



## Oxygen Facials Will Prevent Kate Middleton's New Age From Showing



30 on January 9, **Kate Middleton**'s hit a new decade marker, but she's not likely to let her skin show it. **The Duchess** reportedly enjoys Oxygen facials to keep that under-30 glow; she apparently had one just before her wedding.

One such facial is the **Intraceuticals** Oxygen treatment, a skin-rejuvenating process that more and more A-listers look to for getting their game faces on. Unlike other facials, **Intraceuticals** aren't about exfoliation, extractions or goopy layers of cream. And although they makes use of hyperbaric oxygen therapy—using oxygen at a higher level of pressure than normal—they're not exactly about oxygen, either.

"The **Intraceuticals** facial uses a cooling, forced stream of oxygen via a treatment wand to push a hyaluronic-acid serum from the epidermis [the skin's surface] to the dermis underneath," explains Dr. Sandy Skotnicki, medical director of the Bay Dermatology Centre in Toronto. Hyaluronic acid, a molecule the skin also makes, can hold up to 1,000 times its weight in water. "It hydrates the skin, immediately firms and plumps it up to smooth out fine lines, and gives the complexion a nice glow," says Skotnicki.

**Eva Longoria**, **Sarah Jessica Parker** and **Kristen Davis** have enjoyed treatments, and, according to Skotnicki, famed fashion photographer Steven Meisel has all his subjects book **Intraceuticals** treatments before shooting with him. **Justin Timberlake** is quoted on the **Intraceuticals** website as saying they make his skin "look dope," and **Madonna** is reportedly such a fan that she owns at least one **Intraceuticals** machine.

Starting at \$225, the 40-minute treatment is especially good for women in their late 30s, 40s and older. "Maybe they travel all the time, smoke a little or party a lot. This makes their skin look refreshed and glowy," says Skotnicki.

Effects are cumulative, so the recommendation is a series of appointments although results are evident after the first. Benefits are actually more noticeable around day two or three, and can last up to three weeks. "For a while, I thought of it as just a facial," Skotnicki confesses. "But I have patients who do it all they time—they look good."

I'm a fan of them too. They're brilliant for brides-to-be, as well as for any other folks who have a face-time appointment with a camera. Not only does skin look smooth and serene afterward, it actually feels like it's breathing, the way you do when you step outside into cool, fresh, not-in-the-city air.