIP enzyme), which causes melanin degradation and lifts off pigments. It brightens, softens, and soothes the skin."

■ **Emer's Rx:** "Use twice daily on top of Lytera. They work synergistically! Finish with a moisturizing sunscreen, and you can expect dramatic improvements in skin color and tone, while also preventing new discolored spots."





CLEAN UP CREW

C-Esta Cleansing Gel by JanMarini
Cost: roughly \$30, 8 fl oz
www.janmarini.com

“This smells so good, you’ll want to eat it,” he says. “It combines a high-quality vitamin C with other antioxidants and plant extracts. Most cleansers are degreasing and leave skin dry, but the glycerin in this product hydrates, plumps, and soothes the skin while cleansing. The vitamin C also helps lightens dark circles, brown spots, and improve photodamage.”

■ **Emer’s Rx:** “Use it once a day in or out of the shower. I use it every morning. It is also excellent for shaving, as it creates a nice foamy lather.”

Glo Cyto-luxe Cleanser
Cost: roughly \$42, 4.4 fl oz
www.gloprofessional.com

“This is a more thick, latherable cleanser that has papaya enzymes,” he says. “It exfoliates as it cleans and prepares the skin to absorb the active ingredients, and also encourages skin cell turnover.” If that wasn’t enough, “It also contains an anti-aging and anti-inflammatory stem cell culture to help firm, smoothen, and tone aged skin. Aloe, white tea, and Hyaluronic acid help soften and calm irritated skin. Additionally, palmitoyl tripeptide-5 (SYN-COLL) is a peptide designed to help stimulate collagen and moisturize. It’s a winner,” he says.

■ **Emer’s Rx:** “Use either as a daily cleanser or a few times weekly for aging prevention.”



CLOCK STOPPER

TNS Essential Serum®
by SkinMedica®
Cost: roughly \$270, 1 fl oz
www.skinmedica.com

“This is a high-quality serum for fine lines and wrinkles, and it has been shown to improve skin texture and wrinkles more than anything else out there,” he says. “It’s a mixture of growth factors, Hyaluronic acid, antioxidants, and peptides.”

■ **Emer’s Rx:** “It’s the perfect one-product anti-ager, but it can be used as a base daily or twice daily and layered with other troubleshooting products on top.”



WHOLE IN ONE

JanMarini Bioglycolic® Bioclear® Cream
Cost: roughly \$60, 1 fl oz
www.janmarini.com

“This is one of my favorite products. It does everything! It addresses the multiple skin concerns, including acne, pigmentation, rosacea, and fine lines and wrinkles. Its dynamic combination of glycolic acid, salicylic acid, and azelaic acid, antioxidants, and plant extracts give a big bang for a reasonable price,” he says. “It can treat large acne pustules and cysts quickly, but it has the added benefit of protecting against future breakouts. The emollient formula leaves the skin feeling silky, soft, and smooth without any irritation. And the combination of beta and alpha hydroxy acids have some anti-aging, exfoliation, and hydration benefits.”

■ **Emer’s Rx:** “It’s the perfect all in one—especially for men who don’t want to use multiple products on a daily basis. It can be used on top of prescription products or anti-aging regimens.”



LASHING OUT

Latisse®
Available by Rx only
www.latisse.com

“No product thus far does it better than Latisse® when it comes to growing thicker, fuller, and darker eyelashes,” he says. “This is the real deal. The only downside is that it stops working when you stop using it, so use it every day until you get the desired results, and then taper back to three times weekly to keep them.” Added bonus: It may help grow scalp and eyebrow hair, too. Stay tuned!

■ **Emer’s Rx:** “Go for it.”



MORNING GLORY

Ultra Light Moisture Dew Cream
Cost: roughly \$12, 2 fl oz
www.topixpharm.com

“This is perfect way to achieve soft, dewy skin,” he says. “It’s sheer, lightweight, and oil-free. The combination of aloe, glycerin, beeswax, and dimethicone help to hydrate without feeling heavy.”

