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Top Derm Solutions to 2016's Biggest Beauty Dilemmas

How the pros treat their patients'—and their own—most pressing concerns

DR. PAUL JARROD FRANK

Patients: Celebrity dermatologist Dr. Frank estimates that about 25% of his practice is fat removal, and clients are asking for new, faster, less invasive procedures. Enter SculpSure, which uses laser technology to destroy fat cells in targeted areas—think belly fat or love handles—by exposing them to very high temperatures. Once the fat cells have died, the body gradually disposes of them, providing noticeable results in 6 to 12 weeks following treatment. “It won’t replace liposuction, but it does help patients get rid of those last 3-5 pounds we all complain about,” he says.

Personally: “I’m 46,” Dr. Frank says with a laugh. “Sure I use all the usual injectables and I try out those less invasive fat-removing techniques on myself.” But if he were on a desert island and could bring only one syringe or a single machine? “The Fraxel laser to resurface skin,” he says, without missing a beat. “It not only helps you look younger, by erasing irregular pigmentation and causing the skin to rejuvenate itself it actually decreases the risk of skin cancer.” Now if only health insurers would cover the procedure.