

THE BEAUTIFUL EDIT

BEAUTY

The Best Botox In New York City

An Insider's Guide to The Best Manhattan Dermatologists



As a forty-five-year-old beauty vet who know her way around a Botox needle, I would be lying if I didn't admit: I listen with a certain degree of bemused detachment as the pink-haired 25-year-old on the soap box next to me delivers a blistering harangue about anti-aging treatments. "So, you don't believe in *Botox*? And you think it's anti-feminist?" And my personal favorite: "I would never do something so shallow." The truth is: I used to think that I wouldn't, either. It was easy to get on that moral high horse when my skin was as smooth as a baby's butt and images of Jocelyn Wildenstein haunted the news cycle. Fast forward 15 years. Much as I still value of the idea of aging gracefully, I no longer judge; in fact, I feel nothing but deep gratitude for the advances in cosmetic dermatology and the many talented doctors who populate every neighborhood of NYC.

Jane Fonda may have shut it down on Megyn Kelly, but—after countless years in the beauty world—I am comfortable having this uncomfortably honest conversation. For myself, and countless other working women over the age of 35, looking youthful is no longer merely an issue of vanity: it’s a question of survival. Sure, people pay lip service to the idea of “age diversity” —and I am deeply grateful to the designers and brands who are now actively embracing women of every race, ethnicity, and age in their advertising and runways shows (godspeed for trends to translate to real change). However, the current (still undeniable) reality is that aging exacts a hefty price on women, especially those attempting to stay employed in the selfie-obsessed, Instagram world we now live in.

Over the years, I’ve interviewed many 35+ celebrities who credit their flawless skin to “clean eating” and “lots of water.” Obviously, diet and lifestyle are hugely important (Elta MD sunscreen is literally the best anti-aging insurance you can buy). So are genetics, particularly the genes that come from your mom; research shows her chromosomes matter most when it comes to aging.

But let’s be frank here: there is no amount of green juice that’s going to erase years of worry from your resting woman face. Still, who can blame celebrities for their little white lies? After all, the second someone admits to getting any kind of work done, she is instantly attacked and ridiculed. But I would argue this: It’s far more pernicious to shame women for being honest—and to reward those who perpetuate myths of perfection that defy science (and mother nature).

Instead, I propose we all stop judging and start being more comfortable having an honest, open dialogue. Don’t want Botox? Don’t do it. Curious? Be cautious, above all else. Not one doctor in this round up would suggest you obliterate all signs of expression from your face. In fact, they have all staked their reputations on achieving the opposite: a subtle, almost minimalist approach that makes you look exactly like yourself, on your best day (sarcastically crooked brow, in tact). If your forehead doesn’t move, and the sides of your temples swing up like curtains when you try to emote, you’re obviously seeing the wrong person.

Which brings to this list: a highly subjective but exhaustively researched guide to the very best Botox injectors in the city, all vetted by yours truly (and some of my most discerning friends and fellow beauty editors). Enjoy!



Dermatologist: Paul Jarrod Frank

Geotag: 1049 5th Avenue, Suite 2B, New York, NY 10028

Speed dial: 212-327-2919

Pedigree: M.D. Columbia Presbyterian, residency NYU Langone Medical Center

Bragging rights: Dr. Frank, who works with Madonna as a consultant for her newly launched MDNA skin care line, doesn't love the term "Botox"; instead, he opts for "neuromodulator," because "there are 3 botulinum toxin type A products currently on the market. There will be two more types within the next year. Each of these products have similar effects but different personalities, like different thicknesses or consistency of colored paint. He use a combination of 2 or 3 at a time to achieve a bespoke cocktail for each patient, which takes into account age, severity of wrinkles, anatomic differences, goals of expression and so on.

A patient says: "I go to see Dr. Frank for a standing appointment about every three to four months for injectables. After several years of being his patient, I no longer have to request specific treatments to address my concerns. What I do know is that in a matter of days, I feel like the best version of myself again because of Dr. Frank."