

Is younger-looking skin on your new year to-do list?

BY CAROL MONTANA
For Inside Health

As we age, lots of things change, including our skin. It loses elasticity, develops dark spots and scaly patches. It sags, making us look and feel old.

With a new year on the horizon, who wants to look old?

But there's good news: Several kinds of nonsurgical procedures can give you healthier, younger-looking skin. They don't cost a fortune, and there's little or no downtime.

Popular noninvasive treatments

Dr. Ran Y. Rubinstein of Laser & Cosmetic Surgery Specialists in Newburgh is a dual board-certified facial plastic surgeon, who has practiced in the Hudson Valley and Man-

hattan for more than 11 years.



Rubinstein

Rubinstein explains that "Laser therapies such as photo facials, intense pulsed light (IPL) treatments and fractionated laser resurfacing are very popular skin smoothing treatments, giving the skin increased glow, reducing fine lines, shrinking pore size, and erasing age spots and broken capillaries."

All these treatments are quick, Rubinstein says, and require no downtime. "And they won't break the bank, especially in these tough economic times. ... People don't have the resources for more expensive surgical procedures ... or simply want to be more competitive in the job market."

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