

Looks good on you

Health

Ultimate No-Stress Weekends—At Home!

- A simple spa at your house
- An easy wine-tasting
- Fireside fun in your backyard

How Likeable Are You?

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Burn More Calories Without Even Trying

Non-Surgical Face Lifts

You won't believe what works

Women's Secrets From Around The World

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Flavor

Feeling

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Looks



The Titan

This laser-light therapy tightens your face and neck—without the torture.

The promise: The Titan is being touted as the only pain-free way to lift skin on the face and neck. “The light source heats up the skin’s collagen, which causes it to contract, producing an immediate firming benefit,” says David Goldberg, MD, director of Laser Research at Mount Sinai School of Medicine in New York. Unlike other laser treatments, it performs equally well on all skin types, including darker skin tones that haven’t responded well to earlier laser-light therapies.

The reality: It doesn’t hurt, although you might feel a little heat. The experts’ consensus is that the Titan—as its name suggests—does tighten skin and diminish wrinkles to some degree, but it won’t erase sunspots or even out skin tone.

The numbers: You’ll need between one and three treatments, spaced a month apart. The results last anywhere from 1 to 3 years. Cost: \$1,000 to \$2,000 per treatment.

The bottom line: Best for anyone who has fine lines and wants an ouchless lift with fast results, although it’s pretty pricey comparatively.



Thermage

A once-painful option tries putting on a new face.

The promise: Thermage uses intense heat from radio frequency waves to make collagen under the skin contract, producing smoother, firmer skin in the eye area, forehead, jawline, and neck. While Thermage has been around for a few years, doctors originally found that its results varied greatly—and patients found it to be extremely painful. Now, by lowering the energy level of the radio frequency waves but increasing the number of passes over the skin, doctors say they can get better results with less discomfort.

The reality: Despite its advances, physicians acknowledge that the results of Thermage depend on the individual. “Some people get profound tightening, but just as many others see only subtle improvement,” reports Tina Alster, MD, director of the Washington Institute of Dermatologic Laser Surgery. And even at a lower intensity, Thermage’s heat can be uncomfortable. Doctors often offer a topical anesthetic cream or gel (and occasionally a Valium or pain reliever) before the hour-long treatment. Expect some redness and swelling a day or two afterward.

The numbers: You need only one treatment. You can expect the most significant results in about a month, with continued improvement over the next 4 to 6 months, lasting for up to 2 years. Cost: \$2,000 to \$3,500.

The bottom line: Uncomfortable? Probably. Unpredictable? Most likely so.



Captique

The newest face-filler delivers a natural look to lips, and more.

The promise: Injections of Captique, or hyaluronic acid (which is found naturally in your skin, keeping it supple), temporarily plump up skimpy lips, gaunt cheeks, or deep lines around your nose and mouth. This clear gel can also be used to fill out acne scars.

The reality: If you’re ready to take the more invasive step into face-filling treatments, Captique is winning points over other options. “Captique is a soft filler, so it’s easier to sculpt once it’s injected into the skin, and the results look and feel more natural than other hyaluronic acid fillers,” says Patricia Wexler, MD, associate clinical professor of dermatology at the Mount Sinai Medical Center. And because of its slightly more fluid texture, there’s less chance of bruising, swelling, or bleeding under the skin. But it doesn’t provide the same kind of structural support or definition as the classic filler, collagen, so doctors often combine the two to maximize fullness, particularly in lips.

The numbers: Captique’s plumping benefits are immediate, but not long-lasting. Your body gradually absorbs it over 6 months to a year, so you’d need repeat injections every 6 months or so. Cost: Starts at \$450 per injection.

The bottom line: It’s a quick, less-expensive plumper for deeper lines—if you don’t have needle-phobia.