

O

THE OPRAH
MAGAZINE

MEN!

Sex is like pizza...
& other startling insights
into the hearts of men

Men who adore *real* women:
We've found them!

**GOOD-GUY
HALL OF FAME**

Brains, looks, charisma to burn
2004's BEST MEN

EXCLUSIVE

VITAMIN ALERT

Labels that lie vs. pills that deliver:
We name names

Man Trouble?
Dr. Phil's got
answers

THE O INTERVIEW:
How the
mahvelous
BILLY
CRYSTAL
made OPRAH
laugh and cry

gentle waves

■ **ON THE HORIZON:** Photomodulation uses pulses of low-energy light (less than what's emitted from a 25-watt bulb) to deliver signals, like a remote control, to skin cells. During the treatment, you sit in front of the device, called **GentleWaves**, which resembles a computer screen. When the machine is set at a certain parameter (much as a remote control is programmed with a TV-specific code), the light painlessly, and without side effects, "turns on" the cells responsible for collagen production and "turns off" production of the enzyme that breaks down collagen, says Geronemus. It can also increase cell production and turnover; doctors believe that the light energy is somehow converted into cell energy within the skin, similar to photosynthesis in plants, says Dover. Studies show a mild to moderate improvement in wrinkles and skin texture and tone after eight to ten treatments, says Geronemus.

**THE
WRINKLE
REPORT**

Treatments that
actually work
(Science finally
does something
good for women!)



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