

how we live

ADVICE, INSPIRATION &
A LITTLE PEACE OF MIND

THE FIX IS IN

BEST FACE FORWARD

Nothing rocks your confidence quite like acne, redness, and whatnot. These women had had enough—and found the right pros to help them. The results are way beyond skin-deep.

BY HEATHER MUIR
MAFFEI

HAIR BY SATOSHI IKEDA; MAKEUP BY KEVIN CHEAH; MANICURE BY NORI; WARDROBE STYLING BY HEATHER NEWBERGER



BEFORE

Camila Miller, 30

NUTRITIONIST

Even though her acne had cleared up, years of breakouts left Camila’s skin scarred. “I really wanted to correct that before my wedding,” she says. Enter: Michelle Malpica, a registered nurse at BeautyWorksNYC, which is led by plastic surgeon Barry Weintraub, MD. Camila received two rounds of the ProFractional laser, a resurfacing treatment to break up scar tissue, and Secret RF radio-frequency micro-needling to boost her glow. She got the results she was after, but more importantly, she learned a lesson. “Social media portrays a flawed vision of perfect skin. It’s an organ; it’s not meant to be perfect,” a wedding-ready Camila says. “I feel relieved and confident, but I’m now focusing on a more positive view: how my skin protects me.”

HOW TO FIND YOUR PRO

Consider Credentials

The American Academy of Dermatology says to look for “FAAD” after the doc’s name, as it indicates they’re board certified. For a plastic surgeon, check their certs with the American Board of Plastic Surgery.

Seek Out a Familiar Face

“Find someone who’s similar to you in some way—gender, race, ethnicity,” says Mona Gohara, MD, associate clinical professor of dermatology at Yale School of Medicine. “Studies show better outcomes with cultural resonance.”

Scroll Their Social Feeds

Look through before-and-after photos to see if your aesthetics align, Gohara says. They do? Schedule a consultation.

Make Sure You Can Pay

Most cosmetic procedures aren’t covered, and many docs don’t take insurance. Ask about payment plans up front, and budget for the work in advance.

If You See Good Skin, Say Something

Don’t be afraid to ask friends who look great. Lead with a compliment and they’ll probably be happy to share!