

Lacktheknife

New technologies offering anti-aging treatments-

Without the scary incisions— continue apace By Elizabeth Barr

Clareon Pulsed Light laser therapy

Toss around terms like xenon and krypton and you could just as easily be walking the halls of Comic-Con rather than discussing the latest laser technology designed to blast unsightly blemishes. Although xenon—a chemical that allows light from a laser to disperse into the skin—has been the main weapon in Intense Pulsed Light (IPL) lasers, it's recently been coupled with krypton which more specifically targets pigment. According to Rejuvenessence's Dr. Michelle Yagoda, who is using the technology in the new Clareon machine, the krypton provides an even more effective treatment.

If you have something with a wider spectrum (like xenon), you might also heat skin surrounding the pigment and have to stop the treatment sooner because of discomfort or a potential burn," Yagoda explains. "You aren't able to penetrate the targeted pigment as deeply. Because of the krypton in the Clareon, however you can focus specifically on the pigment, go deeper into the skin and get better results with fewer treatments."

The results Yagoda refers to are the elimination or lightening of age-related blemishes (brown spots, broken capillaries), redness from acne and even hair removal.

Yagoda, a plastic surgeon who performs a lot of reconstructive surgery, was motivated to find the technology after her patients asked her to provide the service. "When the Mohs technique [removing cancerous spots] is performed, it takes away the cancer, but there's not a lot of tissue left with which to repair the skin," she explains. "If you have a cancer on the tip of your nose, you don't want to walk around with a red scar to remind you of it every day."

I volunteered to test Yagoda's new machine, allowing her to zap a few sun spots on the back of my hand. The process itself was brief (about 45 seconds) and only mildly uncomfortable (like a rubber band snap). Almost immediately, the caramel-colored spots turned deep brown: a sign the laser had penetrated the pigment. Within a few days, the dark patches turned to multiple miniscule dots that within a week vanished altogether. Though there is still a trace of the original spots, they're barely visible—nothing one more treatment wouldn't eliminate.

Rejuvenessence, 122 E 78th St between Park and Lexington Aves, third floor (212-4;34-1270). Clareon treatments range from \$75 (capillaries) to \$450 (full face) per treatment



Diamond WaveForm therapy

Smooth Synergy may just have the next best thing to an Orgasmatron—the machine in Woody Allen's *Sleeper* that delivered the device's name sake pleasures. Rather than stepping into a contraption, however, you're connected via 2" x 3" pads (not unlike an EKG monitor) to the Diamond WaveForm machine, which basically exercises for you. Microcurrents are responsible for this wonder of technology, and though the practice has been used in physical therapy for years, Diamond WaveForm eliminates the need for a technician to hover over you prodding muscle groups. Instead, with 24 pads placed strategically—inner thighs, abdomen, buttocks—you just need to lie back and let the current contract your muscles as though you were doing squats, crunches or other sweat inducing, muscle-toning activities. The sensation is oddly pleasant—like getting a deep tissue massage. The best part: It really seems to work. Hours after leaving Smooth Synergy, my abdomen and inner thighs had the soreness that follows a tough workout and my belly was visibly firmer. Should you want to give your face a

toning workout too, Smooth Synergy also offers the microcurrent therapy for the face. There are no patches with this service: instead, an aesthetician (ask for Anna), works strategic areas of your face and neck by placing conductive wands on targeted points. I saw a remarkable difference after just one session, wherein I asked for only half my face to be treated. The right side was visibly firmer, higher than the other.

Neither of these applications are as quick a fix as they may seem: Since the idea is to work your muscles, you'll need repeated visits just as you'd have to hit a gym more than once to get toned. For maximum, sustained results, 12 sessions over the course of six weeks are recommended, with monthly follow-ups after that. And while the body contouring treatment is pretty remarkable—particularly for those who are physically unable to work out—it's not recommended as a substitute for real exercise, which gets the all important heart, lungs and circulation involved.

Smooth Synergy, 686 Lexington Ave between 56th and 57th Sts, suite 3N 212-397-0111 or www.smoothsynergy.com