

# InStyle



## Fall Fashion Fever!

Best Trends & How to Wear Them

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New Shoes You'll Love

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Tips to Go from Day to Night

UMA OPENS UP  
On Her Wild Year and What's to Come

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# Home Improvement

No, we're not talking about painting your walls: We're revealing the latest **high-tech beauty gadgets** that can put the power of professional procedures in your own hands

### COOL AND COLLECTED

Create your own medi-spa in this mirrored medicine chest with its refrigerated compartment, Robern M Series, \$1,900; 800-877-2376.

THE TANDA LED DEVICE FIGHTS LINES, BLOTCHINESS AND ACNE

A CHILLED GEL MASK DE-PUFFS UNDEREYES

COLD TEMPS KEEP LOTIONS AND POTIONS FRESH

Just how much can we improve the tone and texture of our skin when left to our own devices? We checked with top dermatologists to see how the latest wrinkle-fighting, fuzz-busting and cellulite-zapping gizmos stack up next to the ones used by the pros.

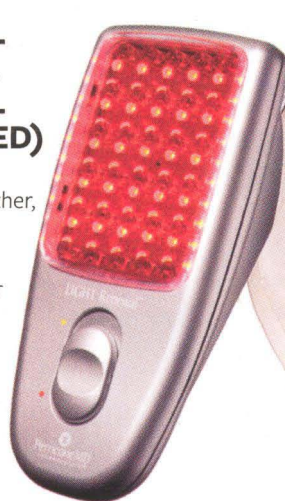
## SKIN CARE LIGHT-EMITTING DIODES (LED)

**THE SCOOP** “Professional LEDs activate the skin’s natural rejuvenation process for a smoother, more even complexion,” says dermatologist David Colbert of N.Y.C. That could be why so many women schlep to their dermatologist for a mere 30 seconds in front of a panel of tiny bulbs. Handheld LEDs may let you achieve similar results at home—eliminating travel time (and gasoline consumption!). But since they are smaller and less powerful than their pro counterparts, you need to carve out about 20 minutes once a week to treat each area of concern, like the forehead, neck, and sides of the face.

**COST** Perricone MD Light (right, \$335; perriconemd.com), Evis MD Platinum (\$295; at Macy’s), Tanda (p. 311, \$395; tandaskincare.com)—compared with \$150/session for the recommended five or more in-office treatments.

**OUCH FACTOR & RISKS** None. If you’re prone to cold sores, however, light therapy could trigger an outbreak.

**REALITY CHECK** **Dermatologist Kenneth Beer of Palm Beach** says six weeks of treatment with FDA-approved at-home LEDs can “significantly improve” the appearance of fine lines.



## MICROCURRENT

**THE SCOOP** A staple of medical spas, this treatment uses low-level electrical current to stimulate muscles and tighten skin. Thanks to home units’ larger wands, they can cover the whole face in five minutes (as opposed to the 45 it takes for the smaller wands of pro treatments to work).

**COST** Nu Face (\$379; mynuface.com)—versus \$100/session for six weekly treatments with a pro.

**OUCH FACTOR & RISKS** None.

**REALITY CHECK** Although Nu Face is FDA-approved for facial-toning, experts remain divided on the benefits of electrostimulation. “There’s not enough good science behind it yet,” says Neil Sadick, a dermatologist in N.Y.C. But dermatologist Nicholas Perricone of Greenwich, Conn., says that “microcurrents can stimulate collagen and elastin production.”

FIRMER SKIN IN FIVE MINUTES?

## HAIR REMOVAL INTENSE PULSED LIGHT (IPL)

**THE SCOOP** Like the technology used by doctors, home IPLs combine light and heat to weaken follicles so hair grows in sparser and thinner. It works best on dark hair and light to medium skin tones.

**COST** Silk’n (right, \$800; at doctors’ offices), Tria (\$995; triabeauty.com for locations). Going to a pro takes at least six visits at \$100–\$1,000 each.

**OUCH FACTOR & RISKS** Some mild burning or itching. Increased sun sensitivity for two weeks.

**REALITY CHECK** You can see results after three biweekly treatments. Sadick estimates that these devices can remove up to 40 percent of unwanted hair.



## BODY LIPOMASSAGE

**THE SCOOP** Similar to Endermologie (the FDA-approved spa service that treats cellulite), Wellbox (also FDA-approved) intensively kneads and creates suction on skin anywhere on the body. It stimulates circulation and jump-starts lymphatic drainage, which can help make dimples look smoother after eight weekly treatments.

**COST** Wellbox (\$1,595; blissworld.com).

**OUCH FACTOR & RISKS** None. It feels like a deep-tissue rubdown.

**REALITY CHECK** Pro may still be the way to go. “In-office anti-cellulite visits [8 to 12 sessions at \$100/each] look far more promising,” Beer says.

**COMING SOON** Leave a little free shelf space in your bathroom because a new wave of skin-care self-help is on its way. No! No! Skin, which uses light and heat to treat cystic acne, is expected to hit U.S. stores this year. For those more concerned with aging than breakouts, beauty giants L’Oréal and Proctor & Gamble are working on new devices to fight wrinkles at home. ■