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GET WORK DONE @ LUNCH

No one has to know you got a few nips and tucks with your salad.

By **MILLY ALMODÓVAR**

Believe it or not, you can make some pretty major upgrades to your face and body without checking into an O.R. Here, leading dermatologists and plastic surgeons in New York City and Miami break down the latest procedures that you can do in an hour or less. The best part: There's no downtime so your *colegas* will have no idea what you've been up to.

PROCEDURE

¡ARRIBA LA BARBILLA!

Rapid weight loss, aging, or even genetics can cause saggy under-chin skin. Dr. Doris Day of Day Dermatology and Aesthetics recommends Ulthera. It uses focused ultrasound energy to regenerate collagen and create a lift. Results can last for up to two years; treatment may have to be repeated in six to nine months.

BYE BYE BARRIGA

Dr. Bruce Katz of Juva Skin & Laser Center suggests UltraShape to shrink pudgy lower abs. It uses pulsed, focused ultrasound waves to shake up fat cells, breaking their fragile walls. Post-treatment, you release the newly broken up fat through the body's natural processes. (Ahem...in the *baño*.)

NUEVA NARIZ

Been considering a nose job but scared of how it would turn out? Dr. Philip Miller of Gotham Plastic Surgery says Liquid Rhinoplasty can temporarily (for up to a year) change the shape, size, and position of the nasal bridge, straighten the nose, and even hide bumps by using fillers such as Restylane, Juvéderm, or Belotero.

CIAO, CELLULITE

Over 80% of women have cellulite, but Dr. Leyda Bowes of Bowes Dermatology says there's a quick treatment to significantly reduce it. Velashape III uses combined radio frequency energy and infrared heat to reduce fat cells and form new collagen. The end result: Less cellulite, less lumpiness, tighter skin, and a smaller circumference.

PELO POWER

Over 30 million women report losing their hair each year. Dr. David Rosenberg, founder of Hair Care MD, recommends platelet-rich plasma to get it back. Here's how it works: A doc draws a bit of blood and combines it with liquid calcium, which causes blood platelets to rupture and release their growth factors. That liquid is then injected into your scalp.

OJERAS PA' FUERA

Got dark circles that no amount of sleep can fix? We feel your pain. Thin undereye skin, which only gets thinner as you age, makes veins visible, casting shadows. Dr. Paul Jarrod Frank, founder and director of Fifth Avenue Dermatology Surgery and Laser Center, recommends Restylane/Hyaluronic acid injections to correct hollows and pigmentation.

GRAEME MONTGOMERY/
TRINK ARCHIVE

FEELS LIKE	PRICE	SIDE EFFECTS
A warming sensation on your skin and possible discomfort during treatment.	\$750 and up per treatment, one to two treatments recommended.	Mild swelling, and, in rare cases, minimal bruising.
Concentrated warmth, similar to the Ulthera treatment.	\$1,200 per session, three sessions are recommended.	Temporary redness, and very rarely blistering.
Uses injections, but local anesthesia is administered.	\$900 and up, depending on how much correction you want.	Potential allergic reaction to fillers. If you don't like the results, fillers can be dissolved after 24 hours.
A moderate sensation of warmth, developing toward the end of the session.	\$500 to \$1,200 per treatment, depending on the size of areas treated; three treatments are recommended for maximum results.	Mild bruising and redness, and, in rare cases, superficial laser burns.
Slight pinching at the injection sites.	\$2,000 per treatment, the number of treatments depends on how severe the hair loss.	Very unlikely.
Uses injections, but topical anesthesia is administered.	\$900 per treatment, one treatment lasts for four to eight months.	Potential allergic reaction to fillers. Possible swelling or bruising.

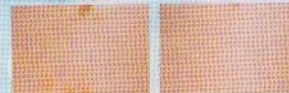
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- Melina DiMarco

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