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ADVICE
FROM
WOMEN
AT THE
TOP



KEIRA KNIGHTLEY

HOW THE SEXY TOMBOY
CAME A SUPERSTAR

ELLEBEAUTY

gentle waves

BEAUTY ID: LIGHT-EMITTING DIODES

What if turning on collagen production were as easy as flipping on a television? Light-emitting diodes (LEDs), the power source behind the latest wrinkle-erasing machines, have come a long way from their humble beginnings in remote controls and alarm clocks. Using less energy than the average desk lamp, LEDs emit a gentle UV-free beam powerful enough to cure skin problems from acne to cancer.

Recent research on LEDs proves the diodes do more than boost collagen; they can also minimize breakouts and calm inflammations. While all colors may increase cellular fibroblast activity, certain shades have a targeted effect. A 2004 study published in *Journal of Drugs in Dermatology* reported that eight 35-second treatments with the yellow LEDs found in GentleWaves machines (which were FDA approved for wrinkles earlier this year) reduced fine lines by 56 percent, redness by 65 percent, and hyperpigmentation by 62 percent. But the glowing skin of the gentlemen who invented GentleWaves is perhaps the best advertisement for LEDs. "Every couple of months I would see these older scientists at derm meetings and they kept looking younger and younger. When I asked what they were doing to their skin, they said they were using GentleWaves," says Lisa Airan, MD, a clinical instructor of dermatology at NYC's Mount Sinai Hospital. "That cemented my decision to buy it for my practice."

DRIEN BRODY
ISN'T AFRAID
OF HIS FEELINGS—
OR YOURS

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