

Smart ways to live well

MARCH 2008

Prevention

5 EASY
HEALTH
BOOSTS
p. 32

GET YOUR BODY BACK!

- Fire Up Your Metabolism
- Blast Fat in 2 Weeks!

LOOK FABULOUS AFTER 40!

NEW SCIENCE

Flat Belly FOODS

And How to Eat Them

TEAR & GO GUIDE
23 Doc-Approved

HOME CURES

Age-Proof YOUR MEMORY

4 easy tricks

Nature's Secret FAT BURNER!

The nutrient that speeds
weight loss & erases hunger



Halaas, MD, a facial plastic surgeon in New York City. During the half-hour procedure, which costs around \$2,500, small incisions are made behind the ears or below the chin; excess fat is vacuumed out via tiny suction tubes.

■ To reduce bruising and swelling, which can last up to 2 weeks, another option is **ultrasound-assisted lipo**, which employs sound waves that liquefy fat before it's suctioned out. (With either treatment, you'll need to wear a neck sling for 2 weeks to help skin re-drape properly.)

■ If you have excess skin, you may need to **pair lipo with a neck lift** to completely regain firmness. During the 1- to 2-hour procedure, which costs about \$1,000 more, small incisions are made behind your ears or under your chin and then excess skin is trimmed, lifted, and sutured into place.

NECK NUISANCE

BANDING

These vertical cords appear when the platysma, the thin sheet of muscle that covers the neck, begins to stretch out of shape, says Halaas.

THE FIX

■ **Botox** injected directly into the platysma temporarily smooths the cords by relaxing the muscle. Each treatment costs about \$500 and lasts approximately 4 months.

■ **Surgery** is a more permanent option. During a platysmaplasty, which runs about \$4,000, the muscle is tightened and anchored through a small incision under the chin. Any post-op bruising and swelling should subside within a week. Then your age will be your secret to keep or reveal. ■

NECK PRODUCTS WE LOVE

1. SMOOTH SKIN With light-reflecting technology, **Benefit Firmology** (\$30; benefitcosmetics.com) restores a glow.

2. LIGHTEN SUNSPOTS Mushroom extract in **BeFine Food Skin Care Neck Cream** (\$24; CVS) evens out skin tone.

3. PREVENT DAMAGE Daily use of **L'Oréal Paris Collagen Remodeler Contouring Moisturizer for Face and Neck SPF 15** (\$20; drugstores) fends off UV aging.

4. REDUCE SAGGING The collagen boosters chlorella extract and hydroxyproline in **Shiseido Benefiance Concentrated Neck Contour Treatment** (\$48; Macy's) tighten skin.

