

# Top 5

## Celeb-Worthy Procedures

The newest technologies are enabling women like you to undergo some simple nips and tucks. The result? Your favorite A-listers' natural feature

Scarlett Johansson

### 1 SCARLETT'S MOUTH CoolLipo

**Cost:** \$2,000-\$4,000

**Recovery time:** 1-2 days

The CoolTouch laser is used for treating smaller areas, like the face and neck. According to Dr. Robert Weiss, president of the American Society for Dermatologic Surgery, "The idea behind it is to make a very small puncture in the skin and put the laser underneath to remove fat and tighten the skin at the same time." The fat becomes liquefied and is simply massaged out.

Weiss adds, "A good example of what we want to achieve is Scarlett Johansson — she has the perfect mouth and chin."

'I think if you're comfortable with yourself that's sexy, but if you're not then go for it'





Gwyneth Paltrow

## 2 GWYNETH'S COMPLEXION DOT Therapy

**Cost:** \$2,500 per treatment

**Recovery time:** 3-4 days

The newest approach in skin rejuvenation is DOT Therapy (Dermal Optical Thermolysis). It creates thousands of microscopic perforations which help with skin tightening. "The laser energy creates heat, and that dot of heat shrinks the collagen," explains Dr. Carolyn Jacob, director of Chicago Cosmetic Surgery and

Dermatology. "By shrinking the collagen, the result is fewer wrinkles." Skin peels off in little, sandpaper-like flakes and requires only a cold compress, moisturizer and SPF after.

'Beauty to me is about being comfortable in your own skin'

## 3 JESSICA'S BUTT SkinTyte

**Cost:** \$900-\$1,200

**Recovery time:** your lunch hour

When fat and cellulite attack the butt and thigh area, Dr. Lori Haddad, a board-certified dermasurgeon recommends Sitcon's SkinTyte procedure. Infrared light tightens the skin's tissue, making the butt appear firmer and the skin around the thigh area tighter. "We call it the 'Alba effect,— she jokes.



Jessica Alba

'I don't know why people are obsessed [over my derriere]'

## 4 GISELE'S TORSO Liposculpture

**Cost:** \$5,000-\$8,000

**Recovery time:** 2 days

Liposculpture is a modern body-shaping procedure. Unlike most lipo, this is performed with the patient completely awake! According to plastic surgeon Dr. Payman Simoni, "Since the patient can sit or stand, the results are more likely to be even." Simoni adds, "The discomfort is like having your teeth cleaned, and the result is looking like a supermodel."



Gisele Bündchen

## 5 COURTENEY'S CHEEKBONES Manhattan Peel

**Cost:** \$2,150 for full face

**Recovery time:** 1-2 days

This peel uses two lasers to reverse damage caused by sun, acne and age. "One laser builds collagen from beneath, and one treats the signs of damage on the surface," says Dr. Jody Levine. This unique technology leaves the surrounding tissue radiant, helping to define facial features. The goal is a flawless look, like Courtney Cox."



Courtney Cox