

NEWBEAUTY

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THE BEAUTY AUTHORITY

THE TOP DOCTORS
TREATMENTS TO GET NOW!

SAVE YOUR HAIR

INNOVATIONS IN LASERS, PRP AND SURGERY

ANGELA BASSETT
CAN YOU GUESS

THE NEW MOM

Thanks to Drew Barrymore, Dr. Frank and a transformative in-office muscle-building treatment, NewBeauty editor-in-chief **EMILY DOUGHERTY** becomes the best kind of power lifter.

MILESTONE

Getting strong for her son

TREATMENT

Emsculpt

DOCTOR

New York dermatologist Paul Jarrod Frank, MD

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ll the cool girls are doing it!" I've always found this claim to be both wildly seductive and magnificently cringe-worthy. And it's to blame for my best beauty decisions (blue mascara and Clairol Lock 'n Roll curlers) and my worst ("temporary" eyebrow tattoos and a \$5 cosmetology-school perm). But this time, it's sweet Drew Barrymore saying it! And she's talking about Emsculpt, the miracle doctor-office treatment that uses magic (in the form of MRI-strength magnets) to make stomach muscles contract 20,000 times in just 30 minutes...while you just lie there! I haven't done 20,000 sit-ups total in my entire life!

"When someone starts working out again after a hiatus, the most common injuries are due to a weak core," says Dr. Frank (my Emsculpt angel). "Originally we thought Emsculpt was for the super fit who wanted to get even more fit—to make their six-pack abs an eight-pack. But now we are seeing people looking for the strength benefits."

SIGN ME UP!

Due to recurring complications from my C-section, I haven't been able to pick my son up since he was born. If he skinned a knee, I've had to sit on the ground to comfort him. If an ocean wave came in too fast, I couldn't lift him out of the way. It's the saddest math equation—how fast he grows compared to how slow I build muscle—and I thought I would never have the joy of picking him up. But just two weeks under the expert care of Dr. Frank—four Emsculpt sessions (I did both my glutes and abs to build maximum muscle)—changed everything.



The writer and her 4-year-old.