**FIND A BEAUTY DOCTOR NOW!**
The essential guide to help you make the right choices. Turn to page 193.

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**Smoother skin after liposuction**
Traditional liposuction can treat diet- and exercise-resistant areas of fat but can also lead to bumps and irregularities. That's where SAFEipo comes in. Thanks to a unique blend of enzymes that incorporating a step to smooth out the areas operated on.

**WHAT IT IS**
Developed by Shreveport, LA. plastic surgeon Simeon Wall, MD, and practiced by plastic surgeons across the country, as a way to minimize contour irregularities and correct existing deformities post-lipo, this three-step liposuction procedure first separates the fat before aspirating (suctioning) it out and contouring the area. “In typical liposuction, the fat may be loosened and then removed, but once that’s done, the areas are left alone,” says St. Louis plastic surgeon Jeffrey Copeland, MD. With SAFEipo, once the fat has been suctioned out, your plastic surgeon goes back to the treated areas to further smooth and shape using a special type of cannula, without the heat from a laser, which Dr. Copeland says can kill the fat cells.

**THE BOTTOM LINE**
You’ll still get the benefit of what is achieved with regular lipo. “The claims of better results, less bruising and faster healing have yet to be proven scientifically,” says La Jolla, CA, plastic surgeon Robert Singer, MD.

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**The first oil-powered at-home hair color**
Ammonia is one ingredient that is almost always found in permanent hair color, whether used at the salon or at home—it allows the hair to open up so that the color molecule can be deposited. But recently, hair color companies have been looking at alternative ingredients (the concept was first introduced with professional lines) and Garnier is the first at-home permanent color to do so.

**WHAT IT IS**
Garnier Olia is an at-home permanent hair color line powered by oil. It makes use of a 60 percent oil blend, with oils extracted from flowers, and MEA as part of the colorant, which works similarly to how ammonia does without any unpleasant smell. It’s the MEA in the oil that helps to open up the cuticle and place the color in the hair. The color also works to improve the state of your hair and eliminate dullness and roughness so that hair is shinier, softer and bouncier with rich, vibrant color. $9, garnierusa.com

**THE BOTTOM LINE**
Garnier Olia can completely cover grays and give long-lasting color. But, like with any at-home hair color, you should still test a patch of hair before using the product.

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**Inside tip**
Like with any new treatment that hits the market, it is important to discuss with your doctor which option is best for you and what kind of results you can expect.