

summer lovin'

Sun's up! Get a beach-ready bod from head to toe.

BY CHRISTINA CAICEDO



Whether you're heading to a tropical island getaway or just hanging out in your hometown this summer, the hot weather can make you nervous about revealing your body's problem areas. Here's how the latest non-invasive treatments for your face, teeth and body can boost your confidence.

Breakouts Acne on your face or body can make you feel like one of Monet's paintings—meant for admiring from afar, not close-up.

THE CAUSE: "Acne is caused by dead skin cells that clog pores and trap bacteria," says Dr. Diane Wong, a cosmetic physician and the owner of Glow Medi Spa in Toronto. Hormones, an improper cleansing routine and heavy cosmetics can all be factors too.

THE SOLUTION: Wong recommends chemical peels (the most common ones use a glycolic acid solution). Applied for three to five minutes, the peel gently exfoliates and removes dead skin cells, which releases debris and oil from pores.

SIDE EFFECTS: Although there's no downtime, you may experience temporary redness and mild flaking. Your skin

is more sensitive post-peel, so Wong recommends using SPF 30 sun block and temporarily avoiding products containing retinol or glycolic acid.

RESULTS: You should see an improvement in acne within one to two weeks after a peel. For best results, a series of treatments may be required.

COST: \$100-\$175

Tired-looking eyes Even with concealer, under-eye hollows can be noticeable, since light reflects poorly off a concave surface.

THE CAUSE: Age and genetics, says Dr. Vince Bertucci, a dermatologist and the medical director of Bertucci MedSpa in Woodbridge, Ont.

THE SOLUTION: "You can improve hollows with fillers such as Restylane, which contains hyaluronic acid, a natural substance that gives skin its volume," says Bertucci.

SIDE EFFECTS: Though rare, you may experience brief redness, swelling and bruising, which can last for a few days.

RESULTS: Under-eye hollows will look fuller for about six to 12 months.

COST: \$350-\$600

Dull skin After a winter under wraps, the skin on your face and body can look dull and sallow.

THE CAUSE: Every 28 days, new skin cells push their way to the surface. But this means they also leave dead skin cells to settle on top, which can cause a dull appearance.

THE SOLUTION: To restore skin's glow, Bertucci recommends microdermabrasion, a quick and safe way to buff away dead skin cells. It's suitable for all skin types. "The process uses fine mineral crystals that pass over the skin, exfoliating the dead skin cells," he says.

SIDE EFFECTS: You may see slight redness. Avoid exercise for a day or two, because sweat may cause stinging.

RESULTS: Your skin will look smoother and brighter after the first treatment. Repeat sessions may be required to maintain the look.

COST: \$150-\$200

Discoloured teeth Bright white teeth are associated with youth—so improving your smile can take years off.

THE CAUSE: Stains, aging and genetics, says Dr. Mira Saric, a dentist and the owner of Smile Design Studio in Mississauga, Ont.

THE SOLUTION: "Yellowish teeth can be whitened in one and a half hours using power bleaching," says Saric. First, she applies a whitening gel, and then directs light at the teeth. This causes the gel to break down and to eliminate stains from the enamel and dentin (the tissue under the enamel).

SIDE EFFECTS: Post-treatment, teeth may be sensitive.

RESULTS: A brighter, more dazzling smile.

COST: \$300-\$450

Sunburn Oops! You forgot to apply sunscreen, and now you're dealing with a nasty burn.

THE CAUSE: "Sunburns arise when too much UV light, typically UVB light, shines on unprotected skin, resulting in redness, discomfort and sometimes blistering and peeling," says Bertucci.

THE SOLUTION: For an uncomfortable burn, your doctor may prescribe a topical steroid to tone down redness and inflammation and soothe the skin. Milder cases can find relief with cool compresses.

SIDE EFFECTS: None.

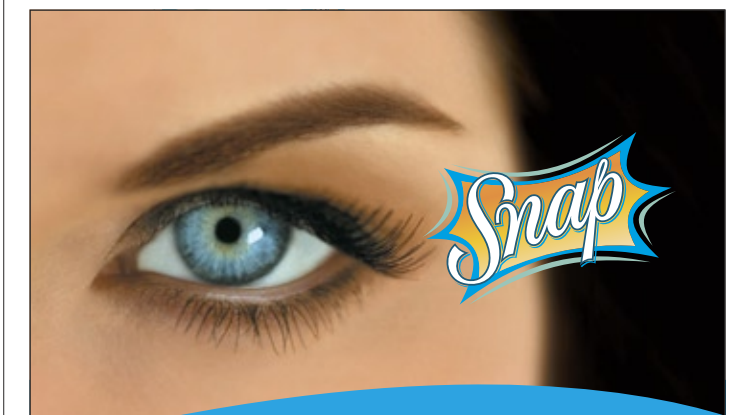
COST: \$20-\$30 (face) and \$50-\$100 (body) e

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