

SELF

**1,007
FREEBIES
FOR YOU
INSIDE!**

No Time to Exercise?

ONE EASY MOVE TO SLIM ALL OVER!

**7 NEW WAYS TO
WEAR YOUR HAIR**

A Look for Every Day

**SKINNY
SUMMER
COCKTAILS**

97 Calories. Yum!

**YOUR BEST BODY:
GET IT AT ANY AGE!**

Tasty Foods That Fight Fat
and Erase Years, Too!

**5 secrets
to more
energy**



New beauty wonders

These futuristic antiagers may seem like science fiction, but the dramatic results are real. Check out these skin-ovations.

A ferocious fat-cell fighter Finding it tougher to lose those love handles with each passing year? Ask your doc about Zerona, a cold laser that targets and shrinks fat cells. It's like lipo but without the suctioning or knife. Instead, the laser creates a temporary hole in fat cells, causing what's inside to leak out. Fat cells get smaller, and your body does, too. You'll need six 40-minute sessions, each spaced a day apart. Total cost: about \$2,500—expensive, yes, but there's no bruising, pain or recovery time, so you can get shrunk on your lunch hour. One SELF editor tried it and lost 9½ inches overall!

A cool desagging tool Banish saggy skin with Ultherapy. The treatment uses ultrasound technology to pinpoint exact spots beneath skin's surface that need lifting, then delivers heat via ultrasound to spur collagen production. Most patients need one 30- to 60-minute session (cost: up to \$4,000). Afterward, skin looks firmer and smoother, but results show up gradually, over two to three months.

A shot full of you Rather not inject synthetic fillers into lines? LaViv fills out creases using your own cells. (As of press time, price and FDA approval were pending.) The scoop: Your doc takes skin samples full of collagen-producing cells called fibroblasts and ships them to a lab where they multiply for 90 days. These new cells are then injected into wrinkles. In eight weeks, you're smoother. —P.B.