

# BODY SHOP

## GYM DANDIES

Hitting the gym might improve skin from head to toe as much as it does muscle tone, according to new research presented at the American Medical Society for Sports Medicine's annual meeting. With age, deep dermal layers thin as our epidermis thickens. To test whether this is reversible, researcher Mark Tarnopolsky, MD, PhD, took skin samples from an area largely untouched by the sun's rays—the buttocks—from 29 exercise-averse volunteers over the age of 65. After three months of twice-weekly 30-minute endurance training sessions, biopsies found that their skin was 10 percent thicker and 10 percent deeper than before.

## CELLULITE SHOT

As inevitable as it is, cellulite could soon help ease its pain. Hand specialists have been using the enzyme since 2010 to treat the condition that causes fingers to permanently contract. "The collagenase enzyme breaks up the fibrous bands that bind the skin down and cause dimpling," Brandt says.

## MICRO WAVE

Fat cells injected superficially into areas of thin skin can create visible lumps. Enter Lipogen, an Italian device that microwaves a patient's own adipose cells. While the technique can be used anywhere on the face or body, "It's great for hands," says Chiu Chi Kan, MD, the first U.S. plastic surgeon to be using the system as it awaits FDA registration. When injecting nonmicrowaved fat, "you get a lot of cellulite," but Lipogen "smooths it out, and it spreads and retexturizes the back of the hand."

## THIGH MASTER

A proven liposuction alternative can finally be used on the thighs: CoolSculpting, the fat-freezing technology that cryogenically kills adipose cells, launched circa 2010 with a suction-cup applicator designed to suck the targeted area against the cooling panels. The technology is incredibly effective (Alexiades-Armenakos estimated a 25 percent reduction in fat cells per treated zone), but the cups' shape made it impossible to treat love handles or the inner or outer thighs. The flat-headed panel of the recently FDA-approved CoolSmooth works just as well as the original but can be used almost anywhere.



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