

BEAUTY COUNTER MD

Expert insight on the hottest products, ingredients, and trends your patients are talking about.

WITH MICHAEL T. SOMENEK, MD



Chicken Soup for the ... Skin?

Bone broth and ingestible collagen supplements are all the rage these days, with manufacturers and fans alike claiming that they can restore the building blocks of healthy skin from the inside out, but is this even possible?

Michael T. Somenek, MD, a Washington, DC-based facial plastic surgeon weighs in: There has been a large increase in the amount of products that contain collagen within them. The idea behind them is that by drinking or eating them that they are helping restore lost collagen to the skin.

From a scientific standpoint, it is safe to say that the collagen is not getting directly to the skin. Collagen is broken down into amino acids in the gastrointestinal tract after it is ingested. This makes it very unlikely that whole collagen is making it to the skin. Additionally, these supplements are not well regulated, so the companies can claim many benefits that aren't substantiated in the scientific literature.



The only potential impact of ingesting collagen is that the essential amino acids that are the building blocks for collagen may indirectly provide some benefit to the skin. However, we

know that when amino acids are distributed throughout the body, the skin is lower on the priority list when compared to major muscles, like the heart and brain.

I would much rather recommend medical cosmeceuticals when looking to boost and protect collagen. Using daily sunscreens and antioxidants will protect collagen from getting damaged, while retinols can up-regulate the formation of collagen. These are the types of products where scientific research exists, and we can make claims that are substantiated.

NEW PRODUCTS



POLY GO PORTABLE LED LIGHT THERAPY, UVBIOTEK

UVBioTek's new line of hand-held LED therapy products, named "POLY Go," use multiple wavelengths that are clinically proven to cater to those with acne, fine-line wrinkles, hyper-

pigmentation, under-eye bags, collagen depletion issues, and even pain, swelling, and redness. POLY Go offers the option to change light heads to address several conditions for a variety of client needs. UVBioTek also teamed up with IT company, TIMIT Solutions, to build a custom application to assist users in utilizing POLY Go. The "My POLY" app is available for iOS and Android users looking to get the most from their light therapy treatments. My POLY provides an interface that will allow POLY Go users to be trained in using the products, manage their therapy sessions, and learn more about advances in the field. Mypolyled.com



SKIN THERAPY ENRICHING BODY WASH, DIAL

Dial Skin Therapy Enriching Body Wash was created with an advanced moisture-attracting formula that adds lasting, lightweight hydration while also gently purifying to help skin feel replenished, according to the company. The new body wash offers a gentle formula that allows everyday use, helps reveal skin's natural moisture and radiance, keeps skin healthy and clean, and leaves skin feeling soft and smooth. The body wash is available in three scents: Himalayan Salt, Manuka Honey, and Sea Minerals. Dialsoap.com