SHAPE ISSUE
Fashion for Every Figure
From Size 0 to Size 20

WORK IT!
Longer Legs, Leaner Lines, Sexier Silhouette

THE RIGHT SWIMSUIT FOR YOUR BODY TYPE

WEIGHT OBSESSION
One Woman Conquers Her Diet Demons
**POW WOW!**


just one treatment, but they now acknowledge that their reputation as “blowtorches” was no coincidence. “Do you have three weeks to hide from your friends, family, co-workers?” asks David Goldberg, M.D., a clinical professor of dermatology at New York’s Mount Sinai School of Medicine, of the CO₂’s downtime, which included two weeks of raw, oozing, “weeping” skin and up to six months of lingering redness.

The kinder fractional procedures of recent years—lasers like Fraxel and Affirm—delivered their weaker 1,550 nm of erbium energy in a series of micro-pixels (rather than a single beam), projected on the skin as a checkerboard grid. By poking selective holes in the skin’s surface, they left what Sarnoff calls “a tiny island of healthy skin behind” for every dot they vaporized. The result: pinkish skin that healed in up to two days and a noticeable improvement in fine lines and sun spots (after three to five $1,500 treatments). “The concept of Fraxel was genius, in that it redefined the way we thought about delivering laser light,” says Manhattan dermatologist Macrene Alexiades, M.D. But for women with deeper wrinkles, severe sun damage, and limited reserves of time and patience, “the results were mediocre at best.”

Combine the principles of each—a friendlier, fractionalized delivery system with all the strength, depth, and reach of the original CO₂—and you’ve got the new fractional CO₂. While the chief function of any laser is to temporarily wound the skin, triggering the production of fresh new collagen fibers as it vaporizes old, damaged tissue, none of these new hired guns—which go by the brand names Fraxel Re:pair (from Reliant Technologies), UltraPulse ActiveFX (Lumenis), and SmartXide DOT beauty >154
Air: a fraction of what you'd since they're chemical-

THE NEW FRONTIER
The innovations don't stop there. Like the keypad on your gym's elliptical machine, the fractional CO₂ allows derms to tailor the intensity of its pitch pattern—the distance between each little dot as well as its depth—with the push of a button. Sarnoff might set the device "closer together for a more aggressive treatment around the mouth or crow's-feet," farther apart "on sensitive areas like the jawline."

When I drop by dermatologist Fredric Brandt, M.D.'s, Manhattan office, he shows me the Lu- 
mensis ActiveFX's newly customized handpiece. As I peer at its lens, he flips through an assortment of tiny dancing geometric CO₂ light patterns—circles, parallelograms, hexagons, and triangles—that, when projected onto the skin, access "the hard-to-reach angles around the nose or mouth." Putting an end to "a 40-year-old face floating above a 50-year-old chest," the new CO₂s also treat "the neck, forearms, and tops of the hands"—fragile areas that were prone to scarring and discoloration under the reign of the old CO₂.

To combat the first signs of aging, dermatologists like Manhattan's Patricia Wexler, M.D., are sticking with gentler resurfacers, like the original Fraxel (now called Fraxel Re:store). However, there are instances where Wexler feels the potency of fractional carbon dioxide is appropriate for younger skin—for example, to treat acne scars in patients as young as their 20s.

Roy Geronemus, M.D., a dermatologist in New York, is using his Fraxel Re:pair to diminish telltale plastic-surgery scars around the face and breasts, and is even using it around some patients' eyes as a substitute for surgery. One look at the before and after pictures he recently presented at the American Society for Dermatologic Surgery conference in Orlando, and I can see why: Droopy corners, hooded eyelids, and stubborn crow's-feet virtually disappear after a single blast. At approximately $2,000 a session, "it's a fraction of what you'd pay for an eye-lift," he says. (A full face may cost upwards of $4,000.)

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WHAT'S NEXT
Like any emerging technology, the first generation of fractional CO₂s are works in progress. Lasers, says Goldberg, "are like laptops—your new model is constantly being updated." If the old CO₂ was the truck-size monitor on your first Macintosh, the fractional CO₂ is your new MacBook Air: futuristic, coolly robotic. It looks as though you've dipped your fingertips in mercury. The nails are by Minx, and they are metallic, mirror-finish, foil-like "coverings" descended from NASCAR-decal technology. Zoë Kravitz (page 202) is a fan. Lauren Santo Domingo—right, armored in silver—first learned about them from legendary New York manicurist Honey. She then had Lisa Logan—the pro behind Beyoncé's gold Minx mani—over for a last-minute house call before kicking off New York Fashion Week. They won't chip because they're made of film, not polish, pressed onto the nail bed with heat (no drying time: brilliant), and they won't damage nails since they're chemical-free. For salons, minxnails.com.—SARAH BROWN

New York plastic surgeon Sam S. Rizk, M.D., sends patients for fractional CO₂ as a skin-tightening "complement" to the muscle-lifting effects of his endoscopic face- and neck-lifts.

In some cases—lip and forehead lines, cracks at the corner of the mouth—Wexler is using fractional CO₂ in place of fillers like Cosmoderm. As she points out, "you don't have to come back every eight weeks to have it touched up." The new CO₂'s effects last, by most estimates, between five and eight years.

heavy-metal manicure
Goodbye black, hello... silver. The manicure of this moment is futuristic, coolly robotic. It looks like no surface has been untouched. Famous faces like Beyoncé and The Weeknd aren't the only ones who've taken to the new Minx manicure. The nails are thin, metallic, mirror-like, and they're made from a foil-like "covering" descended from NASCAR-decal technology. Zoë Kravitz (page 202) is a fan.

Lauren Santo Domingo—a long-time customer of Honey—first learned about Minx from a friend who had it done for a wedding. She was so impressed, she had her own nails done by Minx's lead manicurist Lisa Logan. The results? "A complete transformation," says Santo Domingo. "It looks like I have a new arm." Logan's approach is simple: She first applies a base coat of polish, then rolls on the foil-like covering, and finishes with another coat of polish. The result? Nails that look like they're dipped in mercury. The manicure of this moment is futuristic, coolly robotic. It looks as though you've dipped your fingertips in mercury. The nails are by Minx, and they are metallic, mirror-finish, foil-like "coverings" descended from NASCAR-decal technology. Zoë Kravitz (page 202) is a fan. Lauren Santo Domingo—right, armored in silver—first learned about them from legendary New York manicurist Honey. She then had Lisa Logan—the pro behind Beyoncé's gold Minx mani—over for a last-minute house call before kicking off New York Fashion Week. They won't chip because they're made of film, not polish, pressed onto the nail bed with heat (no drying time: brilliant), and they won't damage nails since they're chemical-free. For salons, minxnails.com.—SARAH BROWN