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## The Best Way to Treat Fine Lines

If you also want to smooth fine lines, the most promising noninvasive options are mild chemical peels, retinoid creams, microdermabrasion, and—the latest entry—nonablative laser therapy. “They all work well,” says David Goldberg, a dermatologist at Mount Sinai School of Medicine. “But nonablative lasers lead to the best results.”

Lasers work by emitting concentrated flashes of light that penetrate the skin without harming its upper layers, and stimulate production of collagen and elastin. The light actually rejuvenates skin from the inside out. “You’ll see a remarkable difference in the skin’s vibrancy and freshness,” says Robert De Stefano, a dermatologist in Calabasas, California. It can also reduce the size of your pores and fade any discoloration caused by the sun.

During the procedure, which takes less than 30 minutes, you wear protective goggles and feel a series of light pings, like the light snap of a rubber band. Your face may feel and look flushed for an hour or so afterward. Though problems are rare, lasers do carry risks, including minor burning and scarring.

The treatment runs about \$350 to \$1,000 per session and, in most cases, at least two to five treatments at three- to six-week intervals are necessary, with touch-ups every six months or so. Says plastic surgeon Michael Byun, “If you have just one treatment, you probably won’t see a difference.”

—M.H.

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