

1

THE FACIAL TREATMENT FOR A BETTER BUTT



We all want a firmer, better butt, and one way to get it is with microcurrents. Shamara Bondaroff of SB Skin in New York, performs a treatment that is **an offshoot of the microcurrent facial**, involving pads placed on the butt (you can also do it on other body parts) that stimulate passive muscle contractions to mimic the effects of a workout for a tighter, lifted appearance. "On the butt, a 20-minute session is equal to about 300 squats," Bondaroff says. "You'll need a few treatments to see results—it's like going to the gym. You wouldn't expect to see a new body after just one workout. Like everything, maintenance is needed."

2

THE FAT-BURNING BREATH TEST



Imagine being able to take a breath and know how much fat you could burn in a day. The idea may be closer than you think thanks to the LEVL device, which **gives personalized information about your metabolism** by measuring acetone in your breath. "Users blow into LEVL,

which detects a molecule in their breath that indicates if fat is being burned. Elevations in breath acetone correspond to elevations in fat burning," says Joe Anderson, clinical scientist at LEVL. "This information lets you make real-time decisions about diet and exercise routines to optimize your fat loss—maybe you only need to go to the gym four times a week instead of five, or you can splurge on dessert because your body is in fat-burning mode."

3

THE ULTIMATE FAT FIGHTER



Is MCT oil (medium chain triglycerides, which are one of four types of saturated fatty acids) the dietary secret to getting rid of fat? "**MCT oil has become popular because of its many benefits,**" says celebrity nutritionist Cynthia Pasquella. When added to smoothies or coffee, Pasquella says MCT oil gives an energy boost, improves digestion, reduces the storage of body fat and balances hormone levels. "It supports an increase in thermogenesis (when the body generates heat and burns calories from stored fat for energy). However, not all types of MCT oil have this effect. I swear by Bulletproof's XCT Oil and Brain Octane Oil."



THE BIGGEST BODY BREAKTHROUGHS

Fight the fat: In the quest for the perfect body, it's all about getting rid of stubborn, unwanted fat and cellulite, and these are the latest ways to do it.

4

TWO NEW WAYS TO FIGHT CELLULITE



Even though there have been plenty of treatments that target cellulite, **none have been as effective, according to the experts,** as these two new ones: ThermiSmooth Body, which uses radio-frequency

energy externally, and Cellfina, a minimally invasive procedure that cuts the fibrous bands that cause cellulite. "Cellfina is a home run for dimples and puckers on the buttocks and thighs. Once the bands that are responsible for cellulite are disrupted, the dimples disappear," says Washington, D.C., dermatologist Tina Alster, MD. While you may be swollen and bruised for a week, once that subsides,

smoother skin can be seen, which lasts indefinitely. ThermiSmooth Body delivers radio-frequency energy deep beneath the skin's surface where cellulite starts. "It is unique in that the depth can be controlled and the wave forms can penetrate deeper," says Montclair, NJ, plastic surgeon Barry DiBernardo, MD, who adds that results can be seen in three to six noninvasive treatments.

