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NEW BEAUTY[®]

*the easy way to
get rid of fat fast*

BEST BODY EVER!

LOOK BETTER NOW!

*10 new products
you have to try*

JULIA LOUIS-DREYFUS

*"I want to look younger,
but I don't need to look 25."*

*our study
reveals*

WILL YOU AGE WELL?

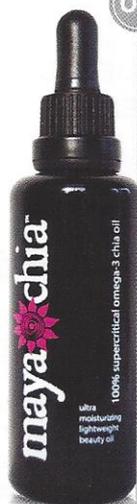
THE NEW DISCOVERY.

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04 the newest anti-aging skin-care ingredient

Chia seeds have proven benefits when added to your diet, so it comes as no surprise that they are making their way into the skin-care arena. Rich in protein and fatty acids, these tiny seeds (an ancient superfood) are loaded with antioxidants, which equates to anti-aging benefits for younger-looking skin. **Maya Chia**, a two-SKU, all-natural skin-care line that counts non-GMO chia oil as its main ingredient, claims to fight the effects of aging while keeping skin moisturized. *Starting at \$34, mayachia.com*

05 the return of microneedling

You may be familiar with microneedling tools—small roller-like devices with tiny needles that roll over your skin to stimulate new collagen. The trend of microneedling has been on and off the grid for the past few years (and the results have been questionable), but now it's back. "This time, microneedling is different because the technology has improved a great deal," says Nashville, TN, dermatologist Michael Gold, MD. **In addition to the at-home devices (like Rodan + Fields Redefine Amp MD Micro-Exfoliating Roller), the newest treatment done at doctors' offices combines microneedle pens with radio-frequency energy.** Recently, EndyMed introduced the Intensif procedure, a fractionated radio-frequency and microneedling treatment (a typical session lasts about 45 minutes) that targets depressed acne scars and wrinkles. "I think needling is here to stay—we're going to see more and more in years to come. It's a great treatment for remodeling skin tissue because it destroys existing bad collagen and then replaces it with rejuvenated collagen to improve your skin," says Dr. Gold. *Pricing for EndyMed Intensif varies based on treatment area; endymed.com*

BEFORE



AFTER



This patient underwent three EndyMed Intensif treatments within three months to smooth out the deep wrinkles around her jawline.



06 fitness evolution

Looking for your next new workout? Give the latest breed of fusion classes a try. "The hybrid workouts we're seeing are trendier than what's been offered before," says celebrity trainer Kathy Kaehler. And, the options, which combine both aerobic and anaerobic training, are endless—there's Korbball classes that use a hybrid of a kettlebell and a medicine ball, Pilates combined with spinning, weight training and cardio all done on a reformer machine, rowing meets yoga, and barre classes that turn it up on the cardio front. "Hybrid training is an alliance between strength training and cardiovascular training to produce more benefits in a single session. It increases blood flow to the muscles for a more effective workout and better results faster," Kaehler explains.

07 the fast fix for sparse brows

We've seen extensions do wonders for hair and lashes. But brows? Charity Engebretsen of **Master Lash By Charity** in Los Angeles, says brow extensions, which stem from the thick brow trend, are the quickest way to fake a fuller brow. Using tiny pieces of hair that are adhered to the brow line with surgical glue, the treatment transforms eyebrows in 90 minutes and "fills in poorly shaped, thin or nonexistent brows, bringing them back to a full, defined, symmetrical shape," says Engebretsen. Your new brows will last about two weeks before it's time for a touch-up, and as the extensions fall out, your brows will go back to their baseline. "I tell clients not to sleep on their face or side and don't do anything that causes excessive sweating (like hot yoga or steam rooms). Also avoid heavy creams or oils, which can cause the extensions to fall out." *Starting at \$195, masterlashbycharity.com*

