



CELLULITE REMOVAL

What do Dr. Phil, Kim Kardashian and Rachel Ray have in common? A healthy acknowledgement that **Velashape**, a device that gets rid of unwanted cellulite, actually works. The FDA-cleared medical device uses a combination of heat, suction, and radio frequency/optical light energy to target unwanted fat areas. Thousands of people are singing praises for the virtually painless treatment that decreases cellulite. Velashape works by using combined energies to precisely target and heat fatty tissues within the treatment area. The vacuum and tissue manipulation evens out the skin to reveal a smoother figure. Walnut Creek's SkinSpirit Spa is one of a handful of locations in the East Bay offering the service, which usually runs around \$300.

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TUMMY TUCK

Still fudging with those stubborn tummy bulges that thousands of sit-ups won't erase? Look in the fridge for inspiration - just as butter turns solid when it cools, the chemistry of fat also applies to exercise resistant stomachs. You're in good shape and within 10 to 20 percent of your ideal body weight. Cool Sculpting is a one-hour, non-invasive, anesthesia-free procedure with no downtime. How does it work? Ed Becker, MD, who performs the treatment at his dermatology center, says fat freezes at very cool temperatures, so suction panels applied to

LIGHTS, SKIN

Lack the guts and the knife? Photo-rejuvenation is the light wave of the future. Medspa, Jane Norman meets clinic? Light therapy is the exercise for the face. High-tech machine and Lumiflex technology rev skin's natural high gear energizing and stimulating collagen to target lines, wrinkles, uneven pigmentation and redness. "Once I'm done, I have no skin care concern at all," says Norman. How? Simply lie on a panel of light and relax for 30 minutes. There's no UVA or UVB about. No pain, no downtime, no discomfort. Eventually, Norman's photo-rejuvenation "beds" will illuminate our skin from head to toe.

POKING FUN

Julie Laura Rose wants to stick it to you. And you'll thank her for it. The East Bay acupuncturist and herbalist is one of a growing number

of practitioners who are using acupuncture to target areas. Thousands of people are singing praises for the virtually painless treatment