

ELLE

**PERSONAL
STYLE!**

**DRESS
THE WAY
YOU'VE
ALWAYS
WANTED**

**WIN YOUR
WHOLE FALL
WARDROBE!**

WORTH \$250,000! PAGE 92

**THE ONE COAT
AND ONE PAIR
OF SHOES
EVERY WOMAN
NEEDS NOW**

**12
DIETS,
ONE WINNER**
WHAT WORKS
(AND WHAT
DOESN'T)

**DOUTZEN
KROES**

**HOW TO LOOK LIKE
A BOMBSHELL**
STARRING...
THE VICTORIA'S
SECRET GIRLS!



BODY OF WORK

If sun salutations and SoulCycle spin sessions haven't whittled down trouble spots, in-office toning and fat-blasting procedures can pick up the slack.

TIGHTEN UP: NYC dermatologist Neil Sadick, MD, opts for Venus Freeze, a body-contouring treatment that uses radio frequency to build new collagen and tighten skin on the arms, legs, and tummy. "It is easy, painless, and has no downtime," says Sadick, who suggests up to five treatments to see results. For ultraprecise (and faster) contouring, both Fusco and Brandt recommend Exilis. The machine is equipped with an ultrasound guidance system, so the powerful radio waves can be delivered to exact locations in the dermis (up to two centimeters beneath the surface) for precise lifting and tightening. Fusco says a series of three or four treatments—each session a few weeks apart—is necessary to achieve desired toning.