

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
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

