



THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

O SEX SURVEY
**MOMS,
LISTEN UP!**
Your *daughters* have
something to
tell you...

**Need
a Lift?**

How to **boost
your spirits**—even
in these crazy
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**So chic,
so cheap!**

The cutest **summer**
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The Cure
for **Cellulite**—
Seriously?

The latest high-tech
treatment gets results

MAY 2009 \$4.50



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The Cure for Cellulite?

Science supports it. Her dermatologist swears by it. But can a gizmo that looks like R2-D2 and feels **VALERIE MONROE** gives it a go. (If you're more worried about splotches, stretch marks, acne, or veiny

Skin Laxity and Cellulite

■ The **Accent** is another radio-frequency device that can improve cellulite for several months, says David Goldberg, MD, director of laser research at the Mount Sinai School of Medicine. It requires multiple treatments but is much less uncomfortable than Thermage; you won't need any pain medication. Ninety percent of the women whose thighs were treated in one study maintained results after six months. (All 30 subjects underwent six sessions at two-week intervals.) The mean decrease in

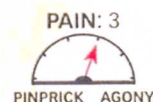


their upper thighs was 1.2 inches.

COST: \$700 to \$1,000 per treatment

Stretch Marks

■ Once stretch marks are white, a **fractional nonablative laser** (like Fraxel Re:store or **Harmony Pixel**) is the most effective treatment, says Chapas. It feels like electric zaps on the skin, and calls for prescription-strength ibuprofen and topical anesthetic. Four or five treatments, every six to eight weeks, can improve the



texture of stretch marks by 50 percent, at most.

COST: \$500 to \$750 per treatment