

ONE **HOT** WEIGHT-LOSS TRICK

SHAPE YOUR LIFE

SHAPING

Killer

TALK ABOUT SEXY!

Rosario Dawson

Reveals Her Secrets to Looking (& Feeling) Fabulous



TRY: TIGHTENING DEVICES

What they are Ultherapy (which relies on focused ultrasound waves), and Thermage or the newer Pelleve (both of which use radio-frequency energy) heat up tissue deep inside the skin, making it contract. Some people experience only subtle changes; for others, there's a more dramatic firming effect. "Patients who are slim throughout the face and neck do best," says Kauvar. But even if you're a good candidate, keep your expectations realistic. "If you like the way you look when you pinch your skin and pull it back, you may be happier with a face-lift," says Rapaport.

What to expect Doctors suggest taking a sedative to help you endure the burning sensation of Thermage and Ultherapy. You won't need pain meds for Pelleve since its specially designed hand piece makes the process more bearable. Expect results to last six months or longer.

Average cost \$2,000 per treatment.

Tightening Devices