

Health

Looks good on you

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?

Take the quiz [page 139]

Burn More Calories Without Even Trying

Non-Surgical Face Lifts

You won't believe what works

Women's Secrets From Around The World

[page 128]



GentleWaves

This painless light therapy offers help for former sun-worshippers.

The promise: Imagine a pain-free, low-energy light that, when shined on skin for less than a minute, minimizes fine lines and wrinkles, reduces pore size, diminishes dark spots, and gives skin a smoother texture. That's the claim made by GentleWaves, a new device that uses a light-emitting diode, or LED, to help "recharge the batteries" of skin cells, encouraging collagen production.

The reality: GentleWaves won approval from the U.S. Food and Drug Administration last December, backed by a trial in which every patient had smoother skin, less redness, and improvement in wrinkles around the eyes. It seems that doctors are giving the therapy a vote of confidence, too: "I've found that it really does give people a more even skin tone and smoother texture," Alster says. Because its light source isn't heat-generated, it is painless.

The numbers: Doctors suggest a series of treatments once a week for 6 weeks. (Follow-up procedures are recommended anywhere from monthly to twice a year.) You'll see results in about 4 weeks, with continued improvement for up to a year. Cost: \$60 to \$100 per treatment.

The bottom line: Fast, ouchless, and comparatively inexpensive to correct fine lines and sunspots. But don't expect dramatic tightening.