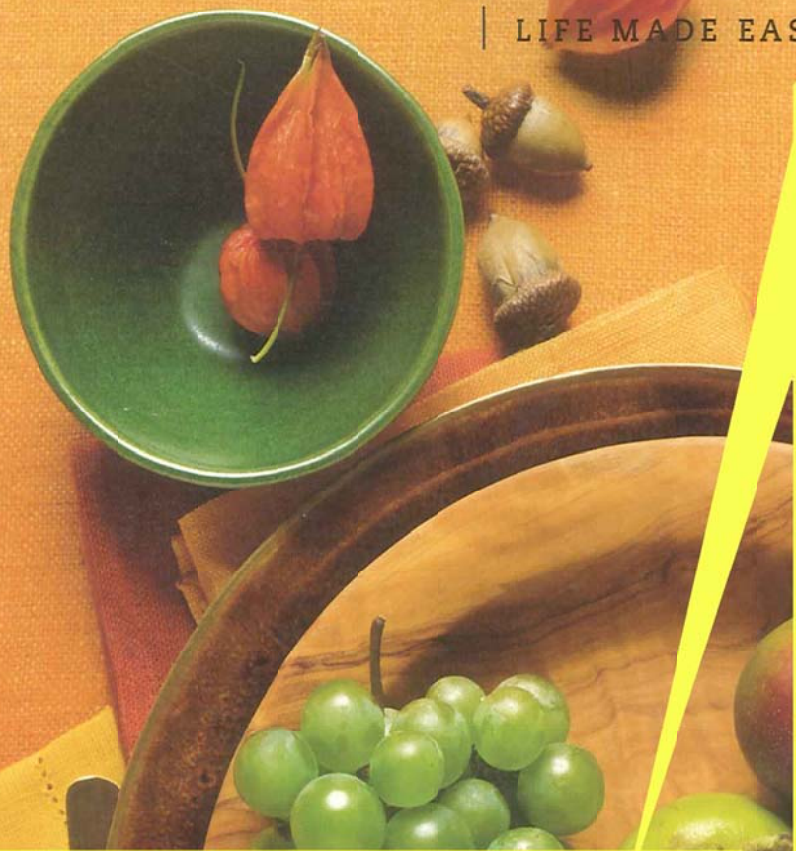


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the guide **BEAUTY**

FOR PROMOTING HAIR GROWTH
The handheld HairMax LaserComb delivers heat energy to hair follicles, increasing blood flow and circulation. This can result in larger follicles that produce thicker hair shafts. Although this device has been cleared by the U.S. Food and Drug Administration to treat hair loss in men, "it is likely to improve hair diameter in women, too, especially when combined with topical prescription medications," says Michael Reed, a New York City dermatologist. It may also have an anti-inflammatory effect on the scalp, which could potentially prevent future hair loss, says Franks. Use three times a week for 10 to 15 minutes per session. While there are less expensive laser devices out there, "this is the current gold standard," says Reed, "and I wouldn't pinch pennies."
TO BUY: \$495, hairmax.com.

FOR REMOVING BODY HAIR
The TriA LaserHair Removal System diode laser is absorbed by the dark pigment in hair, and that heat inhibits new growth. "Use it on small areas, like underarms or the bikini line, at least once a month for six months to see the most lasting results," says Marmor. (You would need two to six sessions in a doctor's office; at about \$500 each, making this device less expensive in the long run.) Note: The laser works well on coarse, dark hair and fair skin, say experts. It's not as effective on lighter hair, and it can cause pigmentation spots on deeper skin tones. The laser should not be used on the face or the neck, and the small head may not be practical for large areas, like the legs. For those, try Silk'n Sense&Eil (\$500, silk.com), which uses pulsed light and covers more area.
TO BUY: \$795, triabeauty.com.

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