

SPECIAL EDITION | OUR BIGGEST HAIR ISSUE EVER! NEVER HAVE A BAD HAIR DAY AGAIN

# NEW BEAUTY<sup>®</sup>

THE BEAUTY AUTHORITY

*can you really*  
**STOP AGING?**  
*doctors share the shocking truth*

*courteney cox*  
**WHY SHE WENT TOO FAR**  
*and what she did to fix it*

*FACT OR FICTION*  
**PERFECT SKIN IN A BOTTLE**  
*experts debate the*  
**FUTURE OF BEAUTY CREAMS**

*(The)* **SECRET TO LOOKING YOUNGER**

NEWBEAUTY.COM

*roundup.*

**05**



**CUSTOMIZED TREATMENTS GARNER THE BEST RESULTS**

"To treat cellulite and tighten skin on the thighs, we do a lot of Thermage and TriPollar for our patients; for some patients, I just use TriPollar—the timing and number of treatments are determined by the issues we are trying to treat because crepey skin is treated differently than fat. I time the first TriPollar treatment within the first seven to 10 days after the Thermage treatment for really nice results."

—DR. RUTH HILLELSON

**06**

**THE BASICS ARE KEY**

"It all starts with a healthy diet and exercise. All the plastic surgery in the world is not going to help your legs look good if you don't have good underlying muscle tone. Besides going to the gym, you should run or walk at least 30 minutes a day and use stairs whenever they're an option. Skip the elevator whenever you can."

—DR. ADAM HAMAWY

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**↑ MASSAGE MATTERS**

"After performing a procedure on the legs to tackle cellulite, like Cellfina, I recommend that patients do lymphatic massage to help minimize swelling and expedite healing. And, of course, keep their skin well-hydrated with lotion."

—DR. TIFFANY MCCORMACK

