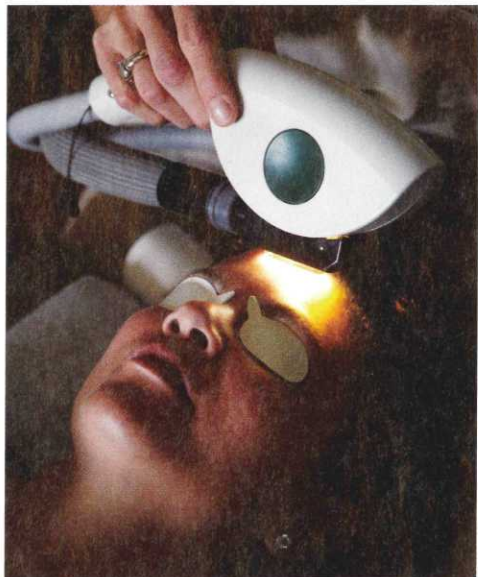


THE TREATMENT

Photorejuvenation



my facial vessels and destroy the melanin in my sun spots, effectively fading them.

Nurse Joan Plantage administers the actual treatment, zapping each culprit individually on my forehead, nose, and cheeks. The laser feels like a rubber band snapping against my skin. It's quick and sharp but then it's over.

About 10 minutes later, I admire Joan's handiwork. My skin is slightly red and some spots have turned almost black. This is normal, and it's a good sign, she explains: The pigment will slough right off in a few days. And it does! A week later my sun spots aren't completely gone, but significantly lighter. The broken capillaries around my nose are a bit more stubborn and will probably require a follow-up visit—which is common. Either way, the effects will only last if I stay out of the sun, and wear sunscreen. I'm noticing a theme.

—ELIZABETH DEHN

Summer's over, and while some people are trying to hold on to their tan, I'm at Uptown Dermatology and SkinSpa trying to undo mine. Although I'm religious about wearing sunscreen every day, rain or shine, my early years of sun-worshipping have manifested in a sprinkling of sun spots and broken capillaries across my face. I've tried a number of topical products to minimize these unwelcome signs of premature

aging, with minimal success. Now I'm stepping up my game with photorejuvenation, a noninvasive laser-light treatment designed to improve the appearance of most facial discolorations—with little or no recovery time.

Dermatologist Jaime Davis starts by checking my face for any potentially precancerous spots, which shouldn't be treated with a laser. Once I'm cleared, she explains that the heat from the laser will coagulate the blood in

What: Photorejuvenation

Where: Uptown Dermatology & SkinSpa, 1221 W. Lake St., Suite 208, Mpls., 612-455-3200, uptowndermatology.com

Time: 30 minutes

Price: \$300

Beauty BAG



THE EXPERT:

Janell Geason is Juut's makeup education director and the 2009 North American Hair-styling Awards Makeup Artist of the Year. Here she demystifies fall's top beauty trends.

BACK TO THE '80S:

Neon clothes rocked the runway, but that doesn't mean you should do a full face of color. "Line eyes with a blue, green, or purple shadow, then keep the rest of your face neutral." Try: Aveda Petal Essence Eye Color Duo in Bluebell or Green Mist (\$16).

CLASSIC BEAUTY:

For a polished, all-American look, use a powder with a subtle sheen to create a "hydrated-matte" finish. Geason likes Aveda's Inner Light Dual Foundation SPF 12 (\$25).

To book a makeup lesson with Geason, contact Juut Southdale at 952-925-4343.

BOOK IT

Beyond Organic Facial



Dear eco-luxe lovers and sensitive-skin types: Phresh's new Beyond Organic Facial is for you. This gentle yet highly effective treatment incorporates cult-favorite skincare line Eminence. The Biodynamic preparations contain naturally active, organic ingredients that are grown using sustainable farming methods. How fresh is that? *Special \$90 price through September; 937 Grand Ave., St. Paul, 651-227-6371, phreshspasalon.com*