

BAZZA

Harper's BAZAAR

Best Beauty Get A Gorgeous Body

High-tech youth-renewing treatments and products are not just for the face anymore. Learn how to achieve firm, flawless skin all over. By Victoria Kirby

Patients today want total body rejuvenation; they don't want to walk around with a body that looks 10 years older than their face," says Patricia Wexler, M.D.

(212-684-2626), one of Manhattan's most in-demand dermatologists. The good news is that you can make significant improvements all over your body without surgery. State-of-the-art lasers, injectables, and powerful skincare ingredients can tighten, firm, plump, and even out skin tone. Read on for the newest advancements. ►



Want smooth, glowing skin like model Helena Christensen's? Skip the sunbathing and get golden the safe way with **Estée Lauder Go Bronze Plus Tinted Self-Tanner for Body** (\$28.50). See Where to Buy for details

BANISH SUNSPOTS ON THE NECK AND CHEST

"Sun damage is so prevalent here because the skin is thin and has less ability to repair itself than skin on the face," explains Wexler, noting that damage may appear as early as your 20s. Noninvasive options performed in a dermatologist's office, such as lasers and light treatments, are the most cutting-edge choices because they're quick (each session is typically an hour or less), require no downtime, and are practically pain-free (the zaps feel like a rubber band snapping against you). Laser and light devices, such as Vbeam, LightSheer Diode, Q-switched, and Intense Pulsed Light (known as IPL), are best. These systems deliver rapid pulses of light that break up melanin clusters without affecting the surrounding skin (though they're best suited to lighter skin because they work by targeting and destroying dark pigment). One to three treatments spaced a month apart are recommended, and results are visible within a week. The cost: \$350 to \$700 per session.

AT HOME: Patricia Wexler M.D. Dermatology Spot Damage Lightening Serum (\$25) contains 2 percent hydroquinone to gently and gradually fade sunspots.

DEWRINKLE THE DÉCOLLETÉ

For those afflicted with sunspots *and* lines (which may start in your 40s), the Fraxel laser delivers an all-in-one punch. "It improves the overall texture of skin by minimizing spots, fine lines, and crêpiness," says Paul M. Friedman, M.D. (713-791-9966), a Houston dermatologist. Fraxel uses heat to make micro-

injuries to the deep layer of skin, encouraging the production of new collagen. Each session takes 60 to 90 minutes, and you'll experience mild redness, swelling, and peeling for a few days. Three to five treatments performed every two to four weeks are suggested. The cost: \$600 to \$750 per session. (Some say that Fraxel also reduces the appearance of stretch marks by 50 percent or more. The cost is \$500 to \$800 per treatment, with two to five sessions spaced four to five weeks apart.)

AT HOME: Elemis Pro-Collagen Lifting Treatment for Neck and Bust (\$116) contains marine algae to firm skin and increase cellular activity and collagen production.

CLEAR UP BACK BREAKOUTS

To treat chronic acne, which can happen at any age, the Smoothbeam laser targets overactive sebaceous glands, the root cause of acne, by shrinking them so they produce less oil. It also stimulates collagen production, which helps to reduce the appearance of acne scars. "There seems to be long-term remission of acne with Smoothbeam," observes Friedman. Says Stephanie, 37, who came to Friedman after even Accutane didn't resolve her frequent breakouts, "I saw immediate results after one session with Smoothbeam." The course of treatment is three monthly \$500 sessions. For less persistent acne, there's ClearLight, which uses blue-light waves to reduce bacteria. It's not as aggressive as Smoothbeam, but there is no pain involved and the course of treatment is shorter (typically twice a week for one month). The cost: \$70 to \$150 per session.

AT HOME: Try Clinique Acne Solutions Body Treatment Spray (\$19.50), which contains salicylic acid to unclog pores.

GET YOUNGER-LOOKING HANDS

Bony, veiny, sunspot-speckled hands can cause a woman to look aged beyond her years. Brown spots are treated with the same methods used on the chest: either a laser or IPL. The cost is \$350 to \$700 for both hands, and one to three treatments are needed. To make hands look more supple, the traditional method has been a fat transfer (taking fat from another area via liposuction and injecting it into the hands). Now doctors are finding that Sculptra, the FDA-approved (though not for this purpose) injectable filler used on the face, works just as well for adding volume to hands. "Sculptra prompts collagen production, so it thickens the skin, which reduces wrinkles and makes bulging veins appear less prominent," explains Paula Moynahan, M.D. (212-535-0800), a New York and Connecticut plastic surgeon. A 52-year-old woman who had the treatment raves: "After four to six weeks [the amount of time it takes for new collagen to grow], the wrinkles and crêpiness on my hands just seemed to disappear." Side effects are mild bruising and swelling. Sculptra costs \$1500 per hand, and one to two treatments separated by four to six weeks are needed. Results can last two to four years.

