

time

ON YOUR HANDS

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We analyze our faces ad nauseam. Here's a crease. There, a discoloration. That ought to be plumped. This, smoothed. All the while, virtually under our noses, we're fixed with a ragged odometer that announces our mileage: "I always tell patients, 'We can lift your face, fill your face, and then you're going to have a really young looking face and really old looking hands,'" says Miami Beach dermatologist Arthur Weissmann.

Hell, if we're gonna obsess, we're gonna do it right. Behold those popping veins, muddy sunspots, sandpaper palms, cannibalized cuticles!

You'd think that if you want to rescue your hands from calamity, you could apply the same regimen for your face to your mitts. It's all skin, right? Wrong.

"With the face, it's affected much more than the hands would be from gravity, with wrinkles, sagging and jowls," says Kathleen Gilmore, a physician and corporate medical director for American Laser Centers, which has several offices in South Florida.

"You don't need Botox for the hands." But you just might need *something*. Here's how to tinker with that odometer. And don't forget your sunscreen after you do.

BUSTED CAPILLARIES — Intense pulsed light (IPL) is often cited as the most popular treatment for those angry red veins. These devices emit short flashes of light which heat and destroy the broken capillaries, and the body eventually absorbs them.

A new generation of IPL devices are combined with radio frequency to better ferret out the offending veins, says Weissmann, of South Beach Cosmetic and Dermatologic Surgery on Arthur Godfrey Road. It doesn't feel much worse than getting snapped with a rubber band. Weissmann's office uses an Elos device, manufactured in Israel. Up to three treatments are usually required, at about \$250 each.

"It's basically like a modern war," he says. "You've got a guy in the field who points a light on the target and you drop a bomb on it."

BROWN SPOTS — Here, too, IPL is



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LOCAL LOTION: **Sucrilicious** Hand Scrub, with brown sugar, organic raw honey, royal jelly. \$45 at Hand and Foot Company, 5792 Sunset Dr., South Miami. In several weeks, it will be available online at handandfootcompany.com.

often the method of choice for these little — or not so little — marks in shades of red or brown.

"Intense pulsed light combined with radio frequency is a really good way to go for that type of damage," Gilmore says.

At American Laser Centers, the treatment is followed up two weeks later with microdermabrasion, a sort of gentle sandblasting. "That helps with the texture and the superficial cell turnover," Gilmore says.



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SPOT BLEACH: **Lumedia**, with hydroquinone, is formulated to help reduce hyperpigmented age spots; \$90 at hylexin.com.

At American Laser Centers, a package of five IPL and microdermabrasion sessions for hands up to the wrist costs \$1,500 to \$2,000, depending on severity of damage. There are locations in Miami Beach, Aventura and Fort Lauderdale.

Gilmore also recommends creams containing hydroquinone, a topical bleach sold over-the-counter in a 2 percent formulation, and up to 5 percent with a prescription.

THIN SKIN — Hands that are especially crepey, with obvious veins and skin with an unfortunate translucency, may require extra measures.

Weissmann's remedy: good old fat. "We use fat as a filler in the face all the time," he says. "It's natural. It's your own stuff."

Less common are requests to put the extra poundage in the hands. But Weissmann says the procedure gives strong results, which last up to six months. His fee for the initial fat harvest, usually taken from the flank, starts at \$2,500. Reinjections cost approximately \$800.

DRY AND DULL — Moisturizers are marketed as a way to improve the texture of hands. Gilmore recommends them, but warns the effect is "extremely temporary."

She says, "Just think when you get a fabulous pedicure and a few days later [your feet] are the way they were before."

Antioxidants contained in creams with vitamins and certain herbal formulations are beneficial, she says.

"UV rays cause damage to DNA in skin cells by oxidizing them, so antioxidants are also helpful," Gilmore says. "But again, it's very subtle."

Retinoids, natural or synthetic substances related to vitamin A (think Retin-A), are especially effective, Weissmann says. So is a good dose of topical vitamin C.

"Healthy skin is like a basket weave," Weissmann says. "In sun-damaged skin, it's denser, more compact."

Alpha hydroxy acids, derived from fruit and milk acids, can break down the "glue" of the epidermis, helping dead skin cells to slough off and making room for new cells. In particular, products containing glycolic acid or salicylic acid often get good reviews.



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OVER-THE-COUNTER PRODUCTS: **Artemis Woman Hand and Body Cream**, in rose quartz with gemstone crystals and aromatherapy essential oils, \$9.99 at Wal-Mart. **Hand & Body Lipid Replenishment**, with tocotrienols (vitamin E), DMAE and Phosphatidyl-E, \$85 at nvperriconemd.com. **Trilogy**, rose hand cream with rosehip, evening primrose and calendula, \$23 at eluxury.com. **Ole Henriksen Hands Forward Renewing Hand Creme**, with sugar maple extract, Kojic Dipalmitate and shea butter, \$28 at Sephora. **Chantecaille**, retinol hand cream with rose, vitamin C and whitening botanical plants, \$68, Neiman Marcus. **Ahava for Men**, Dead Sea minerals and plant and root extracts, \$16 at GBS The Beauty Store. **Kanebo Sensai Intensive Hand Treatment**, with Hyaluronate/Collagen Booster, Kakyoku Extract and Apricot Essence, \$85 at Saks Fifth Avenue.

LOTIONS AND POTIONS DESIGNED TO ERASE SIGNS OF AGING



AT DOCTOR'S OFFICE: Dermatologist Arthur Weissmann uses a light/radio frequency treatment on hand of Eva Jacobsohn, 80. At right, a close-up of the procedure. Cold gel is applied beforehand.



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