

The Best New Skin Savers

Anti-aging breakthroughs so amazing they save you time, money... even surgery. By Elizabeth Brous

HANDHELD LIGHT BEAMS. MICRO-PULSE VIBRATIONS. THE LATEST SKIN-

transforming gadgets and treatments may sound like something out of a sci-fi movie, but don't let the high-tech flourishes intimidate you: These "skinovations" are actually making it easier to get younger, flawless-looking skin, without having to deal with prescriptions or invasive procedures. And that's no science fiction.



BREAKTHROUGHS THAT ... SAVE YOU FROM RX HASSLE!

New over-the-counter lotions deliver (almost) the same benefit as their prescription cousins without the wait time at the pharmacy counter. Gentle Spot-Lighteners

Derm-prescribed skinbleaching creams often contain a skin-irritating ingredient called hydroquinone. Now there are new, non-hydroquinonebased OTC lighteners that are less likely to produce a reaction, says Tina Alster, MD, clinical professor of dermatology at Georgetown University Medical Center in Washington, DC. Both La Roche-Posay Mela-D Pigment Control Correcting Serum (859; laroche-posay.us) and SkinCeuticals Pigment Regulator (\$85; skin ceuticals.com) contain 2 percent kojic acid to break down melanin in your skin and prevent

Non-Irritating Anti-Agers
Prescription retinoids,
which are vitamin A
derivatives that boost
collagen and speed up
cell turnover, give you
smoother skin, but they
also may cause redness
and flaking. Good news:
New OTC products with
retinol have time-release
formulas or added
moisturizers, to lessen
irritation, says Heidi

new spots from forming.

beauty bottom line

Waldorf, MD, a dermatologist in New York City. Neutrogena Rapid Wrinkle Repair Night (\$21; neutrogena.com) mixes retinol with hyaluronic acid, while SkinMedica Tri-Retinol Complex (\$55; skinmedica.com) contains timereleased microparticles that slowly pump out vitamin A. You could also go the more natural route: Origins Plantscription Anti-Aging Serum (\$55; origins.com) swaps traditional retinol for African Anogeissus, made from the bark of a West African tree

BREAKTHROUGHS THAT ... SAVE YOU DERM VISITS!

These at-home allow natives are the next best thing to a rip to the doc—and they're a whole lot more convenient. Lasers that Smooth Skin at Home

BREAKTHROUGHS THAT ... SAVE YOU FROM SURGERY!

Undergoing elective surgery is always a last resort—even more so now, thanks to these noninvasive procedures done in the derm's office.

A Skin Tightener with Zero Downtime

Firmer skin via ultrasound? Yep,
the in-office treatment Ultherapy
uses ultrasound to heat—then lift and
aghten—sagging skin. "It's the closest
thing we've seen that gives faceliftlike results, incision-free," says
dermatologist David H. McDaniel,
MD, assistant professor of clinical
dermatology at Eastern Virginia Medical
School. The procedure isn't cheap
(\$1,000 to \$5,000, depending on how big
an area you're targeting). Expect to see
initial swelling and redness, and wait

hs for the full payoff. o Lift and Smooth Skin tightening treatments sers have soared in e they let you get kin (on the face, ighs) without surgery. me of these procedures ew treatments solve rmage Comfort Pulse iofrequency skin range from \$1,500 gentler version of essor. It features a interrupts the signals by your nerve tel DUAL 1550/1927 eatment), an offspring exel laser for treating tation, and acne scars, ced cooling system that nsation more tolerable. re-cancerous lesions. like redness, swelling, few days," notes Dr. at, wrinkle- and



Feel Bad About Your Neck? The New Fix

Muscle-relaxing botulinum toxin injections—the go-to for de-wrinkling forehead lines and crow's feet-have been around for a decade now, and docs are still discovering new ways to turn back the clock with the stuff. Up next? The neck! "This area has been one of the hardest to treat, and it's one of the first places on your body to reveal your age," says Neil Sadick, MD, clinical professor of dermatology at Weill Cornell Medical College. "We've been successful at smoothing the platysma bands in the neck, the same ones that are pulled up during a facelift, by carefully injecting the area with botulinum toxins like Botox and Dysport." A flawless neck will cost you anywhere from \$300 to \$800, depending on how many injections you need. You'll see smoother skin after a week; results last about four months. "These injections are only successful if they are properly placed," notes Dr. Sadick, "so be sure you're in the hands of someone experienced."

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spot-free skin is all yours! ©

Better Skin in a Bottle

Getting smoother and younger-looking skin has never been casier: Neutrogena Rapid Wrinkle Repair Night (\$21; neutrogena.com), Dermadoctor Photodynamic Therapy Laser Lotion SPF 30 (\$80; sephora .com), and Origins Plantscription Anti-Aging Serum (\$55; origins.com).

