



IN THE KNOW

Slimming Solution

Ask your doctor about the device that helps you lose inches on your lunch hour.

➔ If you have bulges of fat on your tummy, hips, or back that diet and exercise just won't shrink, you may have considered liposuction. But now there's a new, noninvasive option that can attack jiggle. Recently cleared by the FDA, CoolSculpting by Zeltiq involves using a gel patch and a handheld applicator that is attached to a machine to freeze and break down fat cells. (The body's lymphatic system then reabsorbs them.) In clinical studies, patients noticed a 20 to 25 percent difference six to eight weeks after just one treatment. "Skin isn't damaged during the hour-long session, and you won't feel discomfort beyond the initial chill," says Fredric Brandt, M.D., a cosmetic dermatologist in NYC and Miami. The downsides: Only one area may be treated at a time, and you can expect to pay from \$700 to \$1,500 for each appointment. Go to coolsculpting.com for more info.



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• Percent of men who would rather date a woman with beautiful hair than one with big breasts, according to a survey by Pantene. For a healthy, shiny mane, apply a deep conditioning mask once a week in the shower; the steam helps the ingredients sink in.

Look Great **Beauty**

TECH SUPPORT

Face Your Future

• Psychics can predict (okay, not always accurately) who you're going to marry and how many kids you'll have, but we've yet to find one who can forecast your skin's fate. That's the appeal of the *Age-O-Meter* app (facebook.com/rodanandfields). Created by dermatologists Katie Rodan and Kathy Fields, it lets you upload a photo, then uses age progression software to show what you'll look like in 30 years. Not a pretty picture? Stop slacking and start caring for your skin!



Log on for tips on turning back time.



Bee-autiful

• Like '80s fashions and Betty White, honey is back in a big way. Why? Because it works! The sticky sweetener is a natural humectant that attracts and locks in moisture. Here are three products worth the buzz.



[1] **A Beautiful Life Hair Honey'do Shampoo** (\$16; urbanoutfitters.com) softly scents your hair and adds shine to your strands without weighing them down.

[2] Packed with botanical extracts, **Burt's Bees Naturally Nourishing Milk and Honey Body Lotion** (\$8; drugstores) is a lightweight formula that's perfect for sensitive types.

[3] **Nivea A Kiss of Milk & Honey Natural Defense Soothing Lip Care** (\$2; drugstores) fends off drying and chapping, so your mouth stays supple.

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