



beauty

Golden Glow

California's skincare savants lead the way in outer beauty

BY JENNY MURRAY HOOKS

SKIN DEEP

Dr. Stuart H. Kaplan, a Beverly Hills dermatologist and founder of KaplanMD Skincare products, reveals his recipe for a perfect polish:

HYDRATE. Use body lotion right after showering for optimal moisture penetration. Look for products that contain avocado oil, oatmeal, shea butter and squalane.

SOAK. Taking oatmeal baths softens and soothes skin, especially if it is dry and flaky.

EXFOLIATE. Use a body scrub in the shower at least 1-2 times/week. Choose products with fine grains—such as date seed powder or jojoba esters—to minimize harsh scraping.

AVOID. Long hot showers strip skin of necessary oil. This causes dry, flaky skin. kaplanmd.com.



Chanel Jenae

SANTA MONICA

SAVING FACE

Around California—over lunch at Mozza or jogging through the Presidio—the names of obscure but truly effective skincare product lines are traded with the fervor and secrecy of Silicon Valley stock tips. One name being whispered loudly of late is Chanel Jenae of **The Arcona Studio**, a maverick Santa Monica-based beauty company with a passionate (and growing) set of fans. ¶ Stepping into the realm of Arcona, which has thrown out much

of the industry's reigning skincare doctrine in favor of a finely-tuned scientific approach, can have a bewildering effect. As clients quickly discover during one of the highly individualized facials—rich, creamy moisturizers are verboten. Instead, the regimen calls for light applications of airy hydration serums with names such as Magic White Ice. Arcona's products are geared to restore the skin's natural state of balance through what amounts to a detox for the face. Regular use of enzyme-based products, all of which are cold-processed in small batches to preserve their effectiveness, actively prompts skin cells to regenerate, creating a youthful glow. ¶ Not to be mixed with other products, the Arcona approach is all or nothing, and it requires something of a leap of faith. Follow its recipe for a month or so, though, and don't be surprised if lunch companions start quietly prodding you for the name of your facialist. 425 Broadway, S.M., 310-458-3800; arcona.com. **NATHAN COOPER**

Lotions + Potions

Bluemercury's **Marla Malcolm Beck** shares her customized "cocktails" for dermal delight



REN MULTI-MINERAL DETOXIFYING FACIAL MASK, \$34 Purifying clay mask. **CAUDALIE CLEANSING WATER, \$22** For removing makeup and can be used around the eyes. **AESOP AMAZING CLEANSER, \$45** Lightly foaming gel cleanser. **CAUDALIE CONTOUR CREAM EYES AND LIPS, \$52** Use this gel-cream or Caudalie Cleansing Water. **LOLA KELLY ZESTE DE TEMPS, \$30** Helps "wake up" the skin.

ALL TYPES

THERAPY SYSTEMS GLYCOLIC CLEANSING GEL, \$24 Formulated with the highest level of active glycolic acid. **MD SKINCARE ALL-OVER BLEMISH SOLUTION, \$84** Addresses blemishes before they appear. **DERMALOGICA ACTIVE MOIST, \$46** Lightweight, oil-free lotion. Use to treat dry patches when necessary. **MARIO BADESCU DRYING LOTION, \$17** For erupted blemishes. **BLISS TRIPLE OXYGEN INSTANT ENERGIZING MASK, \$52** Use 2-3 times a week to get rid of bacteria.

OILY



UNEVEN

SKINCEUTICALS PHYTO+, \$68 Advanced lightening formula. **KIEHL'S BRIGHTENING BOTANICAL CLEANSING CREAM, \$22.50** Cleans and brightens skin. **THERAPY SYSTEMS GLYCOLIC EYE COMPLEX, \$58** Reduces fine lines and wrinkles. **SKINCEUTICALS C E FERULIC, \$128** Eight times the skin's natural protection against photoaging. **DARPHIN AROMATIC RENEWING BALM, \$75** Overnight solution for dry skin.

MD SKINCARE ALPHA BETA DAILY FACE PEEL, \$75 Accelerates cell turnover while smoothing the skin's surface. **DARPHIN LIFTING AND FIRMING EYE SERUM, \$75** Intensive, age-defying eye serum. **DARPHIN STIMULSKIN PLUS EYE CONTOUR CREAM, \$130** Rich emollient formula for firming and diminishing fine lines. **SKINCEUTICALS CLEANSING CREAM, \$26** Includes a light alpha hydroxyl acid while providing a deep clean. **REMÈDE ALCHEMY PREMIUM NIGHT CREAM, \$155** Composed of Vitamin E capsules for a strong dose of moisture.

ANTI-AGING



"LOTIONS + POTIONS:" IMAGES COURTESY OF BLUEMERCURY

5 EVERYDAY REGIMENS TO REMEMBER



Dr. Timothy Jochen

According to Palm Springs-based dermatologist and cosmetic surgeon Dr. Timothy Jochen, anti-aging is about regularity and maintenance:

USE SUNSCREEN. Think of UV exposure like leaving a T-shirt out in the sun—it gradually destroys the fibers.

MAINTAIN WEIGHT. Gaining and losing too much weight can result in bagging and stretching of the skin—particularly in the jawline, eye and cheek areas.

RETINOIC ACID. Everyone should be using a form of Retin-A mixed with their moisturizer.

DAILY USE OF AN ALPHA HYDROXY ACID. Glycolic and lactic acids for skin's turnover is important.

REPEAT LIKE "RENOVATIONS." For example, Botox updates can preserve that area of the face.

Contour Dermatology & Cosmetic Surgery Center, Palm Springs and Rancho Mirage, 760-416-6971; contourderm.com.

"I BELIEVE IN **MANUAL MASSAGE** FOR THE FACE, NECK AND DÉCOLLETÉ. IT **BRINGS OXYGEN TO THE AREA, EXERCISES MUSCLES** IN THE FACE, **MAINTAINS ELASTICITY**, AND SMOOTHS OUT FROWN AND LAUGH LINES. WE DO IT THE OLD-FASHIONED WAY, '**BY HAND**,' WHICH IS NOT AS COMMON. IN FACT, IT'S A SEEMINGLY **FORGOTTEN ART** IN THE LAND OF AESTHETICS." —AMY DARLAND *INTERNATIONAL ORANGE, 2044 FILLMORE ST., SAN FRANCISCO, 800-839-3856; INTERNATIONALORANGE.COM.*



BATH TIME BLISS FOR CELLULITE AND WATER RETENTION "Toning Bath is made from seaweed and essential oils that help increase circulation in the skin," says Susan Ciminelli, author of *The Ciminelli Solution: A 7-Day Plan For Radiant Skin*. Ciminelli has a private practice in Montecito as well as an exclusive partnership with the Four Seasons Biltmore's spa in Santa Barbara. \$45, susanciminelli.com.

BEL-AIR

Pure Balance

"Great beauty as well as beautiful skin should be managed externally as well as internally," says **Pure Aesthetics Pure Wellness** president and CEO Anastasia C. Ayala, whose ranked resume reads: Revlon, Max Factor, Estée Lauder and Coty. Ayala's integrated facility in Bel-Air balances aesthetic (facials to filler) and wellness (diagnostics to diet). Each treatment is customized; prior to a facial, through a series of photographs, the Clarity Pro analyzes UV damage, complexion, wrinkles and pore health. What's next? A therapeutic skincare line for fall. 310-470-6362; pa-pw.com.

