

CAPITOL FILE

LAUREN *Graham*

WHY WE'LL ALWAYS LOVE
THE GIRL NEXT DOOR

2007 LITTLE
BLACK BOO
99 SINGLE
MAKE OUR LI



BEAUTY SHOP

Stomach

How to go from flabby to fabulous.

"IF YOU JUST WANT TISSUE TIGHTENING,

Thermage is the way to go," says Dr. Tina Alster, director of the Washington Institute of Dermatologic Laser Surgery. The technology, which involves applying heat to the skin and the underlying tissues, has long been used to tighten the skin on the face and neck, but it can also be applied very successfully to other body parts, including the tummy. "I love this for bikini season," says Dr. Alster. According to the superstar dermatologist, a good abs candidate would have slightly loose skin (not so much that it's hanging), perhaps resulting from pregnancy or weight loss. It's not for those who have fat bellies—it's for someone who is in generally good shape. The radiofrequency device transfers heat deep into the skin for collagen contraction and an immediate tightening of the tissue, which may actually continue tightening over the next month. The procedure may cause some discomfort, but

reportedly the pain is tolerable, and any redness will disappear after a few hours. Some clients are thrilled after one Thermage session; others might prefer to return for monthly treatments. \$3,000 per treatment on abdomen. Washington Institute of Dermatologic Laser Surgery, 1430 K Street NW, 202-628-8855; skinlaser.com. —S.J.