



ANTI-AGING

BEAUTY BREAKTHROUGHS

The front in the fight against aging is constantly shifting, with cutting-edge new cosmeceuticals and medi-spa procedures cropping up on a seemingly daily basis. In this comprehensive roundup, we bring you both the latest trends (newsflash: Omega 3 is the new green tea), as well as those must-have products, key ingredients, and targeted treatments with a proven track record for protecting and preserving your skin (i.e. no miracle potion hocus pocus). Because sometimes just the facts can be the most beautiful thing of all.

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Cutting-Edge Trends

Trend #1: Nanotechnology

Non-invasive treatments employing nanotechnology and infrared lights are ushering in a more enlightened attitude toward aging. The ultimate goal isn't to stretch or iron out every possible line, but to look like a refreshed version of your best self.

These procedures, with patented technology and names Aldous Huxley might have coined (**Syneron's ReFirme**, the Nano Perfector, and GentleWaves), send wavelengths at specific radio frequencies that penetrate to the cellular level of your skin. The waves work with and boost you skin cells' own reparative functions to enhance collagen production and neutralize free radicals.

Chantecaille Energy Spa uses two machines that give off frequencies to lift and firm facial muscles. The spa's Remodeling Facial offers a combination of machine and human touch—an aesthetician trained in lymphatic drainage massages away toxins and brings blood back to fill in deep wrinkles.

Nanotechnology and lasers take into account the fact that signs of aging take many forms, such as wrinkles, roughness, pigmentation, and sagging. At Completely Bare, owner and spa veteran Cindy Barshopp says her treatments are "all about modalities." Her aesthetician calibrates the machines to address her clients' skin types and to attack aging on multiple fronts.