

NEW YOU

THE FUTURE OF BEAUTY AND ANTI-AGING

200+
ANTI-AGING
*breakthroughs,
boosts & mantras*

**LOOK &
FEEL FAB!**

• The sexy silhouette

CELLULITE, FLAPPING UPPER ARMS, JIGGLING THIGHS... THESE WOES have long been the bane of our existence, and proven endlessly tricky to treat. While individuals with extreme needs opt for surgical fat removal—along with lifting and tightening of overlying skin—such measures are far too extreme for the majority of cases. “Dealing with fat deposition in the upper arms and thighs is a challenge, especially for women, and you can’t spot-reduce with diet and exercise,” explains New Jersey-based dermatologist Jeanine B. Downie, MD. “We lose weight globally, which means we might slim our thighs but lose fat somewhere we’d like to keep it.”

There’s hope in non-invasive and minimally invasive technologies designed for these problems. Exilis (\$1,200 for four arm treatments) is a monopolar radiofrequency device that tightens skin and melts subcutaneous fat. It ensures uniform heating of fat tissue for a more predictable result. Exilis features a fat-melting module as well as a skin-tightening module, each of which passes RF current through the area. These create heat to melt fat and tighten collagen. “We can tailor therapy by using whatever module is needed,” says Downie. “We see reductions of more than an inch from upper arm circumference, and more in thighs and other areas.”

Exilis requires no anesthesia or numbing cream, according to New York City-based dermatologist Bruce Katz, MD. “It’s RF heating, with a rolling massage, so Exilis therapy is quite relaxing,” Dr. Katz says. “Treatment will take twenty to thirty minutes per area and many patients will want three or more areas treated per session.”

According to Downie, patients who eat the same—or a bit less—and exercise moderately throughout treatment will maximize their outcomes. “I had a patient lose inches from their abdominal area but gain five pounds from overeating,” she says. “You don’t need to be a dieter, but it’s worth it to take care of yourself.”

Most Exilis patients in Katz’s practice are women in their mid-forties to early sixties. “People with more sun damage come in earlier in life,” he says, “but it’s genetics that determines when that arm and thigh laxity sets in.”

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simple
path to
peace

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