

About Face

When we have a pressing skin issue, we know board-certified dermatologist and cosmetic surgeon **Dr. Bertha Baum of Hollywood Dermatology & Cosmetic Specialists** has the answers. Here, we chatted with our skin whisperer about the right time to visit a cosmetic dermatologist, what injectables to spring for this summer and new ways to get the season's "no-makeup makeup" look.



Dr. Bertha Baum

How can we freshen up our faces this season? A big thing right now is combination therapy, where we combine the use of resurfacing laser treatments and fillers. I'm loving the new line of fillers by Restylane—**Relyne** and **Defyne**—which are based on hyaluronic acid. Relyne targets younger patients who are starting to show facial labial folds. Defyne is for older patients or those aging faster and losing a lot of volume. Both last up to 18 months and allow you to move your lips and face more freely than other treatments, without the usual stiffness.

What dermatological enhancements can help us achieve summer's "less is more" look? We're focusing more on the natural but enhanced look. **Juvederm Volbella** restores delineation of the lip and adds a little plump and hydration without making the lip larger. A lot of people don't want a larger lip, but they want to restore the look they had in their 20s—or that they never had at all.



When should we start making regular office visits? As soon as you notice something that bothers you that wasn't there before. Genetics play a big role. I've seen patients in their 20s that really need my help, and it isn't because of anything else other than genetics. There's nothing wrong with starting young. If you start when you notice lines, it's more likely you will prevent them from becoming deeper.

What other areas should we be targeting? We see a lot of men and women looking young in their face, but then you see their neck or hands and it gives them away. Now we're doing hand rejuvenation with different fillers and lasers to take away the sunspots. There are also great products to dissolve fat on the neck, such as the **Kybella** injectable, which gives great results and is permanent.



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