

Summer Beauty Shape-Up

Face Manhattan's rooftop pool season with polished skin, a firmer body and an all-around refreshed look. Here, our guide to the best local expert fixes—book one now, by Kari Molvar

| Clientele | Summer Prep | How It Works | Post-Treatment Product | Doctor |
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| Movers and shakers in film and television, corner-office types in fashion and entertainment | Endermologie lipomassage, a non-invasive 40-minute treatment to smooth dimpled skin on legs, arms or wherever a thong leaves you exposed (\$90) | Motorized rollers gently yet intensively condition skin tissues to increase blood flow and fluid drainage and boost collagen production, says Dr. Romita. | Sonya Dakar Perfect Woman nutritional packet. "The antioxidants and nutrients help the body burn fat selectively," says Dr. Romita. | DR. MAURO ROMITA Plastic surgeon, 853 Fifth Ave.; skinmdny.com |
| Brides who want to sparkle like their engagement rings, television stars, Wall Street titans | Britesmile Teeth Whitening, a one-hour session to make your smile sparkle in the sun (from \$400) | A 25 percent hydrogen peroxide gel is applied to teeth and activated by a non-UV light to lighten the enamel by about three to five shades. | "Crest WhiteStrips are great for maintenance," notes Dr. Veytsman. | DR. VICTORIA VEYTSMAN Cosmetic dentist, 595 Madion Ave; veytsmandds.com |
| <i>Real Housewives</i> and real-life housewives, bankers and lawyers who can't afford downtime but want results, beautiful people in the music and film industries | Dermaplaning with Bio Sculpt, a one-hour, supercharged "facial" that takes years off to reveal a more youthful complexion (\$250) | A fine surgical blade removes the top layer of dead skin, after which a micro-current device stimulates cell turnover. | Biologique Recherche Masque Oxygénant VIP O2 has hyaluronic acid to pull in moisture and helps tone down redness. | DR. SHARON GIESE Plastic surgeon, 114 E. 61st St.; drsharongiese.com |
| Musicians recognized for their knock-out hits and bodies, out-of-town actors who slip in during weekend hours | Cellulaze, a new procedure that permanently zaps cellulite in a single session (from \$3,000) | A special bidirectional laser shoots energy under the skin to smooth away fat cells and tighten lumpy areas. | Any kind of basic body cream to maintain moisturized skin—Dr. Katz recommends drug-store favorites like Eucerin or Cetaphil. | DR. BRUCE KATZ Dermatologist and director of the Juva Skin & Laser Center, 60 E. 56th St.; juvaskin.com |
| Moms on the city's charity boards, businessmen who fly internationally, entertainment personalities, entrepreneurs | Cryolipolysis, a new process that freezes fat and contours the body (from \$750) | Cooling technology freezes fat cells, which the lymphatic system then naturally eliminates, for a 20-25 percent fat reduction in treated areas within three months. | Nothing is required after the procedure, but Nivea Sun-Kissed Firming Moisturizer keeps skin soft and glowing," notes Zeifman. | LAUREN ZEIFMAN R-PA-C of Park Avenue Skin Solutions 1009 Park Ave.; parkaveskinsolutions.com |
| Business and finance types who chair committees, celebrities who fly in from LA, socialites | Laser Genesis, a lightening-fast, 15-minute procedure to tighten pores and clear the complexion (\$300) | Light is delivered in microsecond pulses to gently heat the surface and clear out debris from clogged pores while also stimulating collagen production. | Sadick's Park Avenue Prescription, a three-product starter kit with everything you need for youthful, gorgeous skin | DR. NEIL SADICK Dermatologist and plastic surgeon, 911 Park Ave.; sadickdermatology.com |

