

NECK TO TOE

TREAT SKIN ISSUES, and KEEP YOUR BODY LOOKING YOUNG

In the Doctor's Office

• **BOTOX** "It's great for platysmal bands," says Rebecca Giles, a dermatologist in Malibu, referring to the lines around your neck. "Plus, it lasts about a month longer than it does on the face." Average cost is \$600.

• **FRAXEL RE:PAIR** Giles likes this ablative laser. "It requires seven to 10 days of downtime, but you'll see really nice tightening results with just a single procedure." Average cost is \$2,000 to \$3,000.

• **VBEAM** "If stretch marks have red coloring, I can treat them with the laser," explains Amy Wechsler, a New York dermatologist. She also likes it for cherry angiomas (tiny red dots) on the stomach. It typically takes one to three treatments. Average cost is \$500 per session.

• **ZERONA** Giles has seen good results with this noninvasive body-shaping laser. "I keep the expectations realistic, but there's no pain and most of my patients lose a dress size after completing six treatments in two weeks." Average cost for a series is \$2,400.

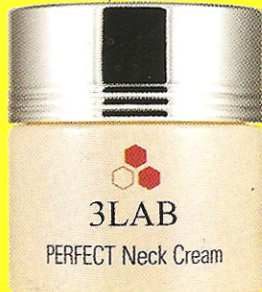
• **FRAXEL RE:STORE** "The new nonablative laser machine has two hand pieces that work on both wrinkles and pigmentation," says Wechsler. "It's phenomenal." She explains that pigment issues take around two sessions, but if texture is also a problem, it takes about five. Cost is \$1,500 and up per session.

• **ALEXANDRITE** "Best on lighter skin types, this pigment-target laser is great for removing brown spots," advises Giles, explaining that you'll notice improvement in one to three treatments. Average cost is \$300 to \$500 per session.

• **SCLEROTHERAPY** Banish unsightly spider veins with a series of injections. By irritating the vein's inner lining, the injection causes the vein to collapse and disappear. It requires around three to five treatments. Average cost is \$450 per session.

• **VELASHAPE** "Cellulite will be temporarily improved for three to six months," says Turk of the radio-frequency, infrared-light, and massaging body-contouring device. It takes about five to seven treatments, with one or two scheduled per week. Average cost is \$200 per session per treated area.

Must-Have Products



SKIN SMOOTHER

New York plastic surgeon Jon Turk finds that a combination of free-radical scavengers and collagen-stimulating and dermal-plumping ingredients works best. We like 3Lab Perfect Neck Cream (\$120).



MAXIMIZE MOISTURE

Hydrated skin equals younger-looking skin, so don't forget your stomach! Give it a boost with a lotion that contains antiaging properties. Try Ole Henriksen African Red Tea Self Heating Body Soufflé (\$65).

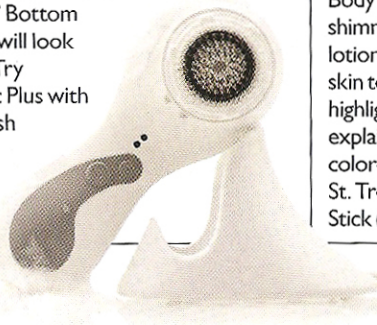


POWERFUL PROTECTOR

Apply your facial sunscreen on your chest as well. "If you don't block your décolletage from harmful UVA and UVB rays, nothing else you use will be effective," warns Dolanescu. We like the smooth texture of Bobbi Brown SPF 50 UV Protective Face Base (\$38).

POLISHING GADGET

"Cells turn over at a slower rate on the lower half of the body," says Wechsler. "Exfoliating your body will renew skin and create radiance." Bottom line: Legs will look younger. Try Clarisonic Plus with Body Brush (\$225).



Makeup Fixes

• **COVER UP** "There's nothing worse than a big light spot between the face and chest," says makeup artist Scott Barnes. "Apply a bit of foundation on your neck and lightly top it with powder for a smoother appearance." Try Maybelline New York Instant Age Rewind Radiant Firming Makeup SPF 18 (\$9.99).



BATTLE BULGE WITH BRONZE

"When you self-tan your stomach, it will seem leaner because darker skin can hide a multitude of flaws," notes Barnes. We like the natural color of Guerlain Terracotta Sunless Luxurious Self-Tanning Balm (\$50).



ADD SOME LIGHT

No one wants to cover her chest with foundation. Instead, pop a little highlighter on your clavicle bones to detract from sun spots. Brush on Smashbox Fusion Soft Lights in Intermix (\$30).



• **LOOK LUMINOUS** "Scott Barnes Body Bling Original [\$38] shimmering body-bronzing lotion not only evens out your skin tone but also creates highlights that slim your legs," explains Barnes. For a color-free alternative, try St. Tropez Wash Off Shimmer Stick (\$20). ■

