

NEW BEAUTY

THE INNOVATIONS ISSUE!

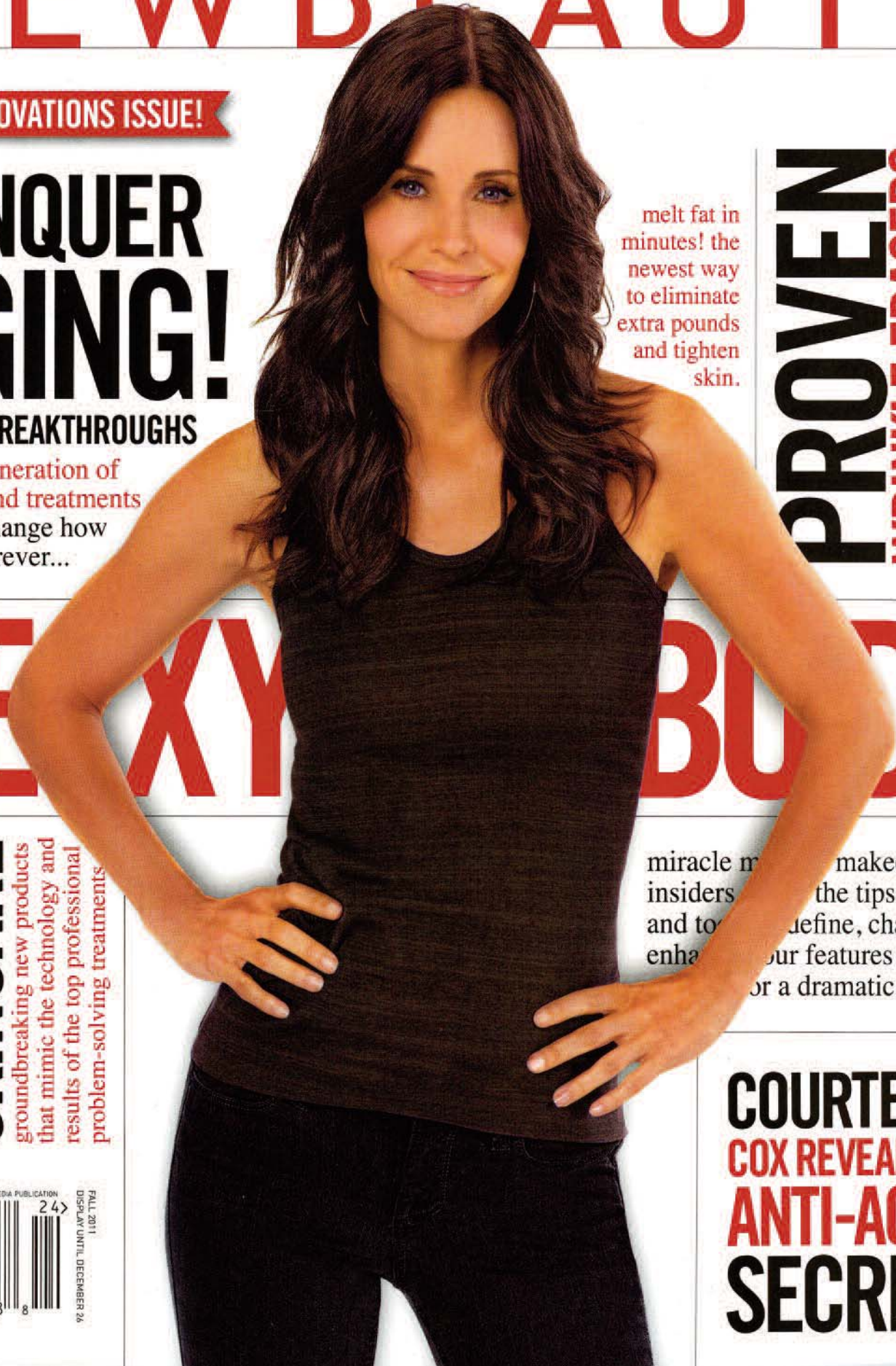
CONQUER AGING!

