

NEW BEAUTY

SPECIAL EDITION

THE LATEST

NON-SURGICAL liposuction

Traditional liposuction is surgery and, like any other surgery, it carries risks as well as downtime. With two external ultrasound liposuction alternatives—LipoSonix and UltraShape—in FDA trials, yet another modality—the laser—is being touted as a fat-melting solution for small areas, such as under the chin.

WHY IT IS DIFFERENT

With "Laser Lipo," a laser fiber is aimed directly at the fat cells, where the light energy helps dissolve them. According to New York City dermatologist Bruce Katz, MD, a small red light at the tip of the probe allows the doctor to see where the beam is going. The process is less invasive than conventional suctioning with a cannula, and the procedure only requires local anesthesia. It is also reported that there is less potential for burning or scarring, common risks associated with ultrasound-assisted liposuction. Although this is a minimally invasive procedure, expect minor swelling and bruising, and Dr. Katz recommends taking it easy the day after the procedure.

THE BOTTOM LINE

The metabolic consequences of liquefied fat remaining in the body (without being suctioned out) are still under investigation. Instead of melting fat, liposuction sculpts, which is why some plastic surgeons and dermatologists argue that there's greater precision. In addition, surgical liposuction is still the best way to address stubborn fat deposits.

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