

SculpSure™ AS SEEN ON...



Yes, You Can Fix That

look great

skin smart



Yes, you can fix that New skin treatments target and tackle the annoying little areas that diet and exercise sometimes can't. By ALIX STRAUSS

Many of us have a small pocket of fat in a spot we wish we didn't—that bulge around your bra, the pinch of skin next to your armpit, an extrusion, love handles (who actually loves those?)—and weering a substantial amount of calories reduced or burned gets rid of it. "No one is immune to trouble spots," says Paul Jarrod Frank, M.D., a dermatologist in New York City and the director of the Fifth Avenue Dermatology Surgery & Laser Center. "Despite my patients' work at the gym or smart dietary habits, they continue to struggle in certain areas." That's where noninvasive contouring and skin-tightening procedures, available in doctor's offices, come into play. "They don't replace weight loss or diet control. They're used for parts of the body resistant to those efforts," Dr. Frank says. And this kind of treatment is growing in popularity. According to the American Society for Aesthetic Plastic Surgery, from 2014 to 2015 nonsurgical

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Your upper half

For little fatty places (like bra roll, bat wings, or the armpit area), there are new devices that can target small areas of tissue safely and don't require a specific amount of fat for them to work. The newest is **SculpSure**, which although the FDA approved for use on the flanks and the belly, has become a go-to for the above-mentioned minor fat pockets because of its mini heated pads, which

make it easy to reach these areas. The laser device damages the membrane of fat cells in order to destroy them—without harming or bruising the skin. "Once damage occurs, inflammatory cells are sent to break the fat cells down," Dr. Levine says. Then they travel into the lymphatic system and are excreted months later. Bonus: Along with less fat, you'll see improved tightness and no increase in laxity. The machine also boasts a gradual dispersion of heat to surrounding areas. "Unlike other devices that leave a jagged bite-like mark or an abrupt demarcation, SculpSure gives you a smooth and natural result, so you can't see where work has been done," Dr. Levine says. Up to four heated pads can be used per 25-minute session, with patients seeing 24 percent fat reduction, and a noticeably smoother silhouette, after six weeks. One follow-up session is done almost two months later. Cost: \$1,500 per session.