20 NEW BREAKTHROUGHS

the next generation of products and treatments that will change how you age forever...

melt fat in minutes! the newest way to eliminate extra pounds and tighten skin.

PROVEN WRINKLE ERASERS
experts reveal what the celebrities are doing to look 10 years younger



SEXY BODY

HIGH-TECH SKINCARE
groundbreaking new products that mimic the technology and results of the top professional problem-solving treatments

miracle makeovers, insiders reveal the tips, tricks and tools to define, change and enhance your features without surgery for a dramatic look.

COURTENEY COX REVEALS HER ANTI-AGING SECRETS

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TARGET THE BODY

THE LATEST FAT MELTERS THAT CONTOUR AND FIGHT CELLULITE

REDUCE CELLULITE

A COMBINATION OF LASER, VACUUM, MASSAGE AND/OR RADIO FREQUENCY

OTHER NAMES IT GOES BY: VELASHAPE, SMOOTHSHAPES, ENDERMOLOGIE, TRIACTIVE

HOW THEY WORK Despite the energy source used, almost all anti-cellulite lasers work to temporarily smooth out dimpled skin by sending energy to the tissue to break up the composition of fat cells. Some doctors choose to use cellulite-fighting lasers after liposuction to smooth out dimples and lumps. Even though you may see improvement, it's important to understand that the results are not permanent—you will need touch-up sessions each year to keep cellulite at bay.

WHAT IT FEELS LIKE Sort of like a deep-tissue massage but with more heat

IDEAL AREAS FOR TREATMENT
The thighs and butt

THE PROTOCOL Each machine is a bit different and the number of treatments varies—some require as few as four sessions, others need upward of 10 sessions.

DOWNTIME None. There may be some redness and prolonged warmth.

COST Starting at approximately \$85 per session

TIGHTEN UP LOOSE SKIN

RADIO FREQUENCY AND ULTRASOUND LASERS

OTHER NAMES IT GOES BY: ACCENT YOUR BODY, THERMAGE, EXILIS, ULTHERAPY, **PELLEVÉ (FOR THE FACE)**

HOW THEY WORK Although their main intention is to firm up the skin, Montclair, NJ, dermatologist Jeanine Downie, MD, says that some skin tighteners, like Exilis, have the ability to melt small areas of fat too. Ultherapy, which makes use of ultrasound, stands apart in that it has a hand piece that allows your doctor to see the exact area being treated. These treatments can also be used post-surgery to help tighten up any sagginess. Dr. Mayoral says that when used properly, new collagen always forms. "The newly produced collagen will age, but it will be younger than the pre-existing collagen fibers so the skin will always have a younger look."

WHAT IT FEELS LIKE Each machine feels different—some get hotter than others—but overall, there's minimal discomfort and some warmth. Ulthera is said to be the most uncomfortable and usually requires pain medication or anesthesia.

IDEAL AREAS FOR TREATMENT Pretty much anywhere on the body and face.

THE PROTOCOL Expect anywhere from three to five treatments for radio frequency-based treatments; one, maybe two, for ultrasound.

DOWNTIME Virtually none: "Your skin may be red for an hour or so directly after but it quickly dissipates," says Dr. Downie, who always recommends drinking about 10 glasses of water for 72 hours after each session to help the body flush out the waste.

COST Starting at \$1,500, based on size of area treated

LASER LIPOSUCTION GETS AN UPGRADE

Laser lipo has received a bit of flak over the past few years, mainly because of its unreliability. "The main concern is that if you're not good with operating these devices, the result will be substandard and the tissue can be burned," says Dr. Goldberg. The next generation of laser liposuction machines are said to include thermal sensors on the hand piece so that tissue temperature can be measured. "While the newer breeds, like the revamped version of Cynosure's Smartlipo, are still not idiot proof, doctors will be able to gauge how hot the tissue is getting so the skin can't be 'overcooked'." We don't know if laser liposuction will be better accepted by the medical community but Dr. Goldberg feels the improved features have the potential to make it safer and the results more consistent.