

dead skin cells, resulting in a reduction of skin discolorations, fine lines and sun damage over the course of several treatments. It can also dramatically increase the absorption of topical skincare products and the effectiveness of other treatments like peels, lasers and acne therapy.

AT-HOME BOOST: Estée Lauder Idealist Micro-D Thermal Refinisher (\$46, Macy's) gently buffs skin with self-warming exfoliators utilizing bamboo, micronized jade and microcrystalline spheres.

7. INVISALIGN & LASER TEETH WHITENING

The preferred tooth-straightening treatment by the over-20 set (including the ALIVE Ultimate Makeover Team for 2007 and 2008), Invisalign creates straighter smiles through the use of clear



plastic aligners that gently move teeth in less time than conventional braces. For in-office whitening treatments, ZOOM! and BriteSmile win the popularity vote thanks to their special lights and whitening gels that brighten pearly whites by up to nine shades.

AT-HOME BOOST: Luster 1 Hour White (\$39.99, Walgreens) is an at-home FDA-approved device that uses whitening gel and light to brighten teeth up to five shades without causing sensitivity.

8. LASER HAIR REMOVAL

By killing the hair follicle over a series of successive treatments, lasers are the best permanent (almost) hair removal option out there for bikini lines, underarms, legs, backs and upper lips. The level of permanency depends on hair type, laser type and frequency of treatments—but it hands-down beats shaving every day!

AT-HOME BOOST: completely bare Wax Works At-Home Professional Waxing Kit (\$135, completelybare.com), which comes with its own wax heater, strips and how-to DVD.

9. EYELID TUCK

Ranked number three on the top surgical procedures of 2006, eyelid surgery reverses droopy "sad eye" lids that come with age. By removing fat and repositioning skin through a small incision in the upper or lower lid, a surgeon can re-establish a smoother, less puffy, more wide-awake expression—extra sleep optional.



AT-HOME BOOST: SK-II Signs Eye Cream (\$90, Saks Fifth Avenue) is a total anti-aging cream for upper and lower lids containing peptides, vitamins and light reflectors.

10. OXYGEN FACIAL

A favored form for pampering faces of all ages, oxygen facials entail delivering high concentrations of O2 straight into pores to ward off redness, irritation and signs of aging by neutralizing environmental hazards and de-stressing skin. Afterward, enjoy a glowing, refreshed and radiant complexion.



AT-HOME BOOST: Biologique Recherche Oxygenant VIP O2 Masque (\$115, beautyhabit.com) features marine elastin, natural fatty acids and a unique oxygen delivery system to enhance radiance.

11. FOTOFACIAL

By combining pulsed light with laser light, FotoFacials can help fade age spots and reduce redness on the face, neck and hands with no pain and

