

Time Machines

Reverse the signs of aging naturally and at home with DIY devices that produce immediate results.



"You exercise your body and you need to exercise your facial muscles as well by massaging the tissue and deeper layers under the skin," says New York-based acupuncturist Shellie Goldstein. "Stretching the muscles that are too tight and toning the muscles that are too loose stimulates circulation and improves lymph drainage, which eliminates puffiness." Such practice also gives the face a natural lift, which Goldstein has trademarked the AcuFacial. She developed a point protocol based on acupuncture to apply acupressure to specific areas of the face along with microcurrent, LED light therapy, and face cupping.

Goldstein administers her AcuFacial Facelift at her Manhattan and Hamptons offices and has created a tool, the **Touch + Glow** self-acupressure wand (shown above), for clients to continue the treatment at home. "The AcuFacial is designed to treat your body inside and out for long-term benefits," she explains. "You get immediate results from the battery-operated wand when applied to an acupressure point; the vibration of the wand on the point is like a gentle massage stimulating circulation and improving lymph drainage."

For maximum benefit, you need to do it for 20 days straight then follow up when you want that lift. "Twenty days is really when you start to experience the change from within," says Goldstein. "If you want to do it for a specific occasion to look good that night, you do it on the spot. It's very versatile." From \$119; hamptonsacupuncture.com

If facial wrinkles are your biggest concern, **Newa** is an anti-aging device that uses radio-frequency technology to stimulate and rebuild the skin's natural collagen production. After 12 weeks of use, it helps build back the amount of collagen lost in four years. It takes only eight minutes twice a week to treat the problem area and see tighter, younger-looking skin. \$450; newabeauty.com

To target crow's feet around the eye, Dr. Dennis Gross' **DRx SpectraLite EyeCare Pro** is the latest instrument in the NYC-based dermatologist's extensive line of results-driven products. The hands-free device uses glowing LEDs to painlessly rebuild collagen and firm skin in three minutes. \$159; drdennissgross.com •