

Gwyneth Paltrow

DOT Therapy

Cost: \$2,500 per treatment Recovery time: 3-4 days The newest approach in skin rejuvenation is DOT Therapy (Dermal Optical Thermolysis). It creates thousands of microscopic perforations which help with skin tightening. "The laser energy creates heat, and that dot of heat shrinks the collagen," explains Dr. Carolyn Jacob,

flakes and requires only a cold compress, moisturizer and SPF after.

Beauty to me is about being comfortable in your own skin'





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