

PRODUCT

DON'T OVERLOOK THE UNDERARMS

A nuisance that many women are loath to discuss, underarm discoloration is a common problem, especially among those with darker skin tones.

DermaDoctor Total NonScents Ultra Gentle Brightening Antiperspirant helps you keep your cool while lightening discoloration within six to 12 months. **\$28; dermadocor.com**



PRODUCT

TRIM AND TONE

Formerly available exclusively in **Caudalie** spas, one of the newest additions to the line, **Firming Concentrate**, is loaded with energizing Douglas pine, peppermint, green mint and lemon essences that help drain the skin of excess fluid and impurities while imparting a refreshing, tingling sensation. For what it's worth, independent lab testing authorized by the French Ministry of Health found that 71 percent of users saw a significant tightening effect on the arms within 14 days.

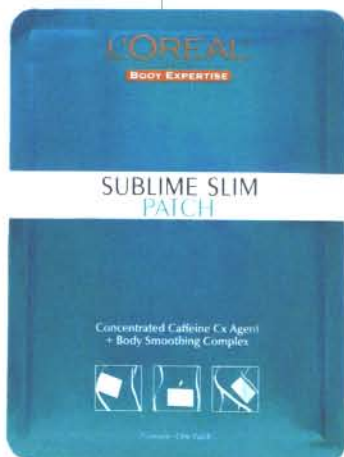
\$35; sephora.com



PRODUCT

SLIM WHILE YOU SLEEP

Though designed to treat cellulite, **L'Oréal Sublime Slim Patches** can be used on the upper arms as well. Each patch delivers an eight-hour dose of skin-toning complex along with a fresh, cooling sensation. Simply apply before bed two to three times a week. **\$13.89; drugstore.com**



INSIDE tip

For amazing-looking arms, take a cue from celebrity makeup artist Napoleon Perdis. Mix a few drops of liquid bronzer into your favorite body lotion for an attention-grabbing glow and dewy finish that creates the illusion of more muscle tone and definition. According to Perdis, "It's the best quick fix for runway or reality."

CLARINS
Crème Masvelt
Multi-Réductrice
Amincissante, Raffermissante
Body Shaping Cream

PRODUCT

FIRM UP

Need a little help with slack skin on the upper arms? With caffeine, bamboo, licorice and more, **Clarins Body Shaping Cream** can help strengthen the skin's support system and lend the limbs a more lean, toned look. Massage into the upper arms (or wherever else you need to firm and tone) twice a day to stimulate circulation, smooth and soften. **\$57; nordstrom.com**

An armlift with less scarring

Liposuction is a great way to reshape the upper arms by spot reducing excess fat, but only if you have firm, elastic skin. Unfortunately the skin of the upper arm is thinner than skin on most other parts of the body and is more likely to sag. This may be why **armlift surgery** (brachioplasty) has seen a 53 percent increase since 1997: It's the only way to reshape your arms, sculpting the skin and fat that's behind the bat-wing-like appearance. Traditionally those who choose an armlift have had to accept the trade-off that comes along with surgery—the scar that often runs the length of the inside of the upper arm from the

armpit to the elbow. But New York City plastic surgeon Lawrence Reed, MD, is among a handful of surgeons who have improved the modified surgical lift of the upper arm to limit scars to the underarm region and the side of the chest in a majority of patients. As Dr. Reed describes it: "Traditional brachioplasty delivers youthful, firm arms, but most patients won't show them off because of the scar." However, the promise of a less visible scar has a trade-off of its own; while recovering from this modified procedure, you can't lift your arms above the shoulder for four to five weeks. *For more information, see the NewBeauty Glossary.*