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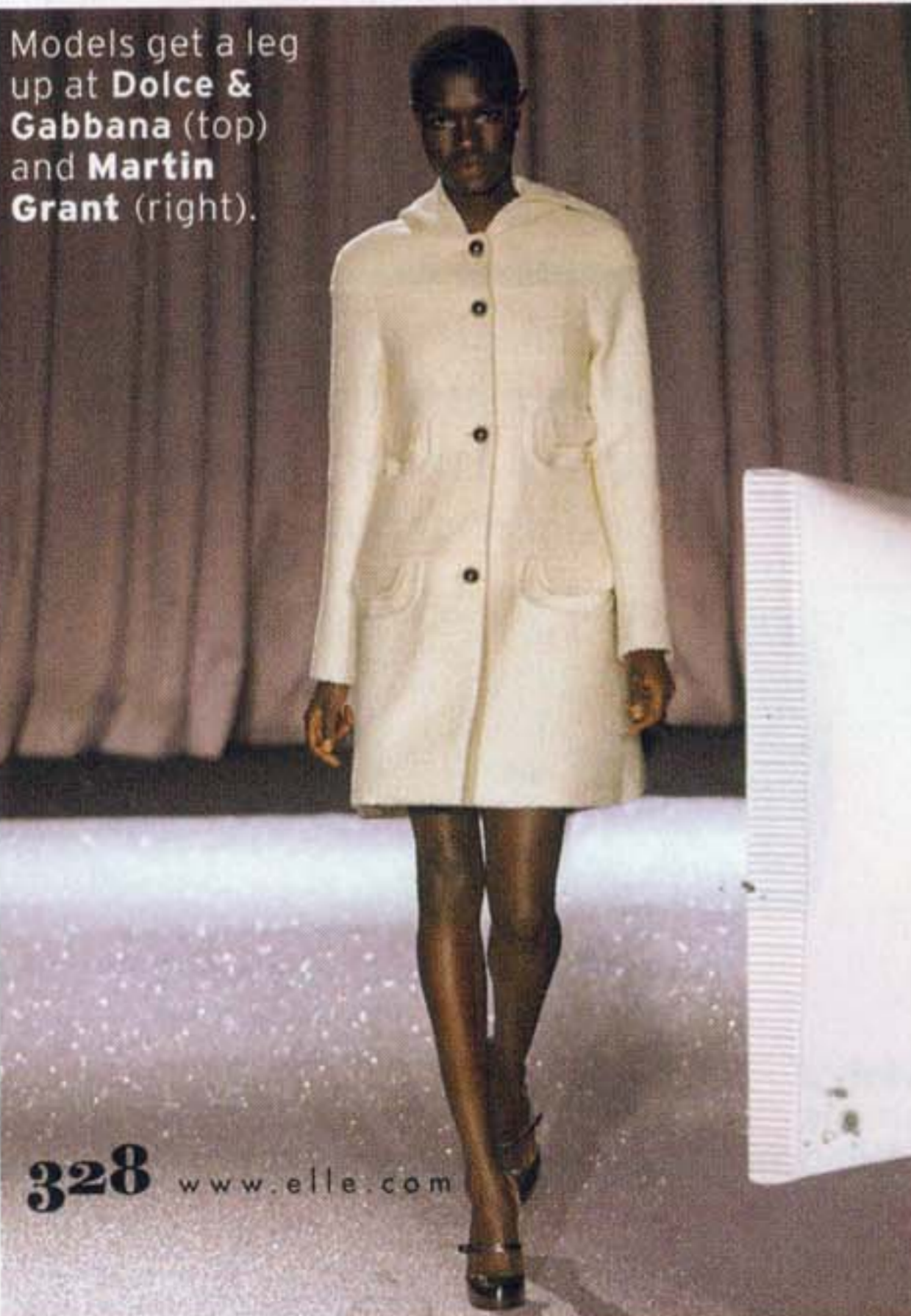
## Leg Work

There may be no escaping cellulite. “The inherent thinning of skin’s support structure makes fat cells more obvious,” Goldberg says. Researchers are completing tests involving Accent, a radio frequency-based tissue tightener, for its unintended side effect—cellulite reduction. “The heat produced causes dermal layers to contract, so fat cells lie flatter,” Alexiades says. After four biweekly Accent sessions, subjects in her study, recently published in *Lasers in Surgery*

and *Medicine*, experienced up to a 20 percent decrease in thigh cellulite, lasting up to three months. For homework, Alexiades recommends daily application of caffeine-laced lotion: “It pushes water out of fat cells, temporarily shrinking their size, as well as reducing indentations and dimpling.”

To help trigger collagen growth in the legs, Jennifer Linder, MD, a dermatologist in Scottsdale, Arizona, suggests bimonthly exfoliation with a body peel containing 10 percent lactic acid or 10 to 20 percent salicylic acid. “Skin on the legs is five times thicker than it is on the face,” she says. “If you want to remove several dead layers of cells, so that leg texture improves immediately, you need something more powerful than a simple scrub.”—N.C. ●

Models get a leg up at **Dolce & Gabbana** (top) and **Martin Grant** (right).



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