

FROM WITHIN WELLNESS

# Best Face Forward

Prep for summer with these complexion-perfecting treatments designed to reveal radiant, lit-from-within skin.

BY MARIEL RITTENHOUSE GOODSON



## BLADE RUNNER

After a particularly wicked winter, your complexion might be clouded by a flurry of dead skin cells, which can contribute to a flaky, cakey, dried-out appearance. [Dr. Sharon Giese](#), a board-certified plastic surgeon in Manhattan who makes weekend house calls out East, suggests wiping the slate clean with a 60-minute DermaPlaning session (\$200). Using a special surgical blade to delicately whisk away the top layer of epithelial cells—and any pesky peach fuzz that stands out in stark sunlight—DermaPlaning uncovers baby-smooth skin. Unlike microdermabrasion, which [Dr. Giese](#) says can leave behind irritation and broken capillaries, DermaPlaning gently stokes cellular regeneration and diminishes the appearance of pores with zero downtime. 114 E. 61st St., NYC; [drsharongiese.com](#)



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