

# How To Glow Like Gaga (And Kim K)? Call This Man

Hollywood trusts Dr. Simon Ourian, the Instagram-friendly — 1.2M followers! — cosmetic dermatologist with its tushes and wrinkles

BY HANNAH MORRILL

**U**NLIKE MOST doctors — with the exception of the ones with TV shows — Beverly Hills cosmetic dermatologist **Simon Ourian** is famous, like 1.2 million Instagram followers famous. Some of the Internet popularity likely is due to his client list, which includes **Lady Gaga** (“She’s awesome”) and **Iggy Azalea**, as well as **Kim Kardashian** and her entire family. “Kim is the one who told me I should have an Instagram,” says Ourian, who in addition to perfecting Mrs. West’s skin is the man responsible for **Kylie Jenner**’s pout.

Ourian, who was born in Iran, didn’t set out to be a cosmetic surgeon. “I wanted to be a painter or sculptor, but then I realized no one was interested in buying stuff like that,” says the 49-year-old father of three. After getting a nose job in his late teens, he struck up a friendship with his doctor, legendary Beverly Hills plastic surgeon **Frank Kramer**. “He told me that his passion was art and that he still painted and sculpted,” says Ourian, whose love



Interior of Epione Cosmetic Dermatology in Beverly Hills.

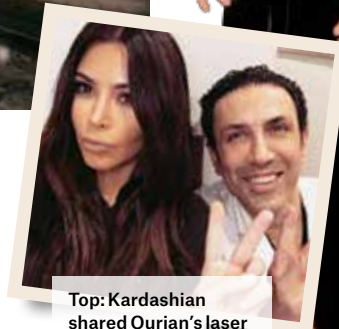
of art then became his favorite hobby. After medical school and post-graduate work at Harvard, Ourian started his own practice, Epione Medical Corporation, in 1998; with more than 25 medical staffers, it’s one of the largest boutique aesthetic clinics in the nation.

When not sculpting with clay — his favorite medium, save for human flesh — Ourian uses dermal fillers like Juvéderm and Restylane to reshape his clients’ faces. “Musicians come in and they’re most often holding up their album covers and saying this is how they need to look, even if it’s from a decade ago,” he says. “There’s a tremendous amount of pressure

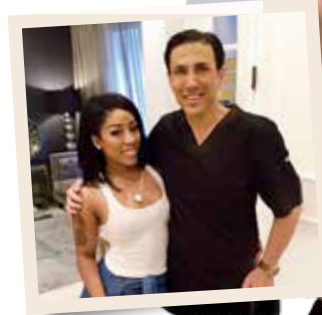
to have a youthful appearance and appeal to a young crowd.”

Aside from album-cover inspiration, Ourian’s most-requested procedures are cheek contouring (\$1,900-\$4,900), lip contouring (\$1,900-\$3,900) and butt lifts (\$15,000-\$40,000), a procedure frequently featured on his Instagram. “If somebody has enough fat in their belly or thighs, we can take it and put it on the buttocks,” he says. Do Hollywood clients have any excess fat? Ourian confirms it’s rare; in which case, he says, “we just use fillers.”

Ourian client Gaga at Tony Bennett’s 90th birthday party in August. The singer posted a photo of Ourian on Instagram.



Top: Kardashian shared Ourian’s laser treatment tips on her app in March. Bottom: Singer K. Michelle stopped by the clinic in June 2015.



## GOT \$10K? DR. OURIAN’S TIPS FOR GETTING VMA-READY

**3 Months Out** “If there are any areas — arms, belly, love handles — that no matter how much weight you lose, you still have a bulge, now’s the time to address them. Try LipoFreeze [\$2,900-\$4,900] or ultrasound [\$2,900-\$5,900] to get rid of fat locally. If you have any major sun damage, wrinkles or skin that needs tightening, Coolaser [\$4,900-\$7,900] can take care of that.”

**3 Weeks Out** “Go for your fillers and Botox [\$300 and up] on your face and neck, where it may take a couple weeks for any swelling or bruising to subside.”

**3 Days Out** “Get plenty of rest. Schedule a laser facial [\$2,900-\$5,900]. Get a lot of water into your system and sleep with a humidifier next to your bed.” —H.M.



Rowland in an LED mask as featured in an *O, The Oprah Magazine* Instagram post. “How crazy is this mask that @shanidarden put me on to???” she wrote.

## The backup dancer behind the LED facial craze

Los Angeles aesthetician **Shani Darden**, a former backup dancer for **LL Cool J** and **Destiny’s Child**, works from a studio in the back of her home and swears by the light therapy that’s supposed to boost collagen and treat acne. She’s mum about her client list, but **Kelly Rowland** has posted about her obsession and **Katy Perry** is a rumored fan.

### Why is LED appealing to musicians?

The mask makes for a really good Instagram. But besides that, it’s effective and there’s less downtime than almost anything else. With lasers, you can’t walk out the door and perform that night. With peels your face can look ragged for a while. But

with an LED treatment, it takes about an hour, and you see immediate results without any irritation.



Darden

### Do artists have unique skin issues?

Most artists use a lot of makeup all the time when they’re onstage or touring. There can be more congestion, more breakouts and a need for more

treatments. I’ll do gentle glycolic peels, extractions and an oxygen treatment under the LED light for about 20 minutes.

### Are you ever in awe of stars?

I’m always more honored when I work with my clients. I don’t get really crazy like that. Unless it was **Oprah**. Or **Beyoncé**. Then I would freak out. —H.M.