



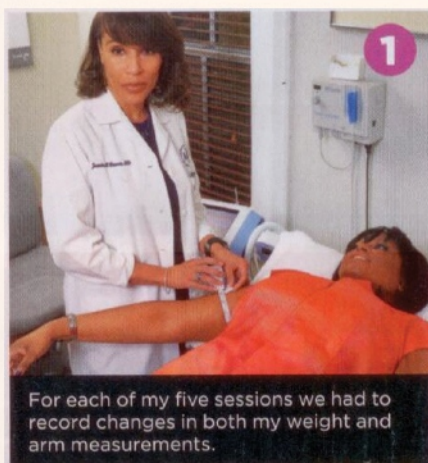
Up in Arms

Beauty Director **Corynne L. Corbett** drops by dermatologist Dr. Jeanine Downie's office to test-drive Exilis, a new liposuction alternative PHOTOGRAPHY BY ANDREAS HOFWEBER

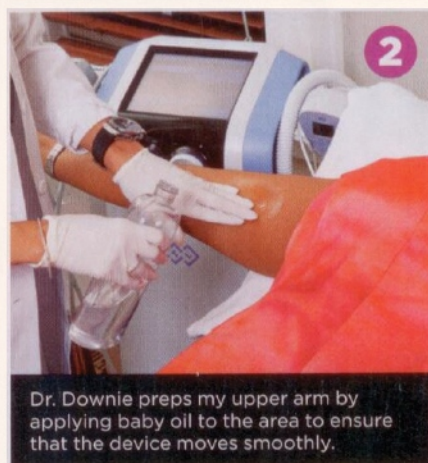


When I heard that there was a machine that could melt fat, I was also sure that in the next breath I would be buying the Brooklyn Bridge for a song. But Montclair, New Jersey, board-certified dermatologist Jeanine Downie assured me that she'd personally gotten great results with Exilis—which has been cleared by the FDA as a noninvasive aesthetic procedure. The machine works using radio frequency to increase blood flow and something called fat tissue lipolysis. But this is no weight loss miracle. "The Exilis is not a weight loss device; it's a fat- and body-contouring device," Dr. Downie explains. Who am I to say no to a little contouring?

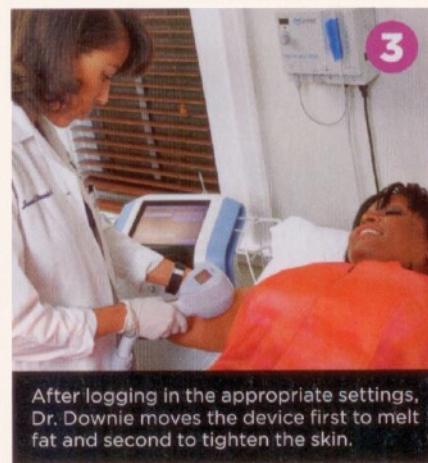
Though the procedure works on the face, stomach, back and thighs, I chose my upper arms because summer was around the corner. However, at about \$500 a session (a complete four-treatment series comes in at around \$2,000), it isn't cheap. But unlike liposuction, which can cost considerably more and requires surgery and recovery time, I was in and out of the office in under an hour. After five sessions, I definitely saw a result: 2½" lost on each arm and a tighter appearance. So much for that bridge.



For each of my five sessions we had to record changes in both my weight and arm measurements.



Dr. Downie preps my upper arm by applying baby oil to the area to ensure that the device moves smoothly.



After logging in the appropriate settings, Dr. Downie moves the device first to melt fat and second to tighten the skin.

Tale of the Tape

An in-depth look at my progress over 5 treatments

WEEK ONE: My right arm measures in at 15" and my left at 15½"; apparently, most folks aren't symmetrical. Each session is broken down into two parts: 10 to 30 minutes for fat melting and 5 minutes of tightening. The machine (and my skin) can get really hot.

WEEK TWO: There's a slight change—both arms are 15" and my stretch marks are getting fainter.

WEEK THREE: My right arm is responding better than the left. New measurements: 14" right arm, 15" left arm. Stretch marks and skin appearance are definitely better.

WEEK FOUR: I'm even again: 14½" on each arm.

FINAL RESULTS: Eureka! My skin is smoother and tighter. My right arm is 12½" and my left arm is down to 13".

4 THINGS TO KNOW ABOUT EXILIS

1 The procedure should always be administered by a board-certified dermatologist or plastic surgeon.

2 Side effects can range from temporary numbness to discomfort during the procedure.

3 The procedure is safe for most healthy adults but is not advised for anyone with metal body implants or pacemakers.

4 Weight gain can negatively impact your results.

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