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AUTUMN 2006

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makeover

**Lose those
lines** smooth,
reduce, firm & fix

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Lose those lines

Has summer left you with more wrinkles than you really need? Read on for our guide to four of the latest batch of wrinkle removers that promise real results.

BY CHANTEL SIMMONS

1. *heat therapy*

Firm up with Elos ReFirme

The latest wrinkle treatment requires no downtime and no at-home followup. Using a combination of radio frequency, light and heat, **Elos ReFirme Wrinkle Reduction Treatment** targets fine wrinkles at the surface and deep wrinkles in the dermis – without affecting the surrounding skin. After three to five monthly treatments (\$750 each treatment) you'll see a significant decrease in the depth and number of wrinkles. The only precautions after a treatment are to avoid using cleansers and creams with alpha-hydroxy acid and to wear sunscreen (you should be wearing at least SPF 15 every day, anyway).

Tested by us: In search of fewer fine lines around her eyes, Elevate's group publisher, Laura Dunphy, headed to the Forest Hill Institute of Aesthetic Plastic Surgery, home to Dr. Sammy J. Sliwin, a Toronto cosmetic and plastic surgeon, for her Elos treatment. "Dr. Sliwin's assistant, Petra, explained everything she was doing, so I had no surprises," says Laura. "She applied an optional numbing cream, which she let set for half an hour and then she used the Elos machine to blast light and heat onto my skin. I felt a prickly sensation, but the whole session took only 45 minutes. Afterward I was hardly red at all."