

'All the News  
That's Fit to Print'

# The New York Times

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## Skin Deep

# Black for Me, Light for My Hips

By ANNA JANE GROSSMAN

**T**HE line between caffeine and, well, everything else you can buy is a little blurry. At Starbucks, you can pick up CDs and a book about child soldiers with your espresso. At Kiehl's in New York, the scent of espresso beans wafts from the cafe through the aisles of soaps and hair tonics.

Now drugstore shelves, which once had few things caffeine-related, save perhaps the odd mug cozy or cappuccino-scented candle, are offering an array of skin care products containing the beloved stimulant.

The 20th century was a confusing time for caffeine. The Food and Drug Administration vacillated on whether it was good or bad. In the 1970s, when it was the frappuccino, it was the frappuccino. It was the frappuccino.

Over the last few years, caffeine is caping the risks of Peper. And now, because of the 10 percent caffeine in coffee, it's the 10 percent caffeine in coffee.

More than 100 million Americans are drinking caffeine alone, compared with 10 million who are drinking caffeine with coffee.

Caffeine-filled products are creating a buzz at the drug store.

"The caffeine gets into the fat cell and this makes the fat cell get a little more energized," said Dr. Lawrence Moy, a dermatologist in Manhattan Beach, Calif., who was one of the study's authors and sells his own line of firming creams containing caffeine. "When fat cells get more energized, it affects the sodium-potassium balance in the cell. The sodium runs out of the cell and water leaves with it. Potassium stays in the cell and water leaves with it. Potassium stays in the cell and water leaves with it."

"There is no way that enough caffeine could be absorbed through the skin during the amount of time that the average person showers," said Dr. David Bank, director of the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, N.Y.

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Some companies would like you to believe that once it gets under the skin, it can make you feel like you just took a shot of espresso.



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