

U.S. EDITION

BEAUTY
25 BEST
HAIR &
MAKEUP
LOOKS—
NEW CUT
NEW COLOR
YOU NEED
THEM!

**FALL
FASHION**

**YOUR NEW
WARDROBE
STARTS HERE**

**JESSICA
SIMPSON**

**ON NICK, JOHN,
TONY, WILLIE—
AND HER DREAM
PROPOSAL**

600+

**PAGES—OUR
BIGGEST EVER!**
THE LITTLE BLACK DRESS,
JEANS FOR EVERYTHING

+

400 OF
THE SEASON'S
MUST-HAVES: HEELS,
FLATS, BOOTS,
AND BAGS...

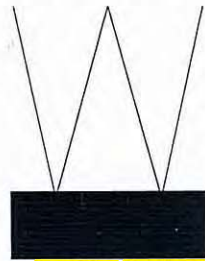
WE GOT 'EM!
**HIGH SCHOOL
MUSICAL 3**
**ZAC, VANESSA,
AND ASHLEY**
ALL GROWN UP
AND SO IN LOVE

**BETTER SEX,
ENERGY &
MOOD**
THE 5-STEP PLAN
SERIOUSLY, IT'LL
CHANGE YOUR LIFE

**I LEFT MY WIFE
FOR A YOUNGER
WOMAN...
AND RUINED
MY LIFE**
THE MIND OF
A CHEATER

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SKIN NEEDLING



When gardeners want to regenerate an aging lawn, they'll aerate it using a spiked wheel to draw out small plugs of dirt, which allows oxygen, water, and other nutrients to reach the roots of the grass. Skin needling uses the same premise: A handheld tool embedded with tiny steel tines is run over the face (or body) to spur collagen formation and increase penetration of topical serums.

In 1997, South African plastic surgeon Des Fernandes, MD, began to explore the idea of increasing collagen production by inducing bleeding in the skin via hundreds of tiny pricks. Using devices with needles one to three millimeters long, physicians could pierce the dermis (which generates collagen and elastin) while leaving the epidermal layer relatively intact. "Unlike with ablative lasers, there's no risk of scarring," says Matthias Aust, MD, a plastic surgeon in Hannover, Germany. "And in addition to stimulating fibroblasts to make collagen and elastin, needling also releases growth factors, which nonablative lasers don't do."

Aust authored one recent study, published in the journal *Plastic and Reconstructive Surgery*, that found a considerable deposit of collagen and elastin in the skin six months posttreatment, as well as a 40 percent increase in the thickness of the epidermis. And while trauma to the skin can often induce pigmentary changes, a second study by Aust, soon to be published in the same journal, demonstrated that percutaneous collagen induction (as the treatment is also called) doesn't activate the melanocytes responsible for hyperpigmentation. "One advantage is that, unlike lasers or chemical peels, skin needling can be applied to any skin type—even sensitive," says New York City plastic surgeon Philip Miller, MD, who frequently lectures on PCI at meetings of the American Academy of Facial Plastic and Reconstructive Surgery. According to Aust, since a single dose of PCI thickens skin, it may actually make treated areas less sensitive, including to UV light.

The treatment has also been shown to help reduce the appearance of certain scars. "Needling can create collagen to fill depressions or smooth out scars that are raised," Miller says.

However, the procedure isn't without its downsides.

While usually only one session is necessary to produce new collagen that will last up to seven years, a patient needs to be fully sedated when three-millimeter needles are used and topically numbed before treatment with one-millimeter needles. She may require up to a week to recover from a session with three-millimeter spikes; swelling and discoloration could last one day after treatment with one-millimeter needles.

For those who are turned off by the idea of spending even a couple of days indoors recuperating, there are at-home needling options that also produce skin improvements, albeit ones that aren't as dramatic. Los Angeles plastic surgeon Norman Leaf, MD, sells the TX Roller, with needles only 0.13 millimeters long. "They're too short to draw blood or cause pain," Leaf says. Since they don't touch the dermis, the spikes don't stimulate fibroblasts directly, but "they create tiny channels in the epidermis, which allow any antiaging topical you apply prior to rolling to penetrate more deeply, amp up collagen production, and decrease the appearance of wrinkles," he says.

Although human studies on skin needling have thus far been performed only on the face, Leaf has had patients use the device on their cleavage and "found immense improvement in fine lines in that area." One enterprising woman applied an anticellulite cream once a day to both thighs, but rolled it in on only one leg. "Within a month, the needled thigh was one inch smaller than the control," he says. "We haven't done a study, but it sounds interesting." —MEGAN DEEM



Leaf & Rusher TX Roller

All still lifes: Steven Krause

ELLE
TOP 5

These style setters got your votes as the world's best HAIRSPRAYS



TO THE MAX
Aussie Mega Hair Spray has "unparalleled lasting power" and "never feels sticky." You even swear that every spritz "makes hair feel softer."



DAILY NEWS
You go through bottles of TreSemmé Tres Two Extra Hold Hair Spray because it "creates perfect hair every day" and adds "volume like nothing else."

FREEZE FRAME
Herbal Essences Set Me Up Extra Hold Hairspray "provides great hold" that "easily washes out," while the fruity fragrance "makes strands smell amazing."



NEW LOOK
Herbal essences set me up



FAST TIMES
"Rapid-drying, with tons of shine," Redken Quick Dry 18 Instant Finishing Spray "keeps hair perfectly in place no matter what the style" but still "lets you put a brush through it."

GOOD FORM
You love Sebastian Re-Shaper because the "lightweight" formula "doesn't build up or weigh hair down no matter how much you apply."



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