CONQUER AGING!

THE INNOVATIONS ISSUE!

NEW BREAKTHROUGHS

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

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

SHIELD YOUR SKIN

Sun protection is vital following any laser-based treatment. Mybody Protect & Serve Tinted Sun Shield SPF 30 soothes the skin, with vitamins and antioxidants, making it the perfect antidote for protecting post-procedure skin. $65; lovemybody.com

COURTENEY COX REVEALS HER ANTI-AGING SECRETS

ELIMINATE PROBLEMS

MULTITASKING MACHINES THAT ZAP BEAUTY CONCERNS

REMOVE REDNESS

PULSED DYE LASERS

OTHER NAMES IT GOES BY: VBeam, Onyve Laser

HOW IT WORKS Treats the blood vessels directly to shrink them, making the skin less red. Instead of taking redness out, pulsed dye lasers soften the complexion. To prevent post-treatment redness, Dr. Tung suggests that patients take an antihistamine, like Claritin, before each session. "It helps calm the skin and decrease that histamine response," she says. In terms of results, expect to stay in the clear, as long as the cause of the redness is under control.

WHAT IT FEELS LIKE A rubber band snap

IDEAL AREAS FOR TREATMENT Anywhere on the face and body

THE PROTOCOL One to two treatments but some may need upward of three to five sessions. "If you're getting treatment for acne-related redness, and your acne is not under control, you may need additional sessions," says Dr. Tung.

DOWNTIME Virtually none although the skin may be a little pink or even red but, only for a few hours at most.

COST $250-$500 per treatment