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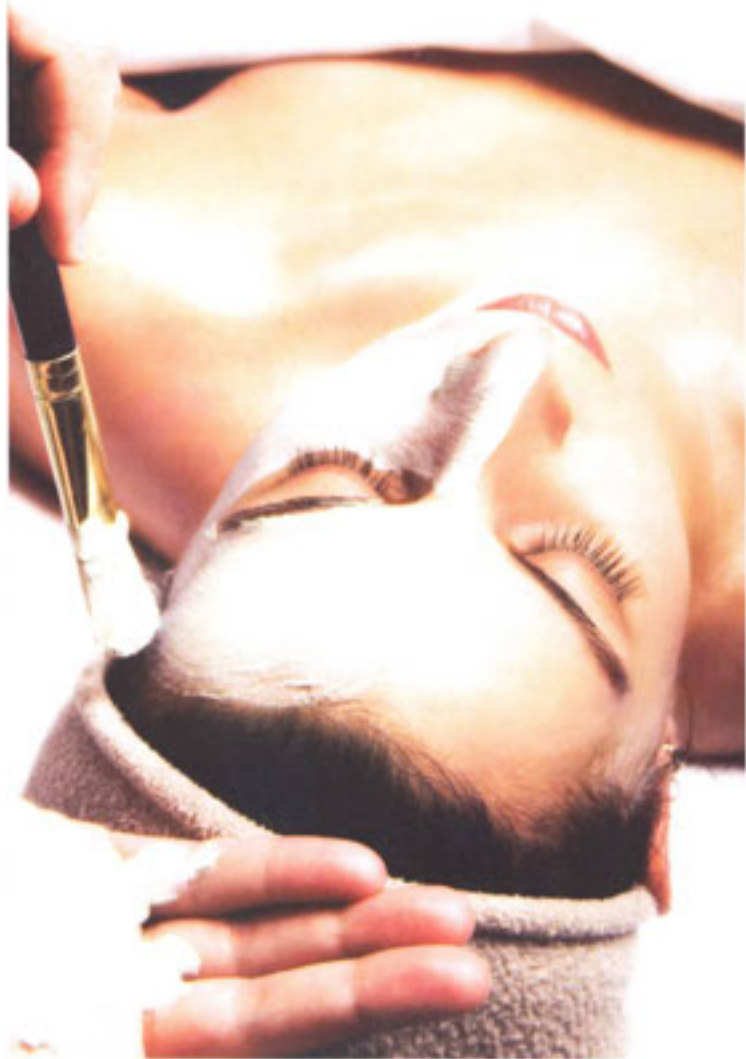
ABOUT FACE

It's the *Star Wars* of skin care, but instead of stormtroopers and Darth Vader, these light beams destroy hyperpigmentation (sunspecks), redness, fine lines and acne.

With an intense pulsed light (IPL) facial, light frequencies are "trained" like Jedi knights to zap the dark melanin of a sunspot, causing it to darken and flake off. For redness, like rosacea, the light frequency actually aims beneath the first layer of skin to zap the broken capillaries that cause the redness, causing them to disperse into the skin and go away. Take that, evil redness!

Best of all, an overall light frequency shakes up your fibroblast (top layer of cells in the skin), which increases collagen production, making your skin firmer and softer, a difference you can see with just one treatment.

Locally, the treatment is available at Completely Bare. "Each time you come, it gets better and better," says owner Cindy Barshop of the spa's EpiFacial IPL facial. "It's not as aggressive as a laser; it's more of a progressive treatment." *Completely Bare, Palm Beach (561-857-9595, completelybare.com)*



◀ TOUGH LOVE

The Clarifying Facial at The Miami Institute for Age Management and Intervention might be simple, but it works wonders. The treatment helps remove pimples, blackheads and dark spots that have invaded the face, and prevents them from returning—all with no down time for recovery.

"This facial is clarifying your face to be the best that it can be," says Shareese Logan, licensed aesthetician at the institute. The main ingredient is a bacteria-killing solution of salicylic acid or glycolic acid. The acid immediately gets to work, destroying hyperpigmentation and bacteria caught deep inside the pores. The finishing touch is a serum loaded with vitamins A and B to rehydrate the skin.

"With every clarifying treatment, your face becomes tighter, firmer and lighter," says Logan. "Wrinkles are gone, pores are smaller. It is the cocktail facelift." *The Miami Institute for Age Management and Intervention, Miami (305-624-0009, miami-institute.com)*