

January 2010

MORE THAN A PRETTY FACE

marie claire

**NEW HI-TECH
BEAUTY
SOLUTIONS**
FOR SKIN,
HAIR, AND
BODY

**Natalie
Portman**
Good girl,
bad boys

**Diet or
exercise:**
Which
sheds the
pounds
faster?

(p.148—you'll be
surprised!)

THE LETTERMAN EFFECT
What's so
wrong with
**bonking
the boss?**

**"I HAD SHOCK
THERAPY AND
KICKED MY
DEPRESSION"**

**FEEL
GOOD
FASHION**

275 FABULOUS
FINDS TO
JUMP-START
THE NEW YEAR

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beauty marie claire



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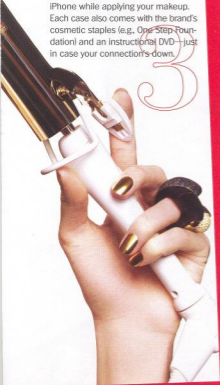
2010's TOP 10

From WiFi skincare to stem cell face-lifts, the most cutting-edge innovations that'll shape the new decade in beauty

By Ning Chao Photographed by Sarah Silver

Online Experts

From Redken's Hair Files to YouTube phenom turned Sephora staple Lauren Luke, step-by-step beauty tips are now available to anyone with Internet access. Stila takes it one step further with its new Beauty 4.0 Makeup Player (\$69.90), a tech-savvy train case with built-in speakers, media dock, and mirror so you can watch Stila BeautyTube's free tutorials on your iPhone while applying your makeup. Each case also comes with the brand's cosmetic staples (e.g., One Step Foundation) and an instructional DVD—just in case your connection's down.



Keratin-Crazed

Close cousins of the Brazilian treatments that straightened strands last year by coating them with keratin (the same protein that hair is made of), new keratin-infused shampoos, masks, and shine sprays can now smooth frizz into silk at home. Adding wool-derived keratin to everyday products reduces dryness and damage and cuts down on blowdry time. Look for lines that specialize in the protein, like the one from stylist Peter Coppola (\$16 to \$40), pioneer of the formaldehyde-free professional keratin treatment.



Sculpting Lasers

New FDA-approved fat-contouring lasers can tighten your face or physique with minimal pain and downtime (but proceed with caution: Long-term side effects are still unknown). The \$2500 and up AccuLift procedure uses Lutronic's AccuSculpt laser to treat under-eye bags and sagging jowls and necks via 1-millimeter-wide incisions. If bat wings or a muffin top is more your concern, for \$1500 to \$4000, the new Zerona laser emulsifies fat cells in the body (without any incisions) so they naturally flush out through the lymphatic system. >>