

# PRIME

*The Luxury of Choice*

## LIVING

# great ESCAPES

PACK YOUR BAGS AND WHISK AWAY TO EXOTIC DESTINATIONS NEAR AND FAR

### *Take Flight*

JOURNEY TO NEW ZEALAND,  
WHERE NATURE'S WONDERS AWAIT

### *Get Lost*

FALL OFF THE GRID AT THE WORLD'S  
MOST REMOTE LUXURY DESTINATIONS

### *Girl Power*

WHEN INSPIRATION KNOCKED, FIVE  
HOUSTON WOMEN ANSWERED





# deep FREEZE

Story | JESSICA MEBANE

Whether you like it or not, here come the white-hot days of a Texas summer. While everyone makes a break for the nearest pool, it can be somewhat daunting to strip down to suit up, baring most of your body in all its dimpled glory.

But wait! You don't necessarily have to suffer to achieve that perfect poolside physique since the Food and Drug Administration's (FDA) recent approval of non- or minimally invasive fat-removal

procedures, which are drastically changing the way we think about fighting fat.

"Let's get naked" is the cheeky proposition behind CoolSculpting, the brand name for an innovative method of adipose fat removal called cryolipolysis, in which the physician utilizes cutting-edge fat-freezing technology without ever raising a knife. Instead, a paddle-like applicator is applied to the problem area (e.g., muffin top or

bra bulge) and then "freezes" the fat cells within.

Because fat cells are vulnerable to cold temperatures, the body is able to subsequently break down and remove them through the lymphatic system.

"Patients are very interested in CoolSculpting as a noninvasive treatment that provides long-term clearing of fat cells," says Dr. Steven Zimmet of Zimmet Vein & Dermatology in Austin. "It's important to note that this treatment is for people who have a pretty healthy lifestyle and are reasonably close to a good weight."

According to Dr. Zimmet, the typical appointment is one hour, with some initial pain in the first five minutes, then milder for the rest of the treatment. Post-treatment discomfort is also usually mild, lasting a week or two, with some numbing sensation for two to three weeks. Zimmet also notes that while some people notice a change in their skin's appearance within a few weeks, the final results are more noticeable after two or three months.

While CoolSculpting may be an easier fix for stubborn fat areas

that exercise doesn't seem to touch, what about cellulite, the bane of most women's existence? It may be disheartening to know that 85 percent of women have cellulite and as we age, the skin over these areas thins, creating the dimpled, or "cottage cheese," effect.

In January, the FDA also approved Cellulaze, a new laser cellulite treatment from Cynosure, maker of Smartlipo. The treatment targets cellulite and can reduce its appearance for one year or even longer.

The procedure involves a plastic surgeon making a small incision near the problem area. A small tube is then inserted to release controlled laser energy to the treatment site. The thermal energy breaks up and stimulates skin cells and hardens fat deposits, which causes the overlying skin to smooth out.

This procedure requires a local anesthetic and patients will need to wear compression garments for a day or so. But compared with the longer recovery time from traditional liposuction, the pain levels and duration are greatly reduced. ♣



## no physician required

If the thought of lasering or freezing your fat makes you wobbly in the knees, don't forget what your mama told you: You are beautiful in every single way...with a little cover-up and TLC, that is.

### DEFINE & REFINE

Because you must care for that epidermis so that it will glow like a Texas sunset, try smoothing on some body refiner to get the kind of soft radiance that demands attention. La Mer Body Refiner, for instance, has a special seaweed component, or "miracle broth," that helps refine and smooth the skin in a way that makes everyone feel better about themselves, no physician required.



### COLOR ME LOVELY

Once you have that baby's-butt-smooth skin, add some lovely color to the mix. A good choice is Lancôme's Flash Bronzer, a favorite line of sunless bronze goddesses everywhere (and *Consumer Reports'* perennial fave).

Recently reformulated to include vitamin E and light-reflective micro pearls, this trio of products has a nice caramel tint that is also "transfer resistant," which creates an overall healthy glow and makes any skin imperfection less noticeable. Try the Flash Bronzer face lotion, leg and body gel to get that summer glow.

