



Kenneth Mark Skin Care, Inc.



Ok! Weekly
May 18, 2009
Circulation: 909,844



Sclerotherapy

THE DEAL Genetics, pregnancy and a long list of causes lead to superficial spider veins. A tiny needle injects a saltwater solution that makes veins vanish before your eyes.

COST \$250 per syringe

WHAT'S COOL Just three to five treatments should ensure that your unsightly veins are gone for good.

WHAT'S NOT This is not a painless procedure - you will likely feel minor cramping.

QUICK TIP Wearing compression stockings for a week after treatment will ensure optimum results, says cosmetic skincare expert Dr. Kenneth Mark.

BOOK THIS

SmoothShapes

THE DEAL A series of painless treatments performed in a dermatologist's office that minimize the appearance of cellulite. COST \$200-\$300 per session; varies with physician WHAT'S COOL The cutting-edge laser/vacuum device used to smooth out your skin actually feels like a deep tissue massage.

WHAT'S NOT To achieve a sleek silhouette, you must pop in to see the doc twice a week for four weeks straight. QUICK TIP Results will be apparent, but there is no substitute for a healthy lifestyle. Be sure to get at least 30 minutes of exercise each day and eat lots of fruits and veggies, says Dr. Cheryl Karcher, an NYC dermatologist.

Sclerotherapy

THE DEAL Genetics, pregnancy and a long list of causes lead to superficial spider veins. A tiny needle injects a saltwater solution that makes veins vanish before your eyes. COST \$250 per syringe WHAT'S COOL Just three to five treatments should ensure that your unsightly veins are gone for good.

WHAT'S NOT This is not a painless procedure - you will likely feel minor cramping. QUICK TIP Wearing compression stockings for a week after treatment will ensure optimum results, says cosmetic skincare expert Dr. Kenneth Mark.

Airbrush Tan

THE DEAL Choose either a machine or an aesthetician to mist you from head to toe into bronzed bliss. Avoid showering for six to eight hours after being sprayed, and your tan will last for up to a week. COST \$30-\$80; varies with salons

WHAT'S COOL You'll score a beach babe complexion without exposure to harsh UV rays.

WHAT'S NOT The color will be extremely intense the first few hours following your treatment. Schedule your tan at least a day before an event to avoid an unnatural hue. QUICK TIP If you're too shy to get sprayed in the buff, wear a teeny weeny bikini and tuck in the straps to minimize tan lines, says Cindy Barshop, owner of Completely Bare salon.

Laser Hair Removal

THE DEAL A laser beam targets the roots of unwanted hair safely and effectively. COST \$100-\$600 per session, depending on the body part WHAT'S COOL Six to 12 treatments should rid you of 80 percent of hair.

WHAT'S NOT Blondes need not apply. Laser hair removal works best on dark-haired beauties.

QUICK TIP Wear sunscreen to avoid adverse reactions and minimize the number of sessions you'll need, says Andréa Young, owner of Beam Laser Spa in NYC.

-Loni Albert

BUY THIS

BEST SLIMMING CREAMS

1. Soap & Glory Return to Slender Body Contouring Gel, \$13; Target stores

2. Sisley Cellul-Pro Anti-Cellulite Body Care, \$200; Saks Fifth Avenue stores

3. Claritas High Definition Body Lift, \$60; claritasusa.com

4. St. Ives Swiss Formula Cellulite Shield Gel Crème, \$7; drugstores

BEST SELF TANNERS

5. Too Faced Tanning Bed in a Tube Instant Bronzing Lotion with Gradual Sunless Tanner, \$23; sephora.com

6. Clinique SelfSun Body Tinted Lotion, \$29; clinique.com

7. O'réal Sublime Bronze Luminous Bronzer Self-Tanning Lotion, \$10; drugstores



Tips from Dr. Mark