

Smart ways to live well

MAY 2008

Prevention

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CLEAR SKIN FOR GROWN-UPS

Derm-tested solutions, breakthrough treatments, and the latest science to keep your complexion blemish-free and beautiful

■ **Light therapy** These treatments are used in conjunction with other Rx remedies to boost their benefits. Blue light therapy temporarily kills *P. acnes* in a painless 15-minute procedure. The bacteria can return, however, so ongoing therapy—at up to \$500 a pop—is necessary. The new Isolaz Pore-Cleansing Acne Treatment suctions pores to eliminate excess sebum, while a laser targets bacteria. Four to six sessions at \$300 to \$500 each are needed, followed by monthly maintenance. ■