

DA BRAT, KELLY PRICE, AMEL LARRIEUX, MARY MARY

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RIBBON, PHOTODISC; CREAM, JAMES WORRELL, SPA, LUCIANA PAMPALONE; LASER PHOTOS, COURTESY OF DR. DAVID GOLDBERG'S OFFICE.

LASER NEWS

The Latest Technology Aimed at Us

The Federal Drug Administration has approved a high-tech arsenal of lasers designed to zap hair off darker skin. Dr. Eliot Battle, Jr., a Harvard Medical School dermatologist who has conducted extensive research in cosmetic lasers for dark skin, says, "When I started my research two years ago, there were no hair-removal lasers available to treat darker skin. In the past, we found that the absorption rate, or speed of laser energy, as well as the temperature of the skin while receiving treatment, caused hyper- and hypopigmentation [dark and light spots], scarring and blistering in Black skin. Today's improved lasers deliver the same amount of energy, but at a slower rate and safer wavelength while keeping the skin cool." These changes have greatly reduced the negative side effects on Black skin. Advances in technology have produced the Lyra Laser System, the Light Sheer XC, the SLP 1000 and the Cool Glide. Hair removal with these lasers usually requires four to seven treatment sessions. The results last for three to four months. Treatments take five to seven minutes for smaller areas such as lip and chin or 20 to 30 minutes for legs.



However, Dr. David Goldberg of the Laser Skin and Surgery Specialists of New York and New Jersey (who removed hair from the corners of the upper lip, as shown in the photos above) says there are still drawbacks with laser treatments. Beware of:

- Pricey fees per treatment. Costs range from \$150 for spot tests, \$225 for lips, \$350 for bikini lines and \$600 for two lower legs.
- Stinging or pain during the procedure.
- Temporary redness in the treated areas.
- Light or dark changes in skin tone that last up to seven or eight weeks after a procedure.

New York City cosmetic and laser dermatologist Dr. Melanie Grosman echoes Goldberg's concerns. "While these newer lasers are safer for dark skin, the potential for negative side effects is still possible." Be sure to seek out a dermatologist experienced in laser surgery and treating darker skin. He or she should do a spot test before giving you a full treatment.

good looking out

COSMETICS COMPANIES MAKING A DIFFERENCE

In honor of Breast Cancer Awareness Month, cosmetics companies are offering an array of special beauty gifts. Proceeds from sales go toward the search for a cure.

■ **Estee Lauder's Pink Ribbon Campaign** will donate proceeds from specified products to the Breast Cancer Research Foundation. At the Lauder counter you can pick up the Pink Ribbon Lipstick Case, \$10, with any Lauder lipstick purchase, and the Estee Lauder Pink Ribbon Compact, \$40. ■ **Avon's Breast Cancer Crusade Pin**, \$3, is also one of our favorite do-good gifts. To purchase the sleek pink-ribbon pin (gold- or silver-tone), contact your local Avon rep or call (800) FOR-AVON. Since 1993, Avon's Breast Cancer Crusade has raised \$55 million through the sale of pink-ribbon products and other programs. ■ **Bare Escentuals** designs an herbal cream to make your monthly breast exam a more pleasant ritual. A blend of fenugreek, sage and lemongrass, the Habit Healthy Breast Cream, \$30, comes with step-by-step instructions for a breast exam. With each purchase, \$1 will be donated to the Susan G. Komen Breast Cancer Foundation. To order the cream, call (800) 227-3990.



Spa Etiquette All you need to know

For a first-timer, a spa may be intimidating. We've gathered tips from the pros to help you navigate your pampering journey with comfort and style.

Do:

- State whether you prefer a male or female technician or massage therapist when booking your appointment.
- Plan to disrobe for a full-body massage. Your therapist will keep your body draped with a towel.
- Let the massage therapist know whether you prefer light, medium or firm pressure, and if you experience any discomfort.
- Add in a 10-to-15-percent tip per service.

Don't:

- Arrive at the spa late.
- Leave your cell phone or pager on. The sound of a phone or pager could interrupt your peaceful flow.
- Forget to bring your bathing suit if you're having hydrotherapy.
- Cancel your appointment without giving at least 24 hours' notice. ■



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