

ZONE: CELLULITE

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R&B legend Roberta Flack, who undergoes the procedure, claims that mesotherapy has dramatically reduced her cellulite, from her saddlebags to her waistline. "It eliminates cellulite over a period of time," she says, although she believes healthy eating habits and exercise also contributed to her results. "You can't have the treatment, then stop off at Krispy Kreme," she says. About 60 percent of patients will need a numbing medication such as a topical anesthetic or laughing gas prior to the procedure, says Lionel Bissoon, M.D., of New York City. Ten to 15 treatments or more may be required.

THE NEXT LEVEL

If you're plagued by cellulite in your thighs and derriere, you may be an ideal candidate for stringcision, a same-day surgical procedure in which fibrous connective tissue is cut to smooth the skin's surface and create "instant gratification," Bissoon says. The process takes from 30 minutes to two hours, depending on the number of dimples you have.

You can return to work the next day, although swelling may last for a week and bruising for from two to six weeks, depending on your particular skin tone. Hairstylist Ellin LaVar of LaVar Hair Designs in New York City tried it out in the spring of 2004 and says she has no regrets. "I love it, my thongs love it, and my Lycra pants love it," she says. ▷

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