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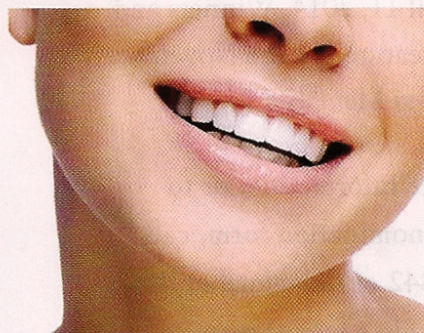


Lunchtime Beauty Fixes

These high-tech services each take just 30 to 90 minutes. Unlike lunch, they're calorie-free.

ZOOM TEETH WHITENING

If you don't have the time or patience to deal with over-the-counter teeth-whitening strips, get Zoomed. "Zoom is an effective jumpstart to a brighter smile because it contains a stronger bleaching agent than anything you can buy in a drug store," says cosmetic dentist James Siegal of Mountain-side. Patients are given custom bleaching trays that, when used at home, help keep teeth whiter longer. "If you don't maintain at home, it's kind of like joining a gym, but not putting the time in," says Siegal. "With regular touch-ups, you'll look better, so you'll feel better." Zoom can make teeth up to eight shades whiter. Allow 90 minutes (including prep time) for the in-office procedure, and budget about \$500 for Zoom and the custom bleaching trays.



surgical, non-invasive procedure that applies ultrasound and the body's own natural healing process to lift, tone and tighten loose skin on the brow, neck and under the chin. "Ultherapy uses techniques that have been around for a long time, but it's a different application," says Burnett. "Similar to the way we tighten the muscular layers of the face and neck during a surgical face lift, we elevate the soft-tissue layers and resuspend the sagging areas. As with any facial rejuvenation procedure, some people realize better results than others, and some may require two treatments for optimal results. Ultherapy is also good for fine wrinkles around the eyes or for creating a brow-lifting effect." The treatment requires 10 to 60 minutes, depending on the area. Cost is \$450 to \$3,500.

CUSTOM LASHES

Eyelash extensions are strands of synthetic lashes applied one by one to real eyelashes. With 250 styles available, it's easy to choose a custom look. "Each lash is thicker at the base and tapers at the tip, designed to look natural. Extensions are available in many different sizes, curls and thicknesses," says Suzette Zuena, master lash artist and owner of the Lash House of Beauty Boutique in Livingston. "Instead of offering typical tiers of lash sets, our prices are based on the desired look of each customer." The approximate application time is one hour, and the cost ranges from \$135 to \$300. For proper maintenance, eyelash extension touch-ups are required every three weeks.

With so many quick treatments available, you can give yourself a fresh look in less time than you'd spend watching a movie. —SUSAN BRIERLY



JUVEDERM VOLUMA XC INJECTABLE

Juvederm Voluma XC is the first FDA-approved hyaluronic acid filler that can add instant volume to the cheek area for subtle lift and contour. "As we age, we lose the facial fat that gives a youthful profile. The goal is to make the face look more angular, not fatter. Voluma XC works well instead of a face-lift in the mid-face area," says Dr. Carlos Burnett of Burnett Plastic Surgery in Westfield. "Using it to replace fat loss in the cheeks can turn back the clock and make patients appear up to five years younger, and results can last up to two years." Treatment requires about 30 to 40 minutes; the cost is \$1,000 to \$3,000, depending on patient needs.

ULTHERAPY NECK TIGHTENING

FDA-approved Ultherapy is the only non-

PHOTOS: SMILE—ISTOCKPHOTO; LASHES COURTESY OF LASH HOUSE; PERFUMES COURTESY OF MANUFACTURERS



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