

ANTI-AGING *Innovations to keep you looking younger, longer. Hollywood's ultimate age-reversing diet secret.*

BREAKTHROUGHS *The next-generation skin-perfecting lasers. The latest trend in customized skin care.*

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THE BEAUTY AUTHORITY

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inside what really works!

60-SECOND SKIN SAVIOR

5 PROVEN FAT MELTERS

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the proven way to
FIGHT AGING

take years off overnight

THE NEW BODY SLIMMING SECRET

MIRACLE MAKEUP THAT FIXES FLAWS

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*supercharged antioxidants • innovative hair tools • lip-plumping glosses
 spot-reducing serums • complexion-perfecting peels • multipurpose foundations
 ultimate wrinkle reducers • anti-cellulite creams • blemish erasers*



WINTER/SPRING 2014
 DISPLAY UNTIL MARCH 24

the MEDIUM-STRENGTH lasers

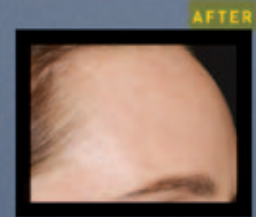
These lasers are nonablative (they are gentler than ablative options but not pain-free) and are best for skin that isn't seriously sun-damaged but has some acne scars, discoloration, and crepiness around the eyes and wrinkles—some varieties are also used to lighten tattoos. "There is a small amount of recovery time," says Dr. Alster. "But, most patients are not going to be swollen and crusty nor will they need to stay home for one week. Instead, patients will look like they have a bad sunburn. The redness is probably the worst part, but the end result makes it all worth it."

LASERS

LEVEL 1
 LIGHT

LEVEL 2
 MEDIUM-STRENGTH

LEVEL 3
 HEAVY-DUTY



One session of Fraxel Dual addressed this patient's hyperpigmentation. Procedure performed by Gary Goldenberg, MD, NY, New York.

01
RETEXTURIZE THE SKIN AND EVEN OUT MILD ACNE SCARS, WRINKLES AND DISCOLORATION

WHAT IT IS Nonablative fractional laser (brand names: Fraxel Dual, Harmony XL)

HOW IT WORKS This dermatologist favorite works by, "Damaging only small columns of skin, leaving normal skin in between each of the columns," says Dr. Dover. Because the skin is safely injured, it doesn't become damaged overall and heals faster. It's also good for the hands, chest and neck.

WHAT IT COSTS Starts at approximately \$350

WHEN TO DO IT In the middle of the winter. You don't want to be in the sun at all after this laser, which can increase the risk of permanent pigmentation.

THE RECOVERY Your skin may be pink or red and will feel rough (like sandpaper) for two to three days afterward. "There will be some pain, redness and a raw feeling to the skin," says Dr. Cassis. "I recommend that patients stay home for about three days to make sure you get absolutely no sun exposure or an infection. If you're spending all this money, you must follow the letter of the law with recovery." Make sure to keep the area moist as the skin begins to flake off and no matter what, don't pick at it or pull it.

THE END RESULT After a series of treatments (three to six) you'll notice softer skin that is less red. Brown spots will lighten up and scars will flatten out.



FIND A BEAUTY DOCTOR NOW!
The essential guide to help you make the right choices. Turn to page 169.

02
ERASE UNWANTED TATTOOS

WHAT IT IS Picosecond, alexandrite and Q-switched ND:YAG (brand names: PicoSure, RevLite, Accolade, TriVantage)

HOW IT WORKS The laser hones in on tattoo pigment in the skin to lift up the color and lighten it. The darker the tattoo dye, the easier it is to treat. Although the traditional tattoo-removing laser is effective, the newest technology is said to be picosecond lasers, which deliver short pulses of energy in a trillionth of a second for better pigment removal, fewer treatments and less damage to surrounding tissue. A course of treatments is necessary.

WHAT IT COSTS Starts at approximately \$300

WHEN TO DO IT Anytime

THE RECOVERY A little crusting and swelling that lasts three to seven days

THE END RESULT Drastically lighter or completely erased tattoos