

BAMAZING

Harper's

GAME-CHANGING
LOVE ADVICE

BE YOUR BEST AT EVERY Age

LOOK BETTER NAKED

FUTURE-PROOF

YOUR FACE

TAKE YEARS
OFF YOUR
NECK

DEMI
MOORE
REVEALS ALL
LOVE, LOSS &
OVERCOMING
ADDICTION



BODY



HIGH-TECH CHEATS "In the past five years, there's been a boon in what we can do for the body," says Paul Jarrod Frank, M.D., a New York dermatologist. He says that half of his days are now spent on procedures designed for below the neck. What do patients want? "Above all, tighter, more toned skin."

For example, Emtone: Newly cleared by the FDA for the treatment of cellulite and loss of skin tone, it uses thermal radio frequency to tighten skin by stimulating collagen, while mechanical shock wave therapy breaks up fibrous bands, smoothing out a rippled surface. Emtone is performed in four sessions over two weeks (\$3,600 total). Frank often pairs Emtone with his Biostim injections (\$2,500–\$5,000 each). By hyper-diluting facial fillers like Radiesse and Sculptura—and injecting them in sagging, dimpled areas—dermatologists can boost collagen and elastin production. "It gives you that 'wow' effect of Botox or filler, only for the body," he says.

LOOK BETTER NAKED

Feel your most confident with help from smarter workouts and new procedures. By Jessica Matlin

NOTHING TO WORRY ABOUT

HOT

FASHION

FINDS

+THE BEST JEANS