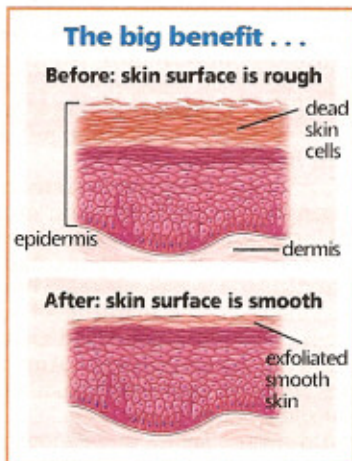


Younger skin in 15 minutes!

No matter what kind of damage the summer has wreaked on your skin—roughness, dryness or dullness—an innovative exfoliating procedure called Vibradermabrasion can restore your skin's youthful glow and texture.

"Like polishing your skin, it makes it smoother to the touch and brighter to the eye," says James Spencer, M.D., dermatology professor at the Mount Sinai School of Medicine in New York. In fact, after a few treatments, your skin will be softer, more radiant—and firmer—since Vibraderm stimulates collagen production while it smoothes your complexion.

● **How it works:** A doctor uses a mildly abrasive stainless-steel paddle to vibrate the skin, which gently and rapidly sloughs off the sun-damaged outer layer. "It sounds painful, but it's not," says Dr. Spencer. "In fact, people like the massage-like qualities of the



procedure." And it's more comfortable than microdermabrasion, in which dead skin cells are exfoliated by "sandblasting" the complexion with salt crystals.

● **The evidence:** In a recent University of Minnesota study, in which patients had one side of their face "paddled" and the other "sandblasted," researchers

found the most improvement in tone and texture of the skin that got the Vibraderm treatment.

Another plus

Some dermatologists use the procedure before applying topical "anti-aging" cosmetics, such as retinol, and glycolic acids, to enhance the penetration powers of these skin rejuvenators.

● **Other advantages:** Recovery time for Vibraderm is minimal: "So you can get it done on your lunch break and return to work," says Dr. Spencer. And because Vibraderm uses an inch-wide paddle (microdermabrasion uses a pencil-eraser-sized head), it can quickly cover large areas of the body.

● **Cost:** From \$50 to \$150 a session. To find a physician near you, visit www.vibraderm.com or call 800-494-7181.

—Meg Lundstrom