

bikini-ready behinds

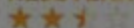
Experts dish on the hottest new ways to get a super-sexy backside by summer!

Swimsuit season is finally here! While that may send some people racing to the gym, it sends others straight to the spa or dermatologist's office! *Life & Style* has discovered the latest ways to get a beachworthy booty. From lipo to lasers to unique spa services, these treatments promise to lift, tone, firm and sculpt bums that have been in hiding all winter. Hallelujah!

Reader-tested: The scoop on the latest cellulite creams



BEST FOR REJUVENATING



"The texture of my butt was smoother. And it made my skin feel like it was tingling!"

—Lolita Kramer, 35, Freehold, N.J.

Extract from the root of the purple bengle plant makes skin look taut. Chanel Body Excellence Firming and Refining Serum \$120, chanel.com



BEST FOR FIRMING



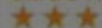
"I saw a subtle difference in the appearance of my behind. My skin also felt smoother."

—Patty Amarose, 30, Hoboken, N.J.

Ginseng helps plump up skin cells, so cellulite seems to disappear. Olay Smoothing Concentrate Cream Gel \$9, drugstores



BEST FOR SMOOTHING



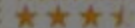
"I love how quickly it absorbed into my skin. It felt like a luxurious moisturizer."

—Lisa Phelan, 35, Brooklyn, N.Y.

Amino acids strengthen the deep layers of the skin, so butts look toned! Institut Esthederm Body Trainer cream \$50, spacek.com



BEST FOR TIGHTENING



"There was an instant tightening effect, and it did feel firmer."

—Hanna Ghaleb, 22, New York City

Caffeine in this cream helps slim down thighs after four weeks of use. L'Oréal Paris Sublime Slim day gel \$14, drugstores

The lowdown on four hot new treatments



What it is: Bikini Bottom Booster. "It's lipo performed specifically on saddle bags, buttocks and love handles," says plastic surgeon Dr. Mauro Romita, founder of Ajune spa in NYC.

How it works: New, more precise instruments allow surgeons to remove stubborn fat from areas like the butt and hips.

Results: The up-to-two-hour surgery costs \$3,000 to \$6,000 and can streamline inches off a bottom — with virtually no scarring!



What it is: Cellulite Water Reduction Therapy is a new hydrotherapy spa treatment for cellulite.

How it works: Clients at the Medical Spa at Nova in Ashburn, Va., lie in a tub while a pressurized stream of water is run up the legs and buttocks. "It boosts circulation, helping rid the body of excess fluid, which improves the appearance of the skin," says Ken Brown, certified massage therapist.

Results: "It makes dimples less obvious," says Brown of the \$120 near-hour-long procedure.



What it is: The Sciton Skin Tyte laser makes skin on the butt appear firmer.

How it works: "The laser sends pulses of light into the skin, inflaming the tissue," says plastic surgeon Dr. Jason N. Pozner of the Aesthetic Science Institute in Boca Raton, Fla. "As the tissue repairs itself, collagen is made. Collagen is the substance that keeps skin strong, so more collagen improves the elasticity and appearance of skin."

Results: It takes two to four \$800 to \$1,500 sessions to get tightened up.



What it is: The Fanny Facial perfects the texture of skin on the behind.

How it works: Beverly Hills dermatologist Dr. Harold Lancer uses heavy exfoliants and natural peels (to basically buff the skin on the buttocks) as well as custom-blended masks, all of which, he says, treat a variety of issues, including acne, dry skin, bumps and uneven skin tone.

Results: The \$300 one-hour rubdown makes bottoms look softer and smoother!