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best beauty breakthroughs

*8 top innovations—straight from
the labs—that can make a real
difference in the way you look*

BY LINDA DYETT

These days, hope doesn't just spring eternal; it comes in a jar (or a pump dispenser or a laser). More and more fantasy beauty solutions—permanent manicures, an injectable face-lift, a cream that reverses sun damage—are becoming here-and-now realities. Take a look at these eight innovations. In one way or another, they fulfill cosmetic cravings for fast-acting, long-lasting, custom-made treatments and products. They're what beauty researchers have been working on to improve your looks—and the health of your skin.

5 quick picker-upper

This laserlike light source penetrates deeper than currently available noninvasive techniques and poses little risk of burning. Called Titan, it significantly tightens slack skin in less than an hour. It can be shined on loose flesh from your face to your knees—even flabby abs and pruney elbows.

■ **THE INNOVATION** The infrared light delivers predictable levels of heat deep below the skin's surface, stimulating new collagen production. Unlike other light-emitting rejuvenators, Titan's low-energy wavelength is safe for skin that scars easily, such as dark skin or that on the neck and buttocks.

■ **WHAT YOU GET** For \$700 to \$2,000, depending on the body part treated, many will see some firming immediately. In the months that follow, considerably more tightening occurs as new collagen forms. Each person is different and some may need just one treatment. A series may delay future sagging in the treated area for several years, says Javier Ruiz-Esparza, MD, an associate clinical professor of dermatology at the University of California, San Diego.

■ **WHEN WE TRIED IT** Immediate improvements are visible while you're still in the office. The redness lasts just a few hours. "By the third treatment, my neck looked young again, and for

the first time in several years I was wearing wide crewnecks," says a recently zapped computer sales rep. Titan has a cooling effect on the upper layers of the skin, which helps minimize pain.

■ **WHAT THE EXPERTS SAY** Thus far, Titan has been FDA approved only for tissue warming to temporarily relieve minor muscle pain. "But it's already being used far more frequently for cosmetic purposes," says Bruce Katz, MD, a clinical professor of dermatology at New York's Mount Sinai School of Medicine and director of JUVA Skin & Laser Center. "It can't replace a face-lift, but it may satisfy the tightening needs of borderline face-lift candidates," he adds. Even people in their 70s and 80s on whom it's been tested have seen a reduction in skin laxity. "We don't know yet how long Titan's firming effects will last," says Ruiz-Esparza.

■ **WHERE TO FIND IT** At a growing number of dermatologists' and plastic surgeons' offices. For one near you, contact Titan's manufacturer, Cutera, at www.cutera.com