

OK!

WEEKLY ASK THE EXPERT

Cosmetic dermatologist Dr. Steven Victor gives you the skinny



Q What are the latest slimming treatments?

A Biomesosculpt is a new non-invasive procedure. It uses topical stimulation and electric impulses to metabolize fatty deposits. After 10 treatments (costing about \$4,000), clients can expect an average loss of about two inches in a given area. I have also been using the Affirm laser, which has a great tightening effect on skin after just three to four sessions. When combined with Biomesosculpt, amazing results can be achieved. Lastly, Smartlipo is a minimally invasive alternative to liposuction. There is no downtime, it costs about \$4,000, takes only an hour and results last 10 years.

Q When do you recommend traditional liposuction?

A Some patients don't have time for a series of visits, others are afraid of needles. The less-invasive treatments are for those who want to look better in clothes, to diminish "fashion fat" — love handles, belly bulge, rolls around the bra area or arm flab. Liposuction does have the potential for serious complications and is best for those who are 25 pounds or more overweight.

Q Can firming creams help?

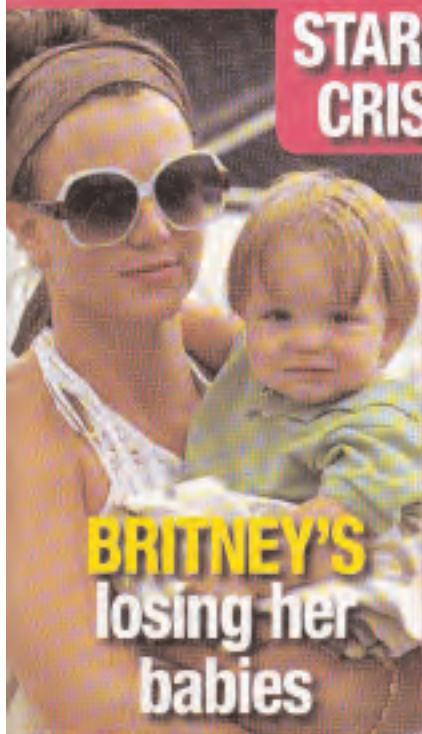
A I recommend that patients regularly massage cream with caffeine or aminophylline (try Peter Thomas Roth Ultimate Body Sculpting Slimming Gel, \$100, Sephora) into treated areas to boost circulation.



For more information on Dr. Steven Victor, call 212-249-3050 or visit stevenvictordrmd.com.

Beauty director: Holly Carter

STARS IN CRISIS!



BRITNEY'S losing her babies



LINDSAY collapses under stress!

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HAIR: GUY AROZZI; MAKEUP: JILLIAN LEE; STYLING: JILLIAN LEE

