

# LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS

**SPOIL SPORT**  
Hiding from the sun is no way to improve your serve. The solution? Protect your skin before you go on the court, and fight damage after the match is won.



SKINCARE

## Courting YOUTH

A NEWLY COMMITTED TENNIS PLAYER HAS TO CHOOSE BETWEEN IMPROVING HER GAME AND SAVING HER SKIN. *By Dana Wood*

After three decades in New York, a year ago I moved to St. Petersburg, Florida, the lightning capital of the U.S. There's also no shortage of sunshine, and, thanks to tennis, I'm out in it—a lot. During my 10 hours a week—private lessons, cardio training, group clinic—I'm silently sizing up the **sun damage** on the teensy-skirted women around me. “That’ll be me in another 10 years,” I mutter, waiting for a serve. “Five if I’m not careful.” Now, thanks to some improvement in my

forehand, the cool broads—the ones with the killer lobs and crepey skin—are asking me to play with them.

Here’s the thing with tennis: The better you get, the longer you’re out there. I desperately need a two-pronged lizard-skin-prevention strategy. Prong One: short-term damage-blocking via one of my least favorite things on the planet, sunscreen. Prong Two: *Star Wars*-style gadgets you can use to turn back the clock the instant you step off the court.

First things first. I was basically a vampire workaholic during my Manhattan years, so I never got into the habit of putting on sunscreen. When I do wear it, I prefer sunblocks with zinc or titanium dioxide, but they leave me with a Madame Tussauds-ish ghostly glow. Jessica Iclisoy, founder of California Baby sunscreens, is a fellow chemicalphobe and tennis buff. She describes her game as “very Boris Becker, diving around,” and her pregame prevention routine is not for sissies either. “If ➤

► I'm going to be out in direct sun for a few hours, I apply three layers of sunscreen, waiting 15 minutes after each to allow it to set." How does Iclisoy get around the wax figure pallor? By using a lightly tinted mineral-based product she recently whipped up and now sells online.

That's too elaborate for me, but I know I need to get with a protection program. "UV rays trigger free radicals, which act like darts on our skin, poking holes in our collagen and elastin," says New York skin doc Dennis Gross. "As a dermatologist, all I care about is that people wear SPF."

Message received. Happily, I've just discovered two sweat-resistant sunblocks I really like: CoTZ Sensitive SPF 40 (\$20, BIRCH BOX.COM), which I use on my face, and Goddess Garden Organics Sport SPF 30 (\$16, GODDESSGARDEN.COM), for my body. They both go on white, then magically disappear. Whew.

But what can I do to rejuvenate parched, overheated skin, especially from the neck down? While treatments for the face abound (seriously, there are roughly 8 billion ways to obliterate nasolabial folds), ways of de-aging the body have only recently begun gaining traction.

Why the uptick? Three reasons, says New York dermatologist and laser savant Roy Geronemus. One, more precise skin-rejuvenating devices hit the market every day. Two, there's a growing awareness of

the disconnect between a supertaut, youthful face and a wrinkly, crinkly everything else. And, three, well-heeled clients increasingly bounce among homes in different climates. "This isn't a Florida problem," he adds, regarding the last point.

Geronemus stocks an array of youthifying machines in his practice, and they fall into three big buckets: laser, radiofrequency, and ultrasound. The Fraxel Dual, which uses both invasive and fractional lasers, yields excellent results on the body. "I treat neck, chest, arms, hands, and legs routinely," Geronemus says. "We often combine the Fraxel with other lasers, like the Q-Switched Ruby, which can be used for isolated areas of pigmentation, like brown spots. It helps enormously with sun damage."

In her Miami practice, dermatologist Leslie Baumann deploys both the Venus Legacy, a radiofrequency tightening treatment, and Ultherapy, an ultrasound method that was initially marketed for lifting droopy brows and chins but was recently cleared by the FDA for ironing out wrinkles in the sun-magnet décolletage area. "Both help sagging skin," Baumann says. "Ultherapy hurts but requires fewer treatments—just one or two, spaced three months apart. Venus Legacy feels good, like a hot stone massage, but you need to

do one a week for six to eight weeks."

