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Beauty RUNWAY TO ELLEWAY



MODELS AND THEIR HAIR AT ISABEL MARANT APRIL 2012

A Leg Up

The mini is having a major moment for spring, so give your legs some extra love.

It's been a year since Miu Miu sent the first version of its viral Y2K miniskirt marching down the runway, and the new spring collections have dozens of brands like Celine, Isabel Marant, and Jacquemus following suit. Perhaps in the past a miniskirt would have only been thought appropriate for certain sizes, but the new wave of short skirts are for all. "Everyone, in every type of body, should wear a miniskirt if that's what they want to do," says body confidence influencer and writer Marielle TerHart. "And if there are things beauty-wise that make you feel a little more confident while doing it, that doesn't hurt."

For some, it is what they want. New York City-based dermatologist Paul Jarrod Frank, MD, says that "legs are becoming more of a focus for my patients," and that March is the time to make an appointment. Frank has seen it all in his Upper East Side office: Scars from accidents or skin cancer removal can now be smoothed by injecting biostimulators like [Renuva](http://myrenuva.com) (myrenuva.com), which prompt your body to create new tissue and naturally fill the area permanently. The intense

pulsed light laser BBL Hero by Sciton (sciton.com) is a comfortable and cost-effective way to clear sun-damaged spots or broken capillaries. Frank's new favorite, the microcoring device Ellacor (ellacor.com), makes tiny holes nearly half a millimeter in size to tighten, smooth, and lift skin above the knee. Muscle-building devices—which may feel mildly discomforting, but simulate a major workout—have caught on via treatments like [Emsculpt](http://bodybyhtl.com) (bodybyhtl.com).

TerHart's personal spring wardrobe includes a miniskirt from Wray (Selkie and Christian Siriano are other brands she cites for embracing body diversity). She says she's using her favorite beauty products to reconnect with her body—including the cult-loved [MegaBabe Thigh Rescue](http://megababebeauty.com) (\$14; megababebeauty.com), a balmy stick that creates glide to stop chafing, and [Luna Bronze Glow Gradual Tanning Moisturizer](http://lunabronzetanning.com) (\$33; lunabronzetanning.com). "By doing something like putting nice lotion on," she says, "I'm spoiling a part of my body that I previously neglected, or didn't feel very connected to, and treating it to compassion and care." MARGAUX ANBOURA