

## BEAUTY BOX



NOT only is he one of the US's leading cosmetic surgeons, **Dr Barry Cohen** is also the man behind Beyond MediSpa which recently opened at Harvey Nichols, Edinburgh.

**What is your top beauty product?**

Rhydex for the face. It has peptides for collagen stimulation, GABA, a topical smooth muscle relaxant to reduce the appearance of wrinkles, as well as large molecules that fill wrinkles to make them look smoother. It works well in concert with our lazy person's all-in-one product, AM multicomplex moisturiser, which has sun block, antioxidants and glycolic acid. A great one-two punch.

**Do you have a beauty tip?** Don't smoke, and stay out of the sun.

**What are your best and worst features?** Best are my green eyes; worst is my bald head.

**Biggest beauty disaster?** A spray tan I got before a major TV appearance.

**Would you ever consider having cosmetic surgery?** Of course.

**What's in your bathroom cabinet?**

A full regimen of our soon-to-be-launched pH Advantage MD line.

**Quick wipes or a three-step regime?**

Cleanser, serum and moisturiser, then weekly I exfoliate with 10/50 glycolic pads.

**How long do you take to get ready in the morning?** Ten minutes.

**What's your favourite item of clothing?** Blue jeans.

**Do you prefer a real or bottled tan?**

Bottled. The sun is terrible for you. I practise what I preach.

**Are you brand-loyal?** I never cheat on myself.

**Are you a metrosexual?** To a moderate degree.

**In the credit crunch, what is the one treatment you would be willing to give up?** Facials in a spa. I can get the same results at home, albeit without