



NewBeauty Magazine

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NEWS

SUNDAY EVERY DAY



The queen of self-care rituals, Sunday Forever founder Ashli Stockton shares her five favorite indulgences to maintain a "good vibes only" headspace this season. @sundayforevernyc

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SKIN FIX

"I've been really loving my new DermaFlash for all of my face-shaving needs. I was using Twinkles for the longest time and decided to up my game to this one, which I use once a week or so and it leaves my skin baby-smooth."



DermaFlash 2.0 Luxe

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BODY BASICS

"For the longest time I used coconut oil, then I moved on to almond, and now, apricot oil is where it's at. It not only feels great, but it's also known to firm and tone the skin, so I slather it on everywhere."



NOW Solutions 100% Pure Apricot Oil

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BEAUTY SLEEP

"This is a new Canadian brand I'm loving. Their 100-percent cotton sheets are so cozy and the perfect balance between stiff and soft—it's like they've been washed a hundred times before you even receive them."

Maison Tess Cotton Sheets

FAST FORWARD



PSA: Anyone with a CoolSculpting session on their calendar should rethink their choice of body cream immediately. In a clinical study shared at a recent ASDS conference, CoolSculpting patients applied Alastin TransFORM Body Treatment twice daily to one half of their treatment area, and five weeks later, the Alastin side was visibly smaller. The active ingredient in the cream, a blend of peptides, targets receptors in the dermal fat inside hair follicles (even baby-fine hair on the stomach and thighs), amping up the body's repair process. According to Frisco, TX dermatologist Elizabeth Bahar Houshmand, MD, Alastin "accelerates the body's natural removal process of post-procedure fat debris." And for those with no CoolSculpting in their future? The cream on its own, after eight weeks of use, improved skin texture and crepiness by 38 percent.

ENERGY HEALING

Last July, the FDA expressed safety concerns about energy-based vaginal rejuvenation devices, reporting that they were being marketed to treat symptoms and disorders associated with menopause, urinary incontinence and/or sexual function, although they weren't FDA-approved to do so. (Many of the devices have, however, been cleared for use to destroy abnormal or precancerous tissue, as well as genital warts and other genitourinary conditions.)

FDA UPDATE

As a result of the FDA's warning to the manufacturers of these devices, and further investigation, the organization recently reached the following conclusion: "After reaching out to the seven manufacturers marketing their devices for unapproved or unclear uses, all of them have made significant changes to their websites to remove claims associated with vaginal rejuvenation and other unapproved treatments. Our efforts to address these safety concerns is part of our broader work to improve our analysis of data concerning the safety and effectiveness of health technologies in clinical areas that are unique to women."

POSITIVE OUTLOOK

Although the doctors we spoke to respect the FDA's decision to examine this issue, they believe these devices are necessary and can provide life-changing results for many patients who don't find success with alternatives.

As New York dermatologist Macrene Alexiades, MD says, "We need treatments for these conditions, which affect approximately 50 percent of postmenopausal women and can hinder their quality of life."

Reston, VA urogynecologist Maria Canter, MD agrees, and says radio frequency-based Viveve System is her device of choice: "It has studies demonstrating safety and efficacy when used to treat vaginal laxity that can lead to decreased sensation during intercourse and urinary incontinence. To date, there have been no serious adverse events and the benefits have outweighed any risk."



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SLOW BURN
"Nostalgic, cozy scents really speak to me, and I've been burning this one on repeat. It adds just the right amount of ambience to the room, and it's a tad bit masculine, which I love."
Sunday Forever 11:11 Candle

