

Health

FREE
TONE-UP
POSTER
p.60

**MELT
12 LBS**
In 28 Days!
WITHOUT HUNGER p.96

**STOP
THAT
BINGE!**
Quick Fix p.71

GORGEOUS
SKIN ALL
OVER

**OVARIAN
CANCER**
The New Way to
Slash Your Risk

**8 ENERGY
FOODS**

**Slimming
SECRETS**
AT 30 • 40 • 50+

**Kelly
Preston**
*What keeps her
happy*
FLIP OPEN

Yes You Can!

- Get Stronger
- Cook Healthier
- Feel Amazing Every Day

Health.com
\$4.50US \$5.50CAN
0 70992 10410 9 09
SEPTEMBER 2011

The Best New Skin Savers

Anti-aging breakthroughs so amazing they save you time, money... even surgery. *By Elizabeth Brous*

HANDHELD LIGHT BEAMS. MICRO-PULSE VIBRATIONS. THE LATEST SKIN-transforming gadgets and treatments may sound like something out of a sci-fi movie, but don't let the high-tech flourishes intimidate you: These "skinovations" are actually making it easier to get younger, flawless-looking skin, without having to deal with prescriptions or invasive procedures. And that's no science fiction.



Skin pointers
New technology lets you age-proof your face at home.

BREAKTHROUGHS THAT ... SAVE YOU FROM RX HASSLE!

New over-the-counter lotions deliver (almost) the same benefit as their prescription cousins—without the wait time at the pharmacy counter. **Gentle Spot-Lighteners** Derm-prescribed skin-bleaching creams often contain a skin-irritating ingredient called hydroquinone. Now there are new, non-hydroquinone-based OTC lighteners that are less likely to produce a reaction, says Tina Alster, MD, clinical professor of dermatology at Georgetown University Medical Center in Washington, DC. Both La Roche-Posay Mela-D Pigment Control Correcting Serum (\$59; laroche-posay.us) and SkinCeuticals Pigment Regulator (\$85; skinceuticals.com) contain 2 percent kojic acid to break down melanin in your skin and prevent new spots from forming. **Non-Irritating Anti-Agers** Prescription retinoids, which are vitamin A derivatives that boost collagen and speed up cell turnover, give you smoother skin, but they also may cause redness and flaking. Good news: New OTC products with retinol have time-release formulas or added moisturizers, to lessen irritation, says Heidi

