

Think the only way to erase wrinkles, sagging skin and age spots is by going under the knife? We've got good news for you. Welcome to the age of high-tech cosmetic improvements, where advanced nonsurgical procedures can give you the coveted look of youth. Not only that, thanks to lower costs and less downtime, the fountain of youth is now accessible to mainstream America.

by Alice Burdick Schweiger



age erasers

Non surgical ways to take off years

INJECTABLES

For erasing wrinkles, tightening skin and plumping up lips, injectables are the fastest-growing option. With just a sting of a needle, a substance is injected under the skin, leaving few risks and little recovery time.

"Before lasers or peels, injectables should be the first line of action," says Daniel Hurwitz, M.D., director of the division of Dermatology School of Medicine in Kansas at the University of Kansas City.

	USED FOR	RECOVERY	NUMBER OF TREATMENTS	RISKS	COST
Autologous Fat Implants	Fat cells extracted from a fatty area in your body are injected into areas around the nose, mouth and chin to Reduce wrinkles	Swelling or bruising that fades from a few hours to a few days	One to three, one to two weeks apart How long it lasts: Six months or more	Bruising may last two weeks or more; possible infection	\$1,500 to \$3,000
Botox	Botulism toxin temporarily paralyzes the injected muscle, reducing movement and smoothing lines, such as those between the eyebrows	One day of redness or swelling	One How long it lasts: Three to five months	Headaches, droopy eyelids, facial droop	\$350 to \$750 per injection

INJECTABLES continued

	USED FOR	RECOVERY	NUMBER OF TREATMENTS	RISKS	COST
Collagen	Reducing smile lines and frown lines; adding fullness to lips	One day	One for the lips; two for the face, two weeks apart How long it lasts: Three to six months	An allergic reaction may cause redness, swelling or even scarring	\$500 to \$1,500
Restylane	Minimizing "marionette" lines on the sides of the mouth and lines along the upper lip, as well as enhancing lips and filling in acne scars	One day of redness or swelling on the face; up to three days on the lips	One How long it lasts: Four to eight months	Lumpiness of skin around injected area; minor bruising or swelling	\$400 to \$1,000 per treatment
Sculptra	Replacing lost volume (usually in the cheeks), sculpting facial contours, reducing sagging	Redness, swelling and bruising may occur for one to three days	Two, one month apart How long it lasts: Eighteen months to two years, but it takes about six weeks to begin to see results	Bumpiness under the skin in treated area; possible infection	\$1,500 and up per treatment

slather it on every day

The best antiaging product is something you probably have lying around: sunscreen. For the prevention wrinkles, first and foremost you need sunscreen every day, says [David J. Goldberg, M.D.](#), clinical professor of

Dermatology at the Mount Sinai School of Medicine in of New York. "It must have an SPF of at least 15 to 30 and protect against both UVB, which causes sunburn, and UVA, which causes wrinkles." Check the label.

LASERS

These intense beams of light can zap sun-damaged skin, wrinkles and skin discoloration. "But make sure your doctor has the right laser," says Roy Geronemus,

M.D., of New York University Medical Center. "You may have an enlarged red blood vessel and he may only have a laser for brown spots."

	USED FOR	RECOVERY	NUMBER OF TREATMENTS	RISKS	COST
Fraxel Laser	Reducing fine lines, wrinkles, acne scars, age spots, sun damage and brown pigmentation following pregnancy	One or two days of mild redness and swelling	Four to five, three weeks apart How long it lasts: Twelve to 18 months or more	Scarring, temporary bronzing that looks like a suntan	About \$1,000 to \$1,500 per treatment
Gentlelase, Lyra, GentleYag, Apogee	Hair removal, including facial hair	Pinkness and swelling may last minutes or up to a few hours	Three to seven, one to two months apart How long it lasts: Results are often permanent	Scarring and pigmentation changes, mainly in those with darker skin	\$500 for an area to \$2,000 for the whole face
Intense Pulsed Light (IPL)	Laser like device uses high-intensity pulses of light to penetrate skin to reduce redness, blood vessels and pigmentation	Possible minor bruising or crusting for one to three days	One to four, four to six weeks apart How long it lasts: Two years or more	Darkening of skin, changes in pigmentation	\$300 to \$500 per treatment
Q-switched lasers	Erasing age spots and sun spots; removing tattoos	Minor scabbing for five to seven days	One to two, one to two months apart How long it lasts: Permanent	Lightening or darkening of skin	\$500 per treatment