■ **Emer’s Rx:** “Use it once or twice daily, and don’t be afraid to layer this on top of other treatments.”



BEHIND YOUR BACK

Glycolix Gly/Sal™ 10-2 Acne Body Spray
Cost: roughly \$21, 3 fl oz
www.topixpharm.com

“Everyone focuses on treating acne on the face, including around the chin, cheek, nose, forehead, and temples, but I frequently see men who have horrible back and chest acne because of hormones or sweating during exercise,” he says. “Most sprays on the body contain a significant amount of alcohol that can overly dry the skin. This spray incorporates salicylic acid and glycolic acid to clear skin without overdrying. Improvements can be seen almost immediately.”

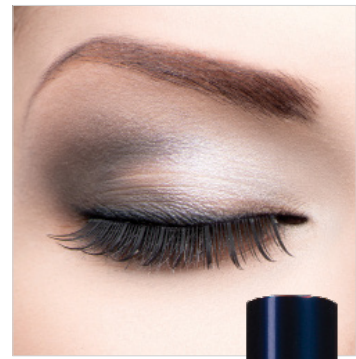


Glo Therapeutics Back Acne Treatment
Cost: roughly \$33, 4 fl oz
www.gloprofessional.com

“This contains salicylic acid that is enhanced by spearmint, so it packs a one-two punch on acne by exfoliating the skin and cooling inflammation. Patients love the feeling of this product.”

■ **Emer’s Rx:** “Choose one and spray your body before and after exercise, or whenever you have an acne outbreak.”





HIGH BROW

RevitaBrow® Advanced Eyelash Conditioner

Cost: \$110
www.revitalash.com

"I love this eyebrow conditioner," he says. "Ingredients including serum calendula extract, wheat protein, and Biotinyl tripeptide-1 strengthen brow hairs to promote growth."

■ **Emer's Rx:** "Use every day for up to 3 months to get the desired results, then taper back to a few times a week to maintain your refreshed brows."

Stay tuned for more of Dr Emer's product picks and tips in upcoming issues of *Plastic Surgery Practice*.

ON THE SPOT

Glytone Flesh Tinted Acne Lotion

Cost: roughly \$22, 2 fl oz
www.glytone-usa.com

"This is a non-irritating lotion made with sulfur and resorcinol," he says. "The sulfur removes dead skin cells that clog pores and helps remove excess oil, and resorcinol allows the sulfur to penetrate deeper because of its ability to exfoliate and decrease inflammation. This combination of ingredients works to clear acne and prevent it from recurring."

Acne Clear Envy

Cost: roughly \$25, 2 fl oz
www.acneclearenvy.com

"This is the new kid on the block," he says. "It's pretty amazing. My patients are initially drawn to the smell and feel of the product, but are hooked by the exceptionally quick results! It uses a high-grade micronized form of benzoyl peroxide and lavender, which impart a great scent and an even stronger anti-inflammatory property," he says. "Added bonus...it lathers with water and can also be used as a shaving cream or cleanser."

■ **Emer's Rx:** "Always have one handy and use when needed as an acne fighter, daily cleanser, or spot treatment. Acne is not just for kids."



AFTER GLOW

Teoxane RHA™ Postprocedure Cream

www.teoxane.com

Sold only through physician's offices

Teoxane is one of the first products launched by the newly formed healthcare lifestyle company Alphaeon™. "This is my new go-to product for postprocedure swelling and bruising," Emer says. It contains Hyaluronic acid and other medicinal ingredients to reduce irritation, discomfort, and bleeding."

Other winners in this category include Biopelle's Auriderm® Post-Op Gel ("It's rich in Vitamin K to prevent bruising."), and Marini Bioshield by JanMarini ("It's a non-petrolatum base, so it is not greasy, which my patients love! It soothes and protects healing skin and decreases postprocedural redness better than any product I have used in the past.")

■ **Emer's Rx:** "Don't get treated without one of these."

