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Doctors are raving about Exilis, a new no-downtime, noninvasive radio-frequency system that heats tissue using controlled energy to tighten skin and shrink fat cells in the butt, belly, thighs, and flanks. "About 50 percent of patients lose one to two inches after the first treatment," says Robert Weiss, a Maryland dermatologist and former president of the American Society for Dermatologic Surgery. Doctors advise four treatments, two weeks apart, for maximum results. "After four weeks, you can see up to four inches lost," claims Weiss. During the procedure, a temperature-monitoring hand piece is massaged over the skin in circular motions for 10 to 15 minutes. The patient feels a warm sensation. "It sounds too good to be true, but it works," says Weiss. Ideal candidates are already in good shape but have resistant areas of fat. Results can last several years. Cost: \$600-\$1,000 per session.

HOT FASHION ISSUE

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