

## MICRODERMABRASION

Doctor visit

Using a handheld device, crystal particles are sprayed against skin to remove dead, surface-layer cells that can dull your complexion. This intense exfoliation can lighten pigmented spots, improve acne and give skin a glow. A series of treatments done two to three weeks apart is often needed at **\$150** a session.

At home options

### In the Neutrogena Advanced Solutions At Home MicroDermabrasion System

(**\$40**; available

at drugstores and mass retailers nationwide), a handheld, battery-

operated applicator is used to massage skin with a

gentle scrub which contains aluminum oxide crystals. It's meant to be used for two minutes up to three times a week.



### Olay Regenerist Microdermabrasion & Peel System

(**\$25**; available at drugstores and mass retailers nationwide) is a two-step treatment to be done twice a week. First, you use your fingers to rub the exfoliator onto dry skin for up to one

minute, you rinse your face with warm water.

Soap star Susan Lucci has launched **Youthful Essence** (**\$39.95** at

[www.youthfulescence.com](http://www.youthfulescence.com)), a microdermabrasion kit that includes a battery-operated

resurfacing tool and

two sponge attachments — one to exfoliate

your face and another for your body. There's also a vitamin enriched resurfacing cream made with supersoft scrubbing crystals, a cleansing face wash, facial toner and daily protection moisturizer.



## CHEMICAL PEEL

Doctor visit

Chemicals including glycolic, lactic or salicylic acid are swiped over your face with a pad or sponge and rinsed off several minutes later. Different peels offer various benefits including removing dead skin cells, lightening brown spots, smoothing fine lines or treating acne. Doctor's office peels use higher concentrations of acids than at-home versions. A series of treatments may be needed at about **\$200-\$400** each.

.....

## L'Oréal AcneResponse

breakouts using 2% salicylic acid. Up to two times a week, you clean skin with the pre-peel treatment and, after washing this off, apply the peel. After five minutes, without rinsing your face, you put on the enclosed moisturizer, which is said to neutralize the chemical's action.

### MD Skincare Alpha Beta Daily Face Peel

(**\$72**; available at

[www.mdskincare.com](http://www.mdskincare.com)), created by dermatologist Dennis

Gross, contains glycolic, salicylic, lactic, malic and citric acids with the goal of smoothing skin, making lines less noticeable

and leaving skin glowing. There are two sets of premoistened pads. First, you gently rub skin with the pad that has the peel in it for two to three minutes. Then, without washing your face, you apply the pad that contains a neutralizer.



## BOTOX

Doctor visit

Using a small needle, a purified version of botulinum toxin is injected into the muscles of the forehead and around the

eyes. The Botox paralyzes these muscles so they can't contract and cause wrinkles. It takes a few days for Botox to take effect and results

