

A full-page photograph of Katy Perry with dark, wavy hair, wearing a white lace-trimmed dress and a pearl necklace. She is looking directly at the camera with a slight smile. The background is a plain, light color.

**Katy Perry**

*America's  
Biggest Export  
Goes Glam*

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# *The Global Style Issue*

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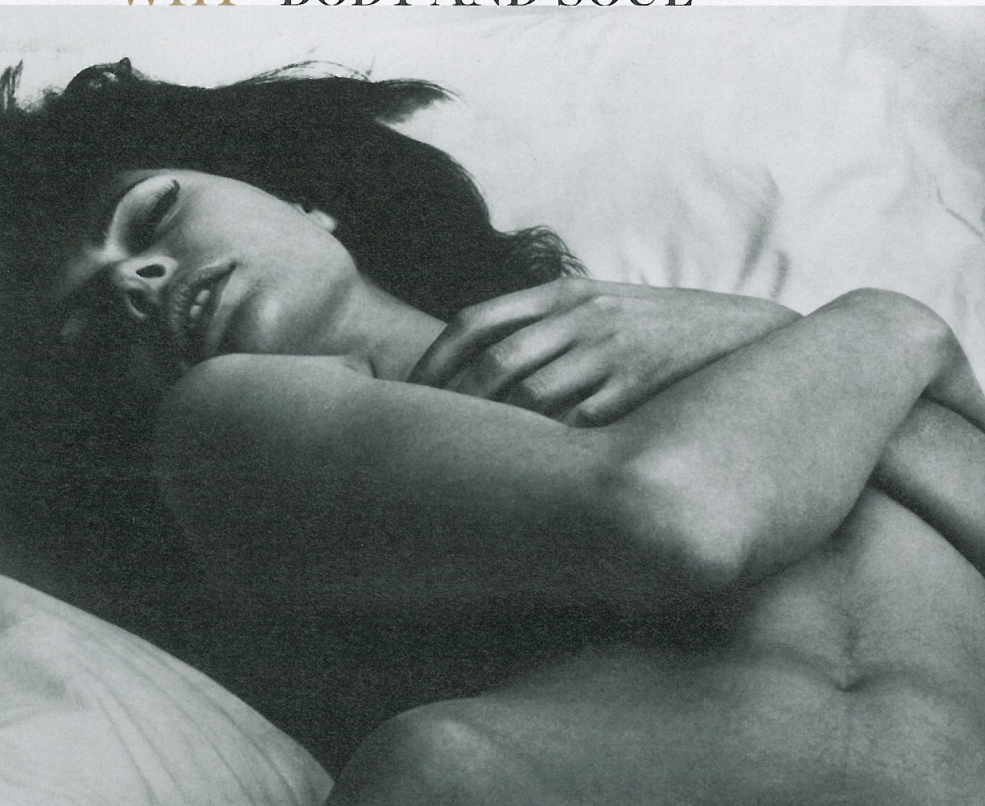
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**WHO HASN'T BEEN ANNOYED** by the advice—usually offered when a shot of tequila or a Xanax would be more welcome—to just take a deep breath? But it turns out there might be something to that recommendation. According to Jill Miller, the creator of the Yoga Tune Up program at Equinox, exercising your breathing muscles—namely, the diaphragm and intercostals—can not only chill you out but also improve your physique. A perfect inhalation, Miller says, reaches all the way down to the lower lungs, puffing out the belly. “If breathing muscles are aligned properly, your heart and digestive system work better,” says Miller, who created a workout during which students roll their bodies over rubber balls to get those muscles working optimally. And there’s an aesthetic upside: Miller likens strong intercostals to “an internal corset” that holds in your midsection.

Meanwhile, in New York, clinical psychologist Belisa Vranich’s Breathe classes at Willspace studio combine posture correction, core work, and inhalation practice to get students using more of their lung capacity. “You break down nutrients with oxygen—your brain runs on it, and your muscles heal with it,” she says. But stress, combined with sucking in our bellies, drives most of us to breathe shallowly. It’s a vicious cycle: Stress causes shallow breathing, and shallow breathing increases stress, leading to elevated levels of cortisol, a hormone linked to increased belly fat.

Breathing exercises, on the other hand, have been shown in recent studies to lower blood pressure and improve hand-eye coordination. The self-proclaimed “breath guru” Alan Dolan

believes they can also save your career—and even your marriage. Dolan conducts retreats on the Canary Islands, where, in addition to yoga, he uses stretches, breath work, and music to help clients reset respiration. “I’ve ‘breathed’ athletes, actresses who need help steadying nerves, and couples working on a relationship,” Dolan says.

If an island retreat isn’t in the cards, check out Vranich’s book, *Breathe*, out in January. Her DIY techniques draw on martial arts, pulmonology, sports psychology, yoga, and Russian special-ops training. “My clients are type A people who tune out as soon as they hear the word ‘meditate,’” Vranich says. But that isn’t to say her breathing lessons don’t have a trippy side. At the end of each class, Vranich uses music, aromatherapy, and cycles of very deep, very fast breaths to flood students’ bodies with oxygen. The side effect? A light-headed, blissed-out state that, for some, borders on hallucinogenic. Even Xanax can’t compare. **KATIE BECKER**

## AIR SUPPLY

The key to a smaller waist and a sharper mind might be learning to inhale.

## DYNAMIC DUOS Dermatology is abuzz with the latest laser-lotion combos.

It’s cocktail hour at the dermatologist’s office—and we’re not talking about Sex and the City-style martini-and-Botox parties. Rather, doctors are playing mixologist with their antiaging treatments, combining lasers with lotions to create potent double shots. The basic idea: Lasers stimulate collagen production by making tiny holes in the skin, allowing creams and serums to penetrate more deeply. Here, four derms reveal their custom-made recipes. **K.B.**

THE DOCTOR	Stafford Broumand, New York	Elizabeth Hale, New York	David McDaniel, Virginia Beach, Virginia	David Goldberg, locations in New York, New Jersey, and Florida
THE RECIPE	Solta Clear & Brilliant Permea + Dermaquest C Infusion	Solta Fraxel Dual + Lifeline Night Serum	Palomar LUX 2940nm fractional Erbium laser + LaViv	Alma Accent + SkinCeuticals Body Tightening Concentrate
THE BUZZ	This laser and vitamin C serum are used individually to treat hyperpigmentation and fine lines; when combined, they’re all the more powerful. A bonus: The serum also speeds the healing process after the laser treatment. “This technique is a no-brainer,” Broumand says.	For a study funded by the skincare company Lifeline, Hale applied this serum, which contains human stem cells, after Fraxel treatments, instructing patients to use it at home for a month. Hale reports faster healing and smoother skin among the serum users.	LaViv contains collagen-making cells harvested from behind a patient’s ear, which are traditionally injected into facial lines. McDaniel applies it topically post-laser instead and instructs patients not to wash their face for two days. The result, he says, is “a luminosity that I haven’t seen before. And people are continuing to improve six and nine months out.”	Goldberg is the first to use the one-two-punch tactic below the neck, employing Alma Accent, a radiofrequency device that works like a laser, to push a peptide-rich potion beneath the surface. Currently involved in a SkinCeuticals-sponsored trial of the combo, he says he has observed “tightening, as well as better skin tone and texture.”

Illustration by  
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