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**BUDGET
BEAUTY**

57 smart
buys to
refresh
your
look

+ SEXY
NEW SHORT
HAIRCUTS

FASHION
GETS
FIERCE
+ 158 BADASS
ACCESSORIES

Revealing
**VICTORIA
BECKHAM**

"I look at
David naked
and I think,
You done
good, girl!"

**Money
Therapy**
Do you
and your
wallet need
a shrink?

5 FOODS
TO MAKE
YOU LOOK
YOUNGER

MUST-READ

"I was a
mail-order
bride"



The Firm

It was bound to happen—her once-youthful skin was starting to slump. Determined to stop the clock, antiaging virgin Ariel Leve signs up for a complexion pick-me-up



As I waited for my new investments to go to town on my slumping skin, I considered stepping things up with a visit to a cosmetic doctor's office. (Apparently, I'm the last woman in Manhattan without one on speed dial.) Among the latest no-knife firming procedures is Pellevé, a radio-frequency treatment new to the U.S. but already popular in Europe and Japan. This, along with the fact that Pelleve requires no anesthesia and no recovery time, sparked my interest.

It turns out Pellevé uses radio-frequency technology to precisely heat deep layers of the skin and painlessly tighten the tissue and stimulate the growth of collagen—all within six weeks. "An analogy would be if you have a balloon filled with air and the balloon starts to deflate," explained Dr. Philip Miller, a board-certified facial plastic surgeon in Manhattan. "You can only inflate a wrinkled balloon so much with fillers, or you can

contract and tighten the skin—which is what Pelleve does." Treatments are recommended every six months, and prices range from \$500 (eyes) to \$1,500 (full face) per session. Depending on how much work is needed, one or two sessions (with a few weeks between visits) will suffice.

A commitment, in every sense. And after thinking it through, my hang-ups with cosmetic procedures trumped my hang-ups with my lines and sagging, and characteristically, I was too nervous to try it. But Melissa, a friend who is far more adventurous and fearless when it comes to skin treatments, volunteered. A few days later, she went to see Miller. He performed the procedure by putting a cool gel on her face, and then for 45 minutes, Miller moved a metal wand-like instrument (which transmits the radio-frequency waves) back and forth over her lines, ironing them out. She emerged from the

"painless" session refreshed and optimistic. "It was like having the warmth of the sun on my face," enthused Melissa. "My skin felt a little tingly and pulled, but I saw an instant improvement."