

Dr Nina Wines wears Dries Van Noten shirt, \$395, from Poepke. Cacharel pants, \$445, from Robby Ingham. Tiffany & Co. gold bangle, \$3,250, and gold ring, \$1,350. Model wears Givenchy by Riccardo Tisci dress, \$2,695, from Robby Ingham. Kailis pearl necklace, \$45,900. Paloma Picasso for Tiffany & Co. gold bracelet, \$3,750.

Nature's Own Vitamin B3 Nicotinamide, \$13.

Neutrogena Ultra Sheer Hydrating Face Lotion with Helioplex SPF30, \$15.

## THE DERMATOLOGIST

### Dr Nina Wines

*From her clinic in the leafy suburb of Northbridge in Sydney, Wines tackles everything from acne and scar treatment to skin-cancer surgery and facial rejuvenation. She also knows her fair share about skincare formulations, having co-created a luxury skincare line for men called Skinn.*

**My skin is ...** "Fair. It burns easily then tans. I also have rosacea, so sometimes large unattractive white pustules appear on my chin, which is not a good look when you're a dermatologist. I feel self-conscious, but it

is a blessing in the sense that it helps me to understand what my patients go through. Growing up I was an absolute tan-oholic, so to reverse the damage I have regular facial peels using a combination of alpha hydroxy acids (usually lactic acid, pyruvic acid and trichloroacetic acid). I have a Candela Vbeam 595nm vascular laser at my clinic to improve tiny broken capillaries caused by rosacea and UV damage.

I also have a pigment Nd:Yag laser to help with some small brown spots on my face from sun damage. Every 12 months I have my face and skin checked for early skin cancer and every few years I perform a

treatment, supervised by my colleague and dermatologist Dr Elizabeth Dawes-Higgs, called photodynamic therapy, which involves using a cream called ALA, followed by laser and LED light, to help reduce my chances of developing skin cancer."

**My skin saviours are ...** "I use Rationale cleanser and Neutrogena Ultra Sheer sunscreen every morning. I also apply preventative products, including ReTrieve topical tretinoin (available on prescription) in the evenings and Rationale niacinamide serum in the morning, which improves pigment spots and reduces sun spot development. I apply Rationale skin-rejuvenating serum before

going out and it gives my skin an instant boost and glow."

**My ultimate beauty indulgence is ...**

"Laser hair removal.

I no longer have to shave my underarms or legs. I also adore chemical peels: your skin feels immediately softer and refreshed. And Botox is also fantastic, provided it is performed by a well-trained person to achieve a natural-looking result."

**My advice is ...** "Don't think of skincare as being about topical cosmetic products alone. Skincare involves the restoration of damage (peels and laser), as well as prevention of further damage (sunscreen, skincare products). You take your car for services regularly, why not do the same for your skin? Have your skin checked at least once a year to ensure you have no problems. Early detection leads to much easier treatment."

**From top:** Rationale Preparatory Cleanser, \$68; Rejuvenating Serum, \$150; and Niacinamide Serum, \$148.

**"Skincare shouldn't just be cosmetic ... it involves restoration of damage as well as the prevention of further damage"**

**If you only do one thing for your skin ...** "Avoid exposure to the sun, by wearing a hat and protective clothing. Include topical niacinamide in your skincare routine and consider taking an oral supplement of vitamin B3 [nicotinamide]. It is showing promise in reducing the formation of sun spots and hence skin cancer."

Visit [www.drninawines.com](http://www.drninawines.com).