

**On Friday, Kossar's will reopen with an expanded menu, a modernized interior and a new products.**

## BEAUTY

### Suck it up

*Facial cupping is the latest celebrity anti-aging obsession*

Facial massage cups  
(set of two), \$50 at  
**Bellabaci.com**  
PHOTO COURTESY  
OF THE DESIGNER

**T**REATMENT gurus are turning back the clock with the primitive practice of facial suction-cupping. The ancient healing technique — in which heated or suction-pumped glass domes lift and stimulate the tissue beneath them — is the latest chemical-free weapon in the anti-aging arsenal. While Michael Phelps grabbed attention for the telltale circular purple bruises on his back at the Rio Olympic Summer Games in 2016, Chinese-medicine practitioners have been using the method on the body for thousands of years. The objective: to stimulate blood and lymph flow and stretch connective tissue to relieve everything from respiratory issues and muscle pain to poor circulation.

Now, the alternative therapy has migrated north. Earlier this year, Kim Kardashian Snapchat-ted a picture of the suction tools and potions used during her facial with Hollywood skin-care expert Nurse Jamie.

"Massaging and stimulating the skin will increase blood flow, which will result in the removal of excess fluid," says Dr. Dendy Engelman of New York's Medical Dermatology & Cosmetic Surgery Centers. "The circulation will help rid skin cells of toxins and waste. When capillaries and vessels dilate, nutrient-rich blood and oxygen are brought to the cells, leading to healthier cells and an improvement in skin tone and texture."

Unlike body suction-cupping, where cups remain in one place and cause hickeys or bruising, facial suction-cupping involves lightly coating the face with a nourishing oil to create slip, then gliding medical-grade silicone cups over the skin. It feels like a cross between a massage and a light vacuuming — kind of like being kissed by an octopus. It can be done by a professional in a spa setting, or at home with a DIY kit, such as the Glam Facial Cupping set by Lure Essentials.

"It de-puffs and helps other products penetrate better," notes

New York City aesthetician Lora Condon, aka the Beauty Buster cosmetics advocate. She offers a 60-minute, \$200 "Red Carpet Gold Cupping Facial" (973-634-1077 for appointments), designed to leave skin firmer, glowing and lifted. Results initially last 48 to 72 hours and are cumulative, Condon notes, advising a monthly professional and a weekly at-home treatment.

But cupping does have drawbacks. "If too much suction is applied, bruising and skin inflammation may develop," says Joshua Zeichner, director of cosmetic and clinical research at Mount Sinai Hospital's dermatology department. "And cupping likely only provides modest improvements in skin wrinkling."

Still, facial cupping is less expensive and invasive than needles or lasers — even if the results are less profound — and you can DIY. "Cupping tools are easy to use and have a low risk of injury," says Engelman. "When used frequently, they could provide prolonged daily effects."

# BRIGHT LIGHTS BIG PRETTY

WHEN IT COMES  
TO ANTI-AGING  
TREATMENTS, AT-HOME  
LED DEVICES ARE ON  
THE RIGHT WAVELENGTH





Little Ryleigh Miller inside her great-grandmother's NYCHA apartment.



Places in to treat old m

### CUPCAKE DELIVERY

For those whose dads are far away, there are fun, delicious treats you can send. New Jersey-based Ava's Cupcakes delivers desserts like the Maple Bourbon Bacon cupcake, available for online order at \$3.25 each. The cupcake is made with Jim Beam-infused icing and topped with a candied maple bacon sliver. [avascupcakes.myshopify.com](http://avascupcakes.myshopify.com)

BY JACOB NEW YORK

Y our dad is celebrating his birthday this month. Here are some places to treat him.

New York City is celebrating Father's Day with a variety of menus and drinks. Here are some places you can go to get a special treat, or a nice dinner, for any dad.

#### FOUR-COURSE

Chazz Palminteri's Italian (890) in Midtown East offers a

#### SEAFOOD EXTRAVAGANZA

Bagatelle (1 Little West 12th St.) in the Meatpacking District presents a tower of oysters, caviar, lobster and crab that feeds a few. A bottle of wine is included in the \$280 tab. And if you order an Old Fashioned or a Manhattan, a cigar is on the house. [bagatellenyc.com](http://bagatellenyc.com)



...ored with bourbon, berries.com



BAGATELLE: EMPIRE STEAK HOUSE; SUSHI SEKI