

The Most Insane Beauty Treatments Celebs Swear By

We all know it takes an army (meaning a few trusty glamsquaders on speed dial) to make the stars look flawless. And that a lot of smoke and mirrors can go into achieving that one *perfect* cover shot. But if you think celebs are all no makeup and chill in between big gigs and even bigger appearances, think again. They can most likely be found in their go-to derm's chair when not walking the red carpet (or posting up-close selfies), working on their self-care.

That means lasers for smoothing fine lines, radiofrequency machines for melting fat, photofacials to destroy dark spots and pigmentation, and PRP injections to promote collagen production and improve skin texture... to name a few. Behold the most significant non-invasive beauty treatments of the past year and meet the doctors, estheticians, and wellness gurus who performed them. Saying "I woke up like this" might come at a cost, but thanks to these pros (and their trusty tools) it's totally doable.

7. Exilis Ultra and Genesis Lasers



If you're traveling over the holidays and need a little skincare boost (or have been hitting the spiked eggnog too hard and it's starting to affect your skin), there's help on the way. [Dr. Paul Jarrod Frank](#), celebrity cosmetic dermatologist and founder of PFRANKMD & Skin Salon, recommends treatments like [Exilis Ultra](#) for the face and body, as well as [Laser Genesis](#) for skin toning, to his leading ladies since they're "quick procedures that provide real results."

Exilis contours and melts fat via monopolar radiofrequency energy and ultrasound technology (vs. one or the other that's been the case in most devices up until now). While Laser Genesis can be done in 20 minutes and solve a myriad of skin issues (think: scarring, redness, inflammation, and broken capillaries). Plus if you're on the fence about scheduling multiple appointments, for different services, at all different times, you can rest assured. Most of these treatments can be mixed and matched for a maximum payoff in half the time.

Let us know if you've tried any of these treatments or whether you'd be keen to give them a go, in the comments below.