Other potentially ouchy, extra-credit décolletage rejuvenators: Botox and filler injections in those pesky little lines between the breasts. "There's a lot of interest in that," Geronemus says. "A big contrast between a rejuvenated face and an untreated chest can be very problematic."

Farther over the horizon—and not yet in play at most marquee dermatology practices—are two deep-freeze treatments, focused cold therapy (FCT) and whole body cryotherapy. While skin docs regularly freeze off small patches of cancerous tissue with targeted blasts of liquid nitrogen (a technique known as cryosurgery), the trend is toward treating ever larger pieces of real estate. In recent clinical trials, FCT has shown promise in smoothing forehead wrinkles. And cryotherapy, which is percolating on the day spa circuit, is said to help with all manner of maladies. By hopping into cold chambers that dip as low as -166° Fahrenheit, brave souls are hoping to blast cellulite, or sleep better, or bounce back from too much exercise. Think of it as a 21st-century riff on that age-old athlete recovery treatment, the ice bath.

In theory cryotherapy could help keep in check one sinister bodywide aging factor: inflammation. Though there are other triggers, including stress and a crummy diet, the sun is known to set in motion what dermatologist Nicholas Perricone calls an "inflammatory cascade." "It can continue for hours or even days," Perricone says. "The long life of the cascade results in most of the cellular damage that leads to aging and age-related diseases."

Not every attempt to de-age and soothe weather-beaten skin has to involve a gadget, a needle, or teleportation to the Ice Age. There is much to be gained from prescription topicals—and even over-the-counter skincare, if it's strong enough.

Beverly Hills-based dermatologist Peter Kopelson is excited about Tensage, a growth factor serum derived from the secretions of the *Cryptomphalus aspersa* snail, which likes to hang out off the rocky coast of Santander, Spain. "I'm using it with microneedling: tiny needles that puncture the surface of the skin," Kopelson says. But its rejuvenating effects don't add up to much if they're not combined with sunblock. "The crinkly, crepey stuff is from the sun," he says. "Tennis players get really crinkly, crepey skin." So I've heard. «

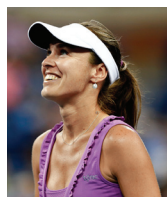
## The PRO PICKS

Unlike some of their weather-whipped predecessors, today's top players practice safe suncare along with their killer backhands.



**SUPERGOOP** (\$28),  
SEPHORA.COM

**Victoria Azarenka**  
**VICTORY LAP**  
Two-time Australian Open winner; Olympic bronze medalist.  
**SKIN SMARTS**  
For smooth skin the Belarusian makes a sand and coconut milk scrub, which she rinses off in the ocean.



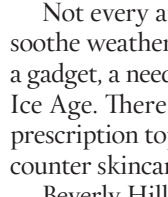
**Maria Sharapova**  
**VICTORY LAP** Five Grand Slam titles.  
**SKIN SMARTS**  
"We know so much more, not only about skin diseases related to the sun but how easily preventable they are," says Sharapova, who co-owns Supergoop sunscreen.



**Martina Hingis**  
**VICTORY LAP** 14 Grand Slam titles.  
**SKIN SMARTS**  
Better late than never, Hingis says. "When I was younger I didn't think about protecting my skin. Now it's more of a concern for a lot of players on tour."



**Ana Ivanovic**  
**VICTORY LAP** Ranked seventh in the world.  
**SKIN SMARTS**  
"I swear by Shiseido's SPF 50+ WetForce Lotion," she says. Off the court, REN's Moroccan Rose Otto body oil and lotion is "my version of a spa on the go."



**Caroline Garcia**  
**VICTORY LAP** Rising star with three wins over rival Ivanovic this year.  
**SKIN SMARTS**  
Regular checkups and "a minimum of SPF 60" keep this French player safe from sun damage.