

SELF

Demi
Lovato
"Being
Happy Is
a Choice"

Hotter & Sexier in 3 Days

The Fun Workout That
Doesn't Feel Like Exercise

WAKE UP TO
GREAT SKIN
EVERY A.M.

Stash an Extra
\$1,109 This Year

YOU & HIM

The Sexiest Thing to Do Before Getting Naked

Tweet Your
Way to a
#NewJob

FREE
LOOT
INSIDE!

Delicious Desserts

SHRINK YOUR
FAT CELLS, p. 106

JUST
JARED

Serious skin resurfacers

IN OFFICE

Smooth skin with radio waves

Removing dead cells and stimulating new ones, called resurfacing, repairs and protects skin. Most people who've tried it say it greatly helped improve their looks three months after receiving treatment, a study in the *Archives of Dermatology* shows. One option, eMatrix, uses fractionated bipolar radio-frequency energy (aka hot radio waves) to heat deep layers of skin. It's great for crow's-feet or crepey eyes, Dr. Heskett says, and it lasts a few years with annual in-office touch-ups.

PAIN 😊😊😊 **COST** \$3,600 FOR 3 SESSIONS

Erase brown spots with lasers

Got sun spots or melasma? Nothing can totally delete them, of course, but fractional laser therapy, such as the Fraxel Thulium, can fade spots dramatically, Dr. Frank says. The laser uses heat to create unseen damage under the top layer of skin, so skin cells heal themselves, lightening spots for up to five years. Before treatment, ask your dermatologist for numbing cream, because the sessions (you'll need two) feel like burning. Not so comfortable!

PAIN 😊😊😊 **COST** \$2,400 FOR 2 SESSIONS

Squash spider veins with light

If you're sick of staring at squiggly blue lines on your skin, talk to your dermatologist about pulsed-dye lasers, which use a light to heat up blood vessels and permanently dissolve them. New versions of the technology, such as the Vbeam, cause less bruising, "though you may still see redness and swelling for a short time," Dr. Frank says. You'll need one to three sessions, so be warned: It hurts a lot, which makes this less pleasant than covering with concealer.

PAIN 😊😊😊 **COST** UP TO \$1,200 FOR 3 SESSIONS

AT HOME

Ban wrinkles with a beam

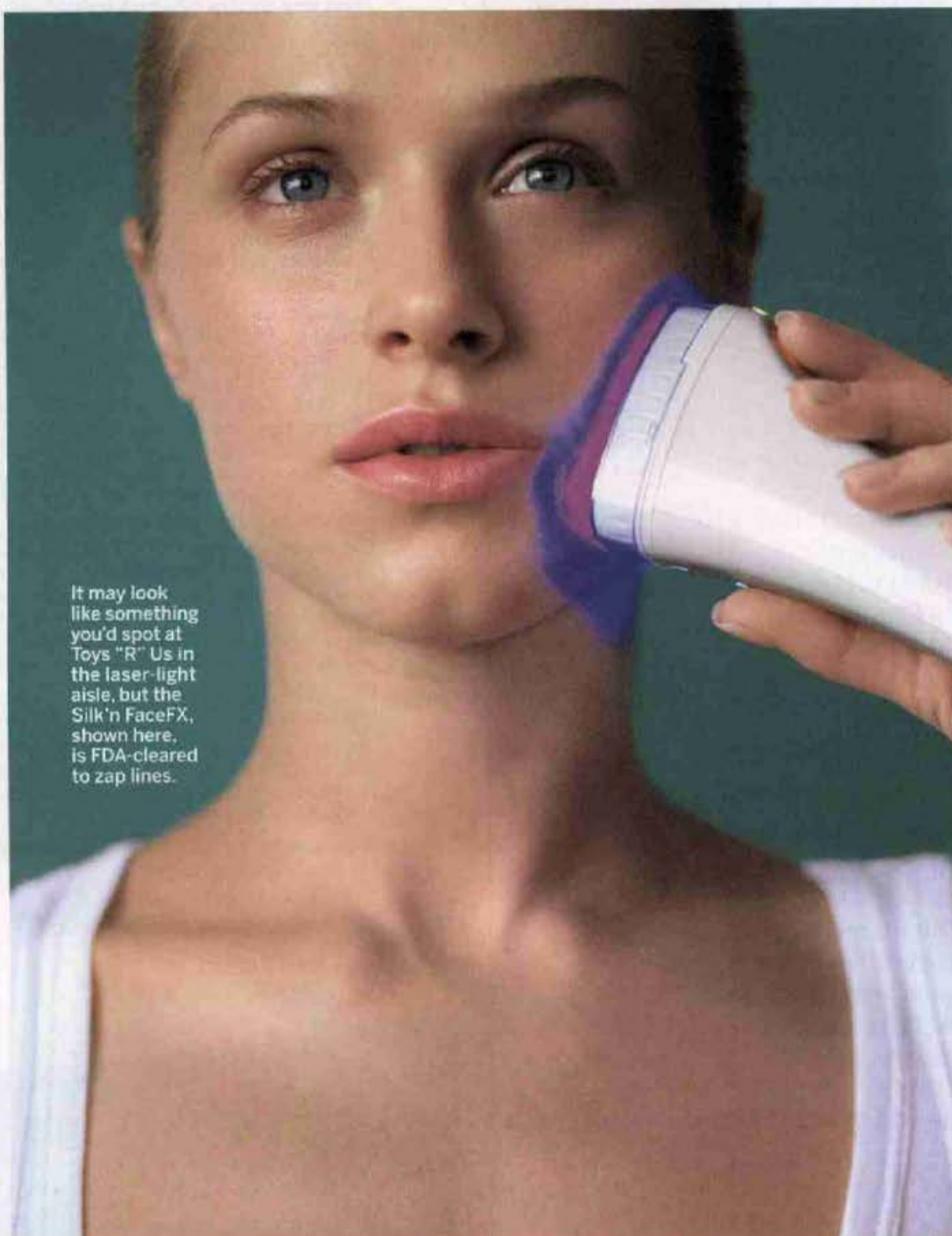
Smooth while you veg out: Light therapy devices, such as the LightStim for Wrinkles, send a beam of light that revs collagen production in your face. It's not as powerful as in-office options, so you'll have to be patient while you wait to see results—and continue to use the device twice a week when you do. But it's FDA-cleared for treating wrinkles. Use it for three minutes a day on areas you want to firm and you'll look relaxed in two months.

PAIN 😊😊😊 **COST** \$249 FOR THE DEVICE

Stay glowy with face massage

A handheld device, Silk'n FaceFX uses a combo of weapons—LED light, heat and massage—to stimulate collagen production. Use it daily and you could reduce fine lines and pore size in a month. "Many patients are pleased with the results," confirms Jennifer MacGregor, M.D., a dermatologist at Union Square Laser Dermatology in NYC.

PAIN 😊😊😊 **COST** \$299 FOR THE DEVICE



It may look like something you'd spot at Toys "R" Us in the laser-light aisle, but the Silk'n FaceFX, shown here, is FDA-cleared to zap lines.