

ORANGE COUNTY REGISTER

TWO BLONDS

Face it, wrinkles happen

You can't turn back time, but you can minimize its ravages on your skin.

We prefer to see the words "wrinkle" and "time" in the same sentence only when talking about the award-winning children's classic novel by Madeleine L'Engle.

Written 52 years ago, the beloved science fiction fantasy "A Wrinkle in Time" still is an ageless beauty.

Too bad our faces don't age as well as esteemed works of literature.

Thankfully, the appearance of wrinkles, sun spots and other ravages of time on our precious faces can be minimized with a daily regimen of skin care products.

These products include cleansers, moisturizers and sunscreens, as well as creams and serums designed to activate your aging body's ability to replace dead skin cells, a process that helps you maintain a luminous glow.

So pull your head out of that book and listen up.

'HOPE IN A JAR'

That's how Dr. Monica Bonakdar describes most over-the-counter products that profess to minimize the appearance of wrinkles and other signs of aging.

"Most of the time," she says, "you don't see results."

Bonakdar, a Newport Beach cosmetic physician who has been injecting clients with Botox and Artefill for more than 20 years, debuted last month her own physician-grade skin care line, **MonBon**, whose 12 products cost \$40 to \$150.

Cleanse, treat, hydrate and protect - these are the four steps involved in Bonakdar's recommended maintenance



GREG HARDESTY & KATHLEEN LUPPI
STAFF COLUMNISTS

regime, which she describes as a "back to basics" approach using time-tested and heavily researched ingredients such as retinoids, antioxidants, hydroxy acids and amino acids/peptides.

MonBon's top sellers include **Hydrating Gel** (\$80, 1 ounce) and **Super C Serum** (\$115, 1 ounce). We like the way **MonBon's Retinol Renewal Cream** (\$115, 1 ounce) leaves our face feeling moist and smooth - not dry and tight, as similar products do.

And we love the fact that the Cadillac product of the line, **Peel in a Jar** (\$150), can be used every night for faster results. Men, if you choose one MonBon product, choose this.

MonBon products soon will be available at bonakdarmd.com and at higher-end department stores but now are sold only through her office.

AN ULTA-MATE SOLUTION?

Another doctor, New York-based dermatologist Douglas Altchek, recently launched his own line of skin care products, **Altchek MD**, sold exclusively at the **Ulta Beauty** chain.

His products, designed for a variety of skin care concerns and all age groups, cost \$14 to \$30 and run the gamut from cleansers, pads and eye cream to sunscreen and restorative serum.

Altchek says his products

allow consumers to take advantage of the latest science to help achieve younger-looking skin without costly prescriptions or invasive procedures.

"Every age group wants to see smooth, healthy-looking skin," explains Altchek - and here are truer words ever been uttered?

'AGE CONTROL'

Ron Cummings suffered from adult chicken pox, sun damage and a bad case of facial dermatitis. But after several years of research and testing, he created a formula called **AminoGenesis**. He said his skin discoloration vanished, and the dryness and flakiness were gone.

Cummings, CEO of **AminoGenesis Skin Care** in Irvine, says amino acids are the science behind beautiful skin because they are building blocks of proteins like collagen and elastin. His **AGE Control Dual Treatment Anti-Glycation Serum** (\$99, amino genesis.com) is used to reverse the damage to skin proteins.

Glycation is what Cummings calls "the true enemy of your skin." The chemical process occurs when sugar molecules destroy proteins in skin. Several reviewers of Cummings' concoctions say their skin was smoother and softer and their pores less visible.

AminoGenesis also sells wrinkle erasers, under-eye treatments and facial cleansers.

Its website has photos of before and after treatments targeting forehead lines, crow's-feet and dark circles.

NOTHING TO FROWN ABOUT

Before crow's-feet or fine lines appear around the corners of your eyes, consider anti-wrinkle treatment **Frownies Facial Patch**. **Frownies** has been in the facial pad business since 1889 - that's 125 years, friends.

We're loving the facial patches for wrinkles on the corner of the eyes and mouth (\$19.95, frownies.com). Put the paper patches on every night for 30 nights.

Meanwhile, Bonakdar, 48, explains the sad but inevitable process of aging skin.

When we're babies, she says, our bodies replace dead skin

cells after three weeks. But it all starts going downhill at age 5, when that process begins slowing. By the time we're middle-age, Bonakdar says, the process takes 60 days.

We don't know about you, but we suddenly have an overwhelming desire to read a time-travel book.

Anyone have a spare copy of "A Wrinkle in Time"?



Newport Beach physician Monica Bonakdar says her skin products stave off wrinkles and signs of aging.

H. LORREN AU JR., STAFF PHOTOGRAPHER