

[brides beauty]

The Office What can a dermatologist do for you? David Goldberg, M.D., a New York skin specialist, reveals the best nonsurgical procedures for smooth skin.

acne

WHAT IT IS Pesky pimples that are due to stress or clogged pores.

DOCTOR'S ORDERS LED (light emitting diode) laser-like treatments are tops when battling blemishes. Rays of light are shined onto the skin to shrink oil glands, tighten pores, and improve any scarring. The Affirm laser is the latest model to decrease the bacteria that leads to acne. Five sessions (once a week for 30 minutes) is standard.

KEEP IN MIND Hour-long treatments can be tedious.

WHAT PRICE BEAUTY? \$500 to \$1,000 per session.

sun spots

WHAT IT IS Brown dots on hands and face caused by too much sun.

DOCTOR'S ORDERS An IPL (intense pulse light) treatment will leave you nearly spotless. This device uses light rays to break down the brown coloring. You'll need two to five treatments, a month apart. Sessions take 10 to 20 minutes, and the results are permanent.

KEEP IN MIND IPL treatments only take care of existing spots—they're not a preventative. Slathering on sunblock will help keep additional freckles from popping up.

WHAT PRICE BEAUTY?

\$500 to \$1,000 per session.

broken capillaries

WHAT IT IS These dilated blood vessels are most obvious on fair complexions.

DOCTOR'S ORDERS The superfine beam of light emitted from a KTP or a Cynergy laser eradicates the capillary. Three 10-minute treatments—a month apart—will completely vanish the vessels.

KEEP IN MIND The laser treatment can hurt a little—imagine a rubber band snapping your skin.

WHAT PRICE BEAUTY? \$500 to \$1,000 per session.

laugh/frown lines

WHAT IT IS If you smile or laugh a lot, these tiny lines appear along the corners of your mouth. You're a frowner? Look for them between or above your brows.

DOCTOR'S ORDERS A filler like Restylane is the best quick fix. It is injected into the lines, creating a plumping effect. A session takes 10 minutes with immediate results. Most people stay line-free for 6 to 12 months.

KEEP IN MIND Even with

topical anesthesia, there's an ouch factor; injections can also cause bruising.

WHAT PRICE BEAUTY? \$500 to \$1,000 per session

uneven skin tone

WHAT IT IS Also known as hyperpigmentation, this problem (common in African-Americans) is characterized by irregular patches of pigment in the skin. Sun, acne, and hormonal changes are usually the culprits.

DOCTOR'S ORDERS Bring balance to an uneven complexion with Parisian Peel microdermabrasion. During this 10-minute session, high-velocity crystals are sprayed onto the skin, resulting in an exfoliating, resurfacing effect. You'll need about eight treat-

weeks apart.

KEEP IN MIND The treatment can result in redness.

WHAT PRICE BEAUTY? \$150 to \$350 per session

crow's-feet

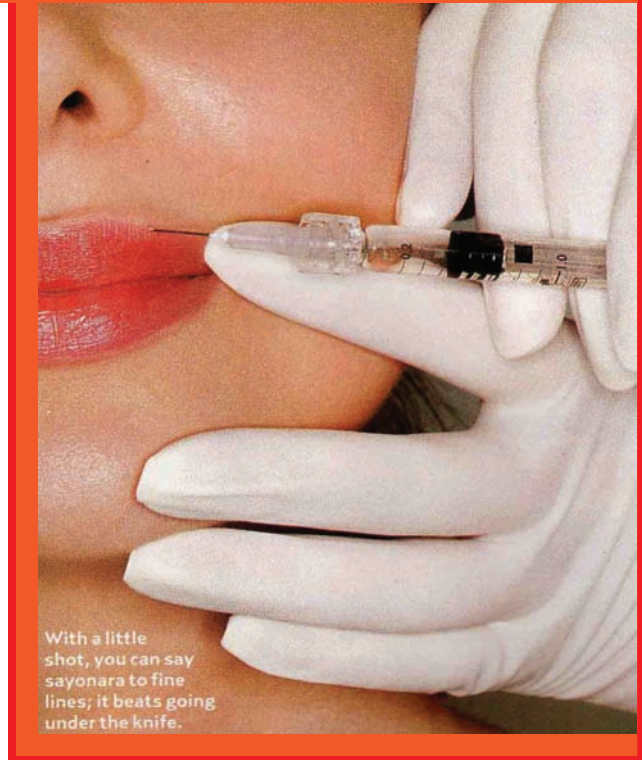
WHAT IT IS Stress, smoking, and sun exposure all contribute to these fine lines around the eyes.

DOCTOR'S ORDERS Botox

injections take about five minutes; you'll see a smoother surface in three to four days. Sessions should be scheduled about three months apart.

KEEP IN MIND The injections can leave skin bruised, so consider your wedding-day timing.

WHAT PRICE BEAUTY? \$400 to \$700 per session.



With a little shot, you can say sayonara to fine lines; it beats going under the knife.