

THE BEAUTY AUTHORITY

NEW BEAUTY

SPECIAL ISSUE!

THE FASTEST WAY TO GET A **PERFECT BODY**

easy fixes and permanent solutions that target all of your trouble spots

EXTREME ANTI-AGING

THE AGE-ERASING TREATMENT YOU NEED TO KNOW ABOUT

katebeckinsale
INSIDER SECRETS

her team of experts reveal the strategy behind her sexy body, flawless skin and gorgeous hair

the proven product that delivers glowing skin in minutes

SEXY.

THE BEST AGE-DEFYING TRANSFORMATIONS OF REAL WOMEN AND HOLLYWOOD'S HOTTEST...

The **MAKEOVER**

SEE THEIR DRAMATIC BEFORE AND AFTERS

ISSUE!

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BEAUTY

redefined

ELISE MINTON
EXECUTIVE BEAUTY EDITOR

THE QUICK-RECOVERY BREAST AUGMENTATION

It may sound too good to be true, but a new technique is being used when breast implants are placed that is said to whittle the acute recovery process down to a day or two. During breast augmentation surgery, a pocket needs to be created so that the implant can fit the breast properly, which often entails cutting the tissue and muscle [by your plastic surgeon] to create it. But with this newer technique, heat is used to dissect and cauterize the tissue [as opposed to cutting] to create the pocket to insert the implant, which causes less trauma to the tissue, so the recovery time may be quicker with reduced swelling and bruising.



drink your way to better skin

Could the future of stronger, more supple skin be attained through something as simple as a drink? Collagen-boosting foods and supplements never seem to hurt and the latest one that I've come across is **You Tonic Collagen Renewal**. Made with easily absorbed liquid collagen, the melon- or orange-flavored fat-, carb- and sugar-free drink delivers 16 grams of collagen protein per ounce, or roughly a little more than 30 percent of the daily allowance of protein. Whether you mix it into your drink or shoot two tablespoons straight, when taken regularly, the skin, hair and nails purportedly look and feel better with improved all-around texture. Plus it provides the body with a hefty dose of other good-for-your-skin ingredients like antioxidant-rich vitamins A and E and essential amino acids. Cheers to younger-looking, healthier skin! **\$25, youtonics.com**

reclaim your complexion

For devotees of Dr. Zein Obagi's lines, there's now another reason to covet his products. His latest venture, **ZO Medical**, melds what the doctor is best known for—serious skin care—in an effective system with no restriction for how long the products can be used. With a goal of "whipping the skin into shape," the multistep approach tackles wrinkles, spots, enlarged pores and sun damage by strengthening it so it is more resistant to age-related changes. Different from the namesake Obagi Medical and his offshoot ZO Skin Health, Dr. Obagi says his new endeavor, "raises the bar by treating the skin at every layer. Feeding it with antioxidants, anti-inflammatories and retinol allows you to get the best results so the skin can come full circle." **\$45-\$400, zoskinhealth.com**



3.07
MILLION

The number of botulinum toxin type A injections injected by plastic surgeons worldwide in 2010, according to the International Society of Aesthetic Plastic Surgery

SUNSCREEN REDUX

For quite some time, we've been hearing about the impending FDA mandate on over-the-counter sunscreen. And, if everything goes according to plan, by this summer the rules will be in full effect. So, what's to change: more clear-cut labels, better regulation of SPF (formulas of 50+ will be the highest level of SPF you can get) and concise descriptions so that you won't be left wondering what exactly it is that your sunscreen is doing. **For more on the new FDA sunscreen regulations, turn to page 96.**