

NEW BEAUTY

THE INNOVATIONS ISSUE!

CONQUER AGING!

10 NEW BREAKTHROUGHS
The next generation of products and treatments that will change how you age forever...

SEXY MY BODY

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



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

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

COURTENEY COX REVEALS HER ANTI-AGING SECRETS

ELIMINATE PROBLEMS

MULTITASKING MACHINES THAT ZAP BEAUTY CONCERNS



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

REMOVE REDNESS

PULSED DYE LASERS
OTHER NAMES IT GOES BY: VBEAM, CYNERGY LASER
HOW IT WORKS Treats the blood vessels directly to shrink them, making the skin less red. Besides 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. Tanzi.

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

INSIDE tip

Laser treatments may help to clear up acne and breakouts, but they can't be viewed as a stand-alone treatment. Dr. Tanzi says that you must couple the laser sessions with topical treatments and/or antibiotics, birth control or oral medications. "Lasers alone won't work," says Dr. Tanzi.