

Harper's BAZAAR

586
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NEW
LOOKS

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STYLING
SECRETS
TO FLATTER YOU

QUICK
& EASY
BEAUTY
TIPS

ENDERMOLOGIE

This mechanical-massage device was introduced 10 years ago in the States as the first noninvasive cellulite treatment. Performed in spas and doctors' offices, it uses deep (some say uncomfortable) massage to lift and roll the skin, which stretches the fibrous bands, releases trapped fat, stimulates blood flow, and boosts lymphatic drainage. It is FDA-approved for temporary cellulite reduction, and most experts agree it does just that. "Endermologie causes a short-term transition of fluids, which improves the appearance of cellulite temporarily," says Mitchell Chasin, M.D. (973-740-2444), an aesthetic physician and the medical director of Reflections Center for Skin & Body in New Jersey. "But the fluids settle back within a few days." However, fans claim the effects can last up to six months. Each 45-minute session runs from \$100 to \$300; 14 to 20 twice-weekly visits are required, with once- or twice-monthly follow-up care.

LPG, the company that manufactures the Endermologie machine, recently released a home version called Wellbox. For \$1600—no small change but a fraction of the cost of the full professional treatment—you can massage away your trouble spots in private. The company claims the system operates identically to the professional one, just more superficially (available at blissworld.com).

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DATE
YOUR
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ISSUE



JENNIFER LOPEZ