



Dr. Donna R. Kesselman, MD, PC

Medical Director of Park Avenue Wellness

Medi-spa, acupuncture, non-surgical rejuvenation

212.988.1700 / parkavenuewellness.com

Rx: Prescriptwex Intensive Rebuilding Instant Line Filler plumps skin. Continued use will stimulate natural collagen production.



Dr. Jody Alpert Levine, MD, FAAD, FAAP

Co-founder of Plastic Surgery & Dermatology of NYC

Medi-spa, plastic and reconstructive surgery with Dr. Elie Levine

212.988.1800 / plasticsandderm.com.

Rx: The center's own broad-spectrum (UVA/UVB) sunscreen with SPF 30 to 45 doubles as a lightweight oil-free moisturizer.

Q: Tell us about your house call service.

A: My service makes it easy for busy New Yorkers to look their best without having to take time out of their hectic schedules to come to my office. I make it easy for them to erase their lines and wrinkles by going to their homes. Even more convenient, my appointment hours extend through the evenings and weekends. I go mostly in Manhattan, although with the summer here, I have already made several calls to the Hamptons. I even helped one hostess organize a Sunday "BOTOX & lox" brunch! I also make house calls to clients in lower Westchester.

Q: Can squinting in the sun give you permanent wrinkles?

A: Squinting will definitely contribute to wrinkles around your eyes. UV rays can cause many wrinkles. Wearing sunglasses that block out the vast majority of the sun's UV rays when you're outdoors during the day can help protect the soft, sensitive skin around your eyes, where crow's feet form and where sunscreen may not reach. Choosing a pair that also shelters your eyes from glare will help prevent that dreaded squinting!

Q: Any other tips for preventing wrinkles?

A: Don't go to the tanning salon. The UV light is just as damaging as the sun's, and sometimes worse. Also, sleep on your back. Sleeping with your face pressed against a pillow can cause "sleep lines" that can turn into wrinkles. Finally, fine-tune your facial expressions. Remember what your mother told you when you were a child! Be aware of the expressions you make; over time repetitive movements will turn into wrinkles. Make a conscious effort to modify them using relaxation techniques, such as visualization, yoga, or meditation. –Elena Rogliano

Q: What day-to-day skincare routine should people follow in the summer?

A: Essentials to every day skin care include an antioxidant (green tea being the best), a broad-spectrum sunscreen, and a retinoid. In the summer you especially want to make sure that you are using a daily antioxidant and then a broad-spectrum sunscreen—step it up a notch from the winter—if you usually use SPF 30, go to 45. If you usually use makeup with SPF, go to a cream devoted to sun-protection. Also, remember your arms, hands and neck!

Q: Some people feel weighed down by greasy or heavy sunblocks. Are there any alternatives?

A: There are many oil-free sun blocks out there. In addition, there are gel and spray formulations that are not greasy. We sell sun block pads that are not greasy at all. We also offer powdered mineral sun block, which is not my first choice for total protection but is better than nothing. In the worst case, if you refuse to put anything on your skin, make sure to wear a hat, avoid the sun during the heat of the day, and seek shade when possible.

Q: Besides sunscreen, do you have any other anti-aging tips?

A: Eating right, exercise, and staying healthy are the top anti-aging steps. Antioxidants are crucial, both in our diet and topically. Sunscreens can only block so much and topical antioxidants help counter oxidation damage from the rays that do get through. Other topical agents that help with anti-aging are retinoids/retinols. These products have many proven anti-aging properties. Exfoliating is also a great way to keep your skin young. Whether it's with your daily skin care or monthly peels, chemical exfoliation keeps skin optimized. –Rachel Corbett