

Ellen Marmur, MD

Perspectives on head-to-toe beauty.



Today's cosmetic dermatology treatments can address concerns covering the entire body from head to toe, and New York City dermatologist Ellen Marmur, MD is enthusiastic about all of the new options and how they work together for a synergistic rejuvenation effect. Dr. Marmur, an Associate Clinical Professor in both the Department of Dermatology and the Department of Genetics & Genomic Research at The Mount Sinai Medical Center, spoke to *Practical Dermatology*[®] magazine about what is trending today.

What are patients' top cosmetic concerns today?

Ellen Marmur, MD: Top cosmetic concerns for men are under-eye dark circles, looking tired, and jawline/neck sagging. For women, wrinkles, brown spots, and body fat are the main concerns.

What new treatments/products/devices are you most excited to offer?

Dr. Marmur: Fillers are my favorite cosmetic treatment, because I can be most artistic. I am excited about Juvéderm Volbella for its softness in the lips, and Restylane Defyne for its lift and natural look in the face. I love the wide range of body sculpting we can offer using cryolipolysis, radiofrequency (RF), ultrasound, and injections for non-invasive fat reduction and skin tightening. I always love Thermage and we are one of the select few to offer the newest, fastest Thermage in the country. Thermage gives your entire face, jawline, and neck a 3D, 5mm tightening that is completely natural.

I call it Preservation Aging[®] because my passion and philosophy is that aging well includes preserving our skin as naturally as possible so we need less filler or can delay surgery for as long as possible, if not forever!

I am excited about my newest device invented in South Korea—yes, Korean Beauty has come to technology—which is RF + microneedling. I wasn't thrilled with microneedling alone for the skin, but adding RF energy provides a deep tissue burst of heat to tighten the skin and close the pores for supple, dewy skin. It is called Intracel, and after testing multiple devices, this is the one all of my patients said, "Wow! I love it!"

"I call it Preservation Aging[®] because my passion and philosophy is that aging well includes preserving our skin as naturally as possible so we need less filler or can delay surgery for as long as possible, if not forever!"

Are combinations big in your practice?

Dr. Marmur: Yes, we create a master plan for each patient and personalize a one-year plan based on their concerns.

I love when my patient shows me photos of themselves from the past, both smiling and at rest, so I can respect their distinct balance and look. My approach is to use technology such as lasers to improve the health and integrity of their skin—complexion, texture, and elasticity—which allows the skin to hug their face better, like Spanx. I follow their bone structure as a guide for using fillers to lift and reassert their balance. I curate each patient's neuromodulators (Xeomin, Dysport, or Botox Cosmetic) to establish their best pattern over time. And finally, I ensure patients combine their medical and cosmetic procedures with the best authentic skincare routine at home using a fabulous resource called RegimenPro.

Is hand rejuvenation still a thing?

Dr. Marmur: Hands are like the new neck. When patients begin to notice their hands are aging, they want them fixed immediately. Brown spots are first, and easiest, using the newest picosecond technology called the PiQ04 by Lumenis. Next, filler is an excellent and safe way to hide prominent ligaments and veins as the hands thin. And finally, we are researching the natural and safe results from fine fillers in the fingers.

Hands are sensitive, so my advice is to always start with just a small amount of filler. You can always add more. ■