

SELF

Demi Lovato
"Being Happy Is a Choice"

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SHRINK YOUR FAT CELLS, p.106

AUGUST 2012
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young
& sexy,
always

Not ready to
apply radio
waves to your
cellulite? Load
on self-tanner
to help hide it.



Guess what? You can freeze off fat!

The latest gadgets claim to zap flab, tone your skin and even prevent wrinkles. Sounds like science fiction, but the body-shaping, age-erasing results are very, very real. *By Julia Savacool*

No-surgery fat zappers

IN OFFICE

Lose pounds with cold lasers

You work out, eat smart and Dropped 10 on the SELF diet. But you can't shake that last trouble spot. If you're fit otherwise—and willing to spend—new, noninvasive methods offer a kind of lipo "lite." Exhibit A: Zerona, which uses low-level lasers, applied in multiple sessions, to create a temporary hole in fat cells so what's

inside can leak out. But because the fat is broken down as it leaves the cell, it won't up your cholesterol. It's safer than old-school lipo and a lot less painful (as in, not at all), says Jamé Heskett, M.D., of New York City. But overeating may replump fat cells, so you could regain some of the weight over time, Dr. Heskett says.

PAIN 😞😞😞 **COST** UP TO \$4,275 FOR 9 SESSIONS

Spot-trim with an energy stream

For those hell-bent on sundress-ready arms, Liposonix and its ilk "use ultrasound energy to dissolve small areas of fat," says Paul Jarrod Frank, M.D., a cosmetic dermatologist in NYC. The technique focuses energy, as a magnifying glass does sunlight, to destroy fat at a pinpoint beneath your skin but