

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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*inside what
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FAT MELTERS**

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OF THE
FUTURE**

the proven way to
**FIGHT
AGING**

*take years
off overnight*

**THE NEW
BODY
SLIMMING
SECRET**

**MIRACLE
MAKEUP
THAT FIXES
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BEAUTY AWARDS
EXPERTS + READERS REVEAL

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*supercharged antioxidants • innovative hair tools • lip-plumping glosses
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ultimate wrinkle reducers • anti-cellulite creams • blemish erasers*



DIFFERENT LASERS ARE USED TO TACKLE DIFFERENT CONCERNS. "EVERYONE WANTS THE BEST RESULTS WITH THE SHORTEST HEALING PERIOD, BUT THAT ISN'T ALWAYS POSSIBLE," SAYS VALENCIA, CA, DERMATOLOGIST BERNARD I. RASKIN, MD. "THE LIGHTER THE LASER, THE EASIER THE RECOVERY, BUT THE LESS EXTREME YOUR RESULTS WILL BE."

FINDING THE RIGHT

LASER

LASERS

LEVEL 1
LIGHT

LEVEL 2
MEDIUM-
STRENGTH

LEVEL 3
HEAVY-
DUTY

lasers of the past vs. LASERS OF TODAY

The biggest difference between the first generation of lasers and what's used by doctors today is the advancement of technology, which leads to better results, fewer side effects and improved healing. "This is most notably seen in the CO₂ lasers," says Dr. Raskin. "The older version was like a paintbrush. We would vaporize and laser off the top layer of skin. The problem was the potential for a tremendous amount of skin damage. Sometimes the skin would go awry and scarring, permanent pigmentation and a strange white cast were the result." Plus, those who had the procedure done had a prolonged healing time. "You almost had to hide out for six months," says Prospect, KY, dermatologist Tami Buss Cassis, MD. Today's lasers are more effective with less recovery.

the LIGHTER lasers

Perfect for treating minimal pigment problems, the lightest lasers are usually downtime-free because most of them don't break the skin. However, the majority of these lasers need to be done more than once to achieve optimal results. Chestnut Hill, MA, dermatologist Jeffrey S. Dover, MD, says that if a laser is used too aggressively, you can end up with unwanted side effects. They pretty much all feel the same—like the skin is warm although some feel more like a snap.



FIGHT STUBBORN ACNE

The **Tanda ZAP Power** boasts a triple-threat of technologies—blue LED light, sonic vibration and gentle warming—that help clear and fade acne breakouts within 24 hours without pain, irritation or dryness. \$79, tanda.com

01

REFINE AND MINIMIZE PORES AND FINE LINES

WHAT IT IS Diode nonablative fractional laser (brand name: Clear + Brilliant)

HOW IT WORKS The least invasive type of fractional resurfacing available, miniscule holes are made in skin to reveal fresher, smoother skin as it heals.

WHAT IT COSTS Starts at approximately \$250

WHEN TO DO IT A day or two before a big event

THE RECOVERY Next to none, but the 30-minute treatment can leave you a little red for about one hour (you can put makeup on right away).

THE END RESULT Smoother skin that boasts a healthy glow. "Some patients like the results so much that they are having a Clear + Brilliant laser treatment quarterly or once a month instead of having a facial," says Dr. Alster.

02

LIGHTEN PINK AND RED PIGMENT IN THE SKIN

WHAT IT IS Pulsed-dye laser (brand names: Vbeam, Cynergy)

HOW IT WORKS Uses pulsed-dye energy to selectively pick up the red and pink pigment in broken capillaries, scars, redness and ruddy complexions to even out the skin, making it more uniform in color.

WHAT IT COSTS Starts at approximately \$250

WHEN TO DO IT Anytime

THE RECOVERY None, although some patients may notice slight bruising.

THE END RESULT Less redness in the skin. You can see that broken blood vessels are diminished right away.

03

GET RID OF HAIR FOR GOOD

WHAT IT IS Nd:YAG, diode and alexandrite lasers (brand names: LightSheer Duet, GentleLase)

HOW IT WORKS Transmits a beam of energy to the skin that is absorbed by the melanin in the hair follicle, stopping the cycle of hair production. If your hair is gray or very light blond, laser hair removal may not work since it will not pick up the color in the hair.

WHAT IT COSTS Starts at approximately \$50

WHEN TO DO IT In the winter when your skin isn't tan (a tan can hinder results and cause hyperpigmentation).

THE RECOVERY Not much other than some redness and bumpiness around the follicle.

THE END RESULT Fuzz-free, smooth skin after a series of treatments. Annual touch-ups may be necessary.

MORE >

INSIDE tip

IPL can effectively be used to eliminate unwanted hair, but it is not technically a laser, rather a light-based treatment.

*All prices are based on averages and may vary by location