

# allure

THE BEAUTY EXPERT

JULY 2007

## GET SEXY

### High-tech Fixes?

*Cellulite is a democratic affliction—but it doesn't come with the power of veto, unfortunately. Every year, a new batch of high-tech treatments claims to offer checks and balances. Here, we examine the promises of five of the latest.*

**What it is:** MED SCULPT

**Second opinion:** "Ultrasound does penetrate more deeply than some of its fat-fighting predecessors," says David E. Bank, associate in clinical dermatology at Columbia University/Presbyterian Hospital in New York City. "However, the amount of energy needed to destroy these bands is inordinately high." He adds that even if the bands were severed, they would reform within 6 to 12 months.

**Cost:** \$150 to \$250 per treatment, six to ten treatments needed.

doing nothing, the recipient must contract and relax certain muscles repeatedly, which the company claims releases fat more efficiently. In a recent study funded by LPG but conducted by an independent French lab, LPG-treated fat cells broke down and were excreted.

**Second opinion:** "It's possible this could work, but the results have not yet been published in peer-reviewed medical journals, which tend to be an indicator of the validity of a study," says Tina Alster, clinical professor of dermatology at Georgetown University.

**Cost:** About \$100 per session, 8 to 12 sessions required.

**What it is:** NEEDLE-FREE MESOTHERAPY

**How it works:** The device has nine vibrating metal balls emitting microcurrents that the company claims force a solution containing

phosphatidylcholine, a derivative of lecithin that allegedly dissolves fat, five times deeper into the skin than topical application alone would.

**Second opinion:** "When phosphatidylcholine was banned in Brazil for safety concerns, everyone took note," Alster says. "Nothing is banned in Brazil." There are no studies showing whether applying phosphatidylcholine topically is safe, and "if the injection version of

**What it is:** RESTYLANE

**How it works:** Restylane is a hyaluronic acid dermal filler. In a recent study, it reduced cellulite in 81 percent of subjects (verified by MRI tests) after nine months.

**What it is:** SMOOTHSHAPES 100

**How it works:** This FDA-approved device, which launches this October, combines three technologies: light, laser, and vacuum massage. In a new study, it reduced cellulite in 81 percent of subjects (verified by MRI tests) after nine months.

**Second opinion:** "I haven't heard much about this device, but I do like the idea of a combination treatment for cellulite," Alster says. "The fact that there was MRI documentation is good."

**Cost:** \$250 per treatment for ten treatments.

—ABBIE KOZOLCHYK



## LIV TYLER

"I Was Basically Crying and Screaming and Hyperventilating"