

NEW BEAUTY

DISCOVER THE 10 NEW AGE-DEFYING SECRETS

how the stars stay young: their beauty teams share their must-have products, diet tricks and more...

HOW JENNIFER STAYS SEXY OVER 40!

read how she does it on p. 34

THE FASTEST
WAY TO A PERFECT
BODY
the instant solution
that will transform
your figure forever.

OVER-INJECTED CELEBRITIES

have they gone too far?
doctors disclose how to
get the most natural look

MAKEOVERS.
quick fixes and permanent solutions—
the ultimate guide to restoring youth.

**SUPER-CHARGED
SKINCARE**
5 products that really work!
experts reveal the truth behind
the latest beauty claims.

THE PROVEN WAY TO
**SLIM YOUR
STOMACH
IN MINUTES**



THE FUTURE OF BEAUTY

CONTINUED...

04

boost the power of lasers

Topical skin-care creams that claim to enhance the appearance and function of the skin are a dime a dozen. But, this one, applied in-office, is used in tandem with light and lasers to really up the ante and fight aging.

THE PRODUCT

Allumera, photocure.com

WHY IT'S UNIQUE: Photodynamic therapy (PDT) has routinely been used as a way to treat precancers and skin cancers. Allumera cream works similarly to PDT, but without the harsh side effects of Levulan (the topical cream required for PDT). "One of the positive effects of PDT is better-looking skin since it boosts the strength of light and laser treatments. But Levulan, and Metvix, which is similar, are reserved for serious skin conditions, because of its strength—effects include redness, peeling and, in some patients, pain," says New York dermatologist Anne Chapas, MD. "We always knew there was the potential for cosmetic use, but PDT was never used in that manner." Over the course of three treatments with Allumera, skin is revitalized. "The results are cumulative, but some patients notice dramatic results after just one treatment," says Dr. Chapas, who compares the effects to something a bit more aggressive than a chemical peel. According to the company, after full treatment, pores, crow's-feet, fine lines and dark circles are all minimized.

THE CONSENSUS: Provides powerful rejuvenating effects and will most likely become an in-office staple.

"I love PDT for cosmetic indications for several reasons: The active ingredient penetrates the skin, the degree of the reaction can be controlled and it can be used on precancerous growths as well," says West Palm Beach, FL, dermatologist Kenneth R. Beer, MD. "Allumera will help the skin become more even in tone with fewer age spots. And, since it's only intended for cosmetic use, it will really help with sun damage and make the skin look more youthful."

05

the pill that helps break down fat

Most weight-loss pills address only one component of weight gain. This one is different since it focuses on all the aspects that cause us to gain weight.

WHY IT'S UNIQUE: These blueberry-blackberry flavored supplements reduce fat in the body, assist in proper digestion and support all of the body's systems that are necessary to endure healthy weight loss. "This vegan and caffeine-free formula contains rice, seaweed and pineapple, amongst other ingredients, so that your appetite is controlled, and energy levels are sustained so that you can break down sugars and carbs the right way, reaping the benefits," says celebrity nutritionist Paula Simpson.

THE CONSENSUS: May help with weight loss to some degree but is not a quick fix.

"This product touts many health benefits, but there are certainly no quick-fixes when it comes to dieting," says New York nutritionist Tanya Zuckerbrot. "Some of the ingredients in this supplement, such as seaweed extract, may have positive effects on metabolism."

THE PRODUCT

GliSODin Advanced Slimming Formula, \$85, glisodinskin.com