AT HOME: StriVectin-HC Ultra-Concentrate Cream for the Hands (\$38) contains a potent antioxidant that reduces sunspots and helps prevent new ones, and ingredients that firm, tone, and plump.

TIGHTEN THE THIGHS, BUTT, AND STOMACH

Sagging skin on your lower half can benefit from Thermage and Titan, two FDA-approved laserlike treatments that increase collagen production. "They're not going to replace a tummy tuck, but they can tighten and improve tone on skin that has some sagging but still has elasticity," notes David Bank, M.D. (914-241-3003), a dermatologist and the director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, New York. Both systems work by delivering heat to the deep layer of skin,

TOP PRODUCTS

HIDE FLAWS

Cover FX Total Coverage Cream Foundation, \$37, and Foundation Brush, \$32

NECK LIFT

Elemis Pro-Collagen Lifting Treatment for Neck and Bust, \$116

HELP FOR HANDS

StriVectin-HC Ultra-Concentrate Cream for the Hands, \$38

GET THE GLOW

Dior Bronze Natural Glow Self-Tanner, \$27

See Where to Buy for details

"The wrinkles and crêpiness on my hands just seemed to disappear," says one Sculptra patient



Keep hands soft and youthful-looking with Lancôme Absolu Hand Absolute Anti-Age SPF 15 treatment (\$42), an intensely hydrating cream that diminishes and prevents sunspots

prompting the collagen to repair itself. There are a few side effects (mild redness, swelling, and, very rarely, blisters, which all resolve within a few days), and both treatments require one to three sessions. The difference is that Thermage uses radio-frequency energy, which reaches deeper than Titan's infrared light and is said by some to deliver more significant results; however, Thermage carries the risk of going too deep and damaging fat. Titan also requires more frequent appointments: once every two to four weeks at \$1500 to \$2500 per session, versus Thermage, which is done every eight to 12 weeks at \$2000 to \$4000 per session.

AT HOME: A lotion with caffeine swells

skin, so it temporarily feels and looks tighter. Try Shiseido Body Creator Aromatic Gel (\$50).

SMOOTH CELLULITE

The two FDA-approved systems for treating cellulite are TriActive and VelaSmooth. Each involves a handheld device that uses light energy and/or radio-frequency energy to break up fat while massaging the skin to smooth its appearance. Both require regular upkeep to see continued results. TriActive, available in doctors' offices and spas, is shown to reduce cellulite by 30 to 50 percent after 12 to 16 twice-weekly sessions. These 30- to 45-minute sessions are virtually pain-free with no downtime or real side effects. The cost is \$150 per treatment, with

maintenance required every two to four weeks. VelaSmooth penetrates deeper than TriActive, so it's available only in doctors' offices. A 40 to 60 percent reduction in cellulite has been reported, along with about a one-inch reduction in thigh circumference. The cost is \$200 to \$400 per twice-weekly session; 16 treatments are advised, with maintenance every one to three months. Currently undergoing FDA trials is Accent, which works similarly to VelaSmooth but requires just six treatments, performed every two to four weeks.

AT HOME: When skin is golden, imperfections become less visible. Try Dior Bronze Natural Glow Self-Tanner (\$27).

ELIMINATE VARICOSE AND SPIDER VEINS

Spider veins are the small, visibly broken veins that appear mainly on the thighs and leg. They're best treated with sclerotherapy, a procedure in which concentrated saltwater is injected into the main spider veins, which spread the solution to connecting veins, causing them to collapse and dissolve into the body. The shots sting a bit, and you may experience slight bruising. You must wear compression stockings for three to five days post-treatment to help the veins die off. One to four treatments, spaced one month apart, are needed. The cost is \$350 to \$500 per session, and most report a 50 to 70 percent reduction in veins.

Varicose veins—the large, bulging, often painful blue veins—should be treated by a dermatologist or a plastic or vascular surgeon with EndoVenous Laser Treatment, which involves passing an ultrasound-guided catheter into the length of the vein through a tiny incision. The laser energy is propelled through the catheter, and as it is slowly withdrawn, it heats the vein and destroys it, after which it is absorbed into your body. Treating one main vein can help destroy other connecting veins. There is little pain afterward—usually just swelling. You must wear compression stockings and avoid rigorous exercise for several days. The surgery is \$2000 to \$3000 per leg. Most patients get a 50 to 90 percent reduction in veins.

AT HOME: Hide veins with Cover FX Total Coverage Cream Foundation SPF 30 (\$37), a water-resistant makeup with 40 percent pigment for truly opaque coverage. ■