

FROM AGE-DEFYING BOTOX TO MICRODERMABRASION, LASER resurfacing to contour body wraps, an abundance of ways to turn back the clock can be found in New York City, a mecca for men and women eager to retain or restore their youthful looks. A vast array of practitioners and aestheticians can help make every beautifying wish come true. But proceed with caution. In unskilled hands, your dreams of self improvement can lead to disappointment-or worse-so do your homework. For a spa, that means getting a recommendation from a trusted friend or your hotel concierge. As for physicians, make sure the doctor you're considering is board certified (by the American Board of Plastic Surgeons, www.abplsurg.org) and has performed the particular procedure hundreds (if not thousands) of times. Here, a sole-to-scalp guide to looking as young as you feel.

(Continued from p. 31) combines Trichloroacetic Acid with a solution that includes several exfoliating agents, including salicylic and lactic acids, which penetrate the skin causing it to peel for several days. The incredible results? Skin that's soft, bright, and virtually spotless. Excess body (or facial) hair is the focus of treatment at **American Laser Centers** (461 Park Ave. So., 7th fl., 1-888-645-3312). "The hair follicles that are targeted during each treatment are permanently destroyed," says Leonard LaCivita, MD. For many, several treatments are needed.

SPA ALTERNATIVES. At **Bliss Soho** (568 Broadway, 2nd fl., 1888-243-8825), a basic facial is performed on the back (a "backcial") and chest (a "chestcial"). This 110-min. treatment includes deep cleansing, a fruit acid wash, an oxygen wrap, extractions, activating massage with essential oil balm and age-fighting collagen ampule, skin-type specific seaweed mask, head, neck, shoulder, arm, and foot massage, and to finish, an oxygen blast. For women (and men, too) **Completely Bare** (103 Fifth Ave., 366-6060), known for laser hair removal, offers the "Techno Breast Lift," which uses pulsating micro-currents to stimulate peripheral cells and enhance blood circulation. This process tightens the muscles and results in enhanced skin elasticity. While at **Essential Skin Care** (207 E. 14th St., 253-9693), ultra-sound currents are used in a Pigmentation Lightening treatment, which targets dull and discolored areas and promotes bright, even tone.

A quick fix for hair removal, waxing has minimal discomfort when done correctly. Experts at **Murray Hill Skin Care Center** (567 Third Ave., 2nd fl., 661-0777) ensure hair removal is quick and almost ouch-free.

NECK & DÉCOLLETÉ

A wrinkled neck, double chin, or age-spotted décolleté can prompt you to wear a turtleneck everyday.

Known as the largest user of injectable collagen and Botox in the world, **Frederic Brandt, MD, PA**, (317 E. 34th St., 6th fl., 889-7096), the pioneer of the "non-surgical neck lift," has an all-star client list. "A young, firm neck draws attention to the shape of the chin and face," says **Oleh Slupehynskiy, MD** (Aesthetic Facial Surgery Center of NY, 44 E. 65th St., 6286464). She removes sagging fatty tissue under the chin during neck liposuction, approximately a 60-min in-office procedure.

SPA ALTERNATIVES. A haven to help firm ones jawline is **Capelli D'Oro** (847 Lexington Ave., 2nd fl., 288-7100), which offers the Uplifting Face and Neck Treatment that tones, re-elasticizes, uplifts, and leaves the area glowing. The exfoliated skin receives an enzymatic peel. Then, a nourishing toner is splashed on, and the area is covered in a relaxing mask. Soft? Firm? You bet. If you plan to wear a

low-cut dress, **Exhale** (150 Central Park So., 249-3000) includes a 30-min. "Neck and Décolleté Facial" on its menu. The purifying and nutrient-rich enzyme peel, when followed by a mask, leaves skin luminous.

FACE & LIPS

Everyone knows, about facelifts and facials, but newer innovation: abound for giving your face a little oomph.

MEDICAL OPTIONS. The latest FDA-approved skin-filler called "Hylaform" has **Ellen Gendler, M.D.** (1035 Fifth Ave., 2888222) quite excited. "It is a filler made of hyaluronic acid, a normal component of the skin, which is depleted as we get older," she says. Hylaform is used in conjunction with Botox, like collagen, and it does not cause



allergic reactions. Also common in the battle against the clock is the laser. Procedures that employ this magic beam are generally "simple and non-invasive, and improve skin's tone, texture, and color without any down time," says David J. Goldberg, MD, JD of **Skin Laser & Surgery Specialists of New York & New Jersey** (33 E. 70th St., 628-8980 www.skinandlasers.com). He uses light-emitting diodes (LEDs) to stimulate collagen production and regenerate aging or sun-damaged skin. This choice is not recommended for those who are visiting for a short time as several treatments are usually called for.

SPA ALTERNATIVES. The very latest in traditional and alternative treatments can be found at the **Susan Ciminelli Day Spa** (Bergdorf Goodman, 754 Fifth Ave., 9th fl., 872-2650). Ms. Ciminelli's "microcurrent" is a skin-firming process said to restore facial muscles' memory of being taut. At **Oasis Day Spa** (108 E. 16th St., 254-7722), the 60-min. Microdermabrasion Facial literally sandblasts the face with crystals, thus reducing fine lines, scarring, and damage caused by sun exposure, and smoothing out skin texture. At the **Shija Day Spa** (37 Union Square West, 366-0706), tired and abused skin is targeted with a 75-min. "Vitamin C Lifting and Firming Treatment" that works to rid

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