

1 WEEK TO A CALMER, LESS-STRESSED YOU!

523
FREEBIES
INSIDE

SELF

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ISSUE
EVER!

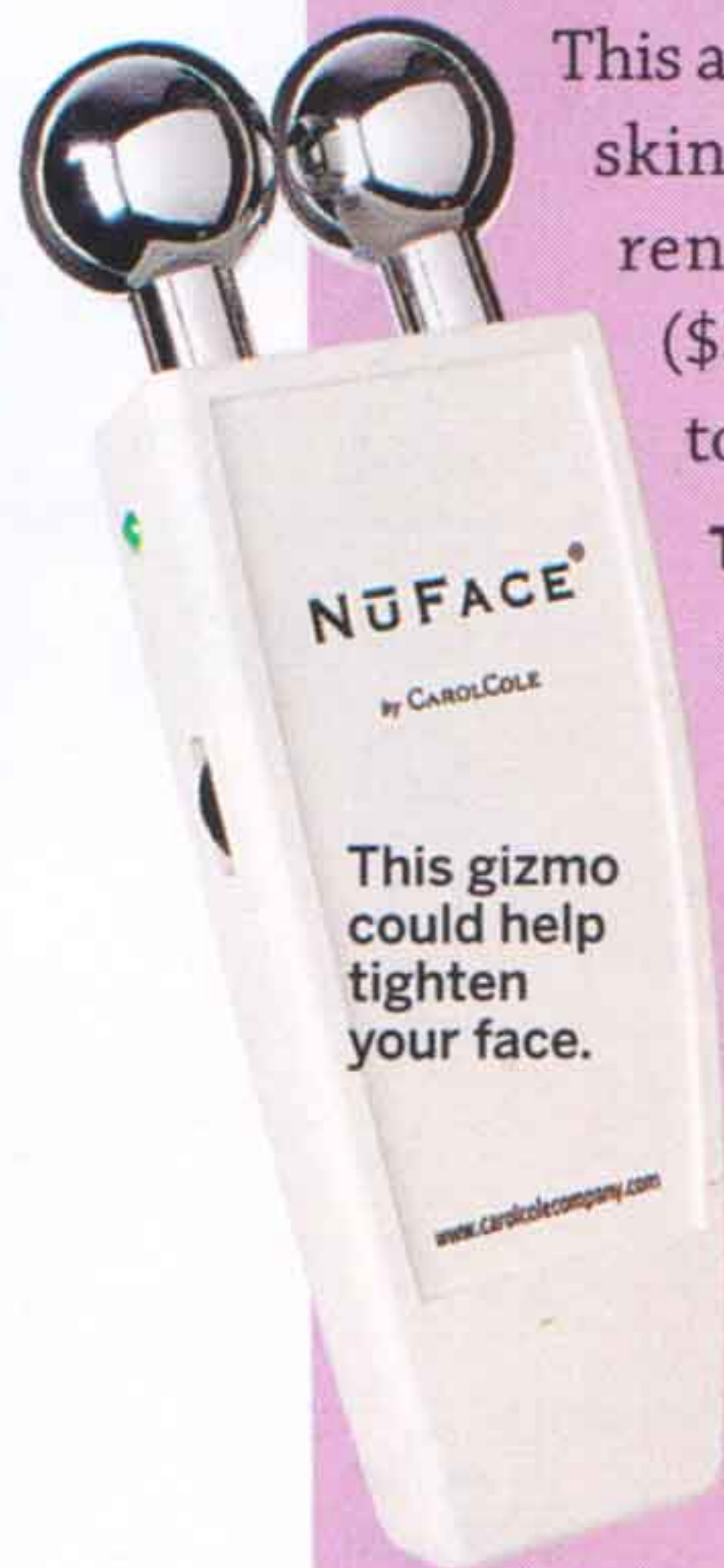
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WHAT THE HECK IS IT?

The NuFace skin tightener



This at-home gadget claims to firm skin with gentle electrical currents. Because it's expensive (\$379), SELF sent it to dermatologists for the lowdown.

THE PROS It shows promise for firming. Because many of the facial muscles attach directly to the skin (not to tendons), stimulating them could improve the skin's tone, says Doris Day, M.D., a dermatologist in NYC.

THE CONS It's not an all-over fix. While you can tone your neck, forehead and cheeks, you can't use the device on other delicate areas (like your mouth and eyes) that are also prone to sagging, says derm Laurie Polis, M.D., of NYC.

SELF SAYS In-office skin-tightening treatments are very pricey, so the derms agree this alternative is worthwhile, but only if you start when your skin is still relatively elastic. It probably won't do much for serious drooping. —Eleanor Langston

304

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