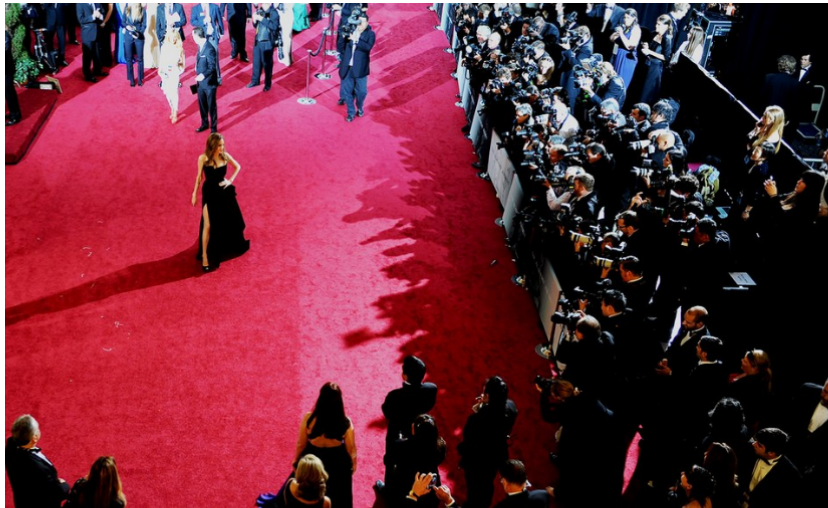


VANITY FAIR

Doctors' Tips: Getting Red-Carpet Ready from London to Los Angeles

From London to L.A., five solutions for when you have so much to do and so little time
February 14, 2017 | By Sunhee Grinnell



We asked three cosmetic dermatology gurus to the stars from Los Angeles, and two plastic surgeons based in London, what one can do for a quick fix with zero downtime and 10 days left to the Oscars. Here's what they had to say:

Los Angeles, CA Beverly Hills



Dr. Simon Ourian, M.D. Epione Beverly Hills, at 444 North Camden Drive

Permanent Cheek Contouring augments and lifts the cheeks using long-lasting dermal-filler injections. The results are immediate with zero downtime. And Ultra-Neck lift treatment reduces the fat pad while tightening the skin under the neck. Paired with deoxycholic acid, the results are transformative. Not only is this treatment quick, patients experience minimal to no downtime at all.

Dr. Ava Shamban, M.D.—Ava MD, at 9915 Santa Monica Boulevard

The Big Picture is a layered treatment that includes the five essentials to rejuvenation: radio frequency, laser, peel, microdermabrasion, infusion. It can be done on any body part visible with a red-carpet flesh-baring outfit. Then, the often ignored are the neck bands, which can be treated with Botox injections, giving the so-called Nefertiti neck lift, which usually combine with a radio frequency treatment and light peel.

Dr. Harold Lancer, M.D., FAAD —Lancer Dermatology Clinic, at 440 North Rodeo Drive

For the body, I would suggest a Multi-polar Radio Frequency treatment to lift, tone, and tighten the skin on the stomach, arms, and the legs. It is a perfect treatment for someone who is wearing a sleeveless gown or even a high-cut dress. It can also be used to reduce cellulite, with absolutely no downtime. For the face, the Lancer Vegan Stem Cell Facial is the perfect treatment to get the skin glowing for the Oscars.

London, UK
Marylebone & Fitzrovia



Dr. Marko Lens, M.D., MSc, DPhil, FRCS—at 20 Wimpole Street

Oxy-detox customized peel is a treatment where we remove the dead surface cells using enzymes and gentle hydroxy acids. Then, use ultrasound to deliver to the skin different active ingredients that will energize the skin, boost oxygen consumption, moisturize the skin, and increase its firmness and suppleness. The result is healthy and younger-looking skin with a glowing complexion for red-carpet moments.

Dr. Yannis Alexandrides, M.D.—111 Harley Street

Vampire Facial PRP Treatment, which ticks all the boxes when it comes to prepping for the Oscars, and takes just 30 minutes! The Vampire Facial can instantly improve the texture of the skin, as well as boost the brightness and radiance of the complexion for a red-carpet-ready look. The technical blood-drawing treatment sounds painful, but a topical numbing cream minimizes discomfort. Your skin will be craving hydration following the PRP, so apply a 111SKIN Bio Cellulose Treatment Mask to reduce inflammation and calm your complexion in no time.

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