



SPA-CE AGE TREATMENTS LATEST IN FAT, WRINKLE FIGHTERS

September 19, 2006 -- IF the latest in spa miracles is to be believed, you can chew the fat with friends while a machine chews an inch of fat off your midsection. That's thanks to a machine called Arasys, one of many new, extravagant and expensive treatments revealed at yesterday's Spa Convention at the Jacob Javits Center - an industry convention aimed at stocking the latest "miracle" treatments in spas around the country.

Besides the long list of facial creams promising to stop inevitable aging, the convention introduced some over-the-top machines that reduce the appearance of cellulite, fight acne and even get you thinner in minutes. Highlights included:

The Arasys: Uses electrical currents to contract muscles in the stomach, arms and thighs. By shrinking the muscles and squeezing the fat cells, you can lose up to one inch in a 20-minute procedure. The company claims the shrinking lasts forever, but we have our doubts. It costs approximately \$150 per session and will be coming to New York City spas this winter. You can also buy the machine for \$30,000. arasysperfector.com

Perfector: Metal wands that use electrical currents to rejuvenate and lift facial tissue. This anti-aging procedure promises to help reduce the appearance of scars and acne. The Perfector is currently being used by some plastic surgeons, but will soon be available in spas for approximately \$350 for a 45 minute session. arasysperfector.com

Endermology: Using dual-motorized rollers, this machine supposedly massages away cellulite and improves the appearance of skin. Currently being used by Bliss Spa and Ajune Spa in New York, this procedure runs about \$100 per 35 minute session.

Paraffin: This simple technique is said to rejuvenate and hydrate skin cells in the hands and feet. Paraffin is mixed with saltwater and heated at 120 degrees, and then placed in a glove, where your hands and feet remain for up to 15 minutes. This procedure, which is currently available at Oasis Spa in New York, is also said to be good for arthritis and carpal tunnel syndrome. A 15-minute session costs \$20, or you can buy the home kit for \$30. sparevolutions.com

Frownies: A chemical-free method of holding face muscles in place, advertised as an alternative to Botox. Simply apply a small piece of paper containing a vegetable-based adhesive to the corner of your eyes, mouth and forehead, and leave it on overnight. It promises to reduce the appearance of wrinkles, working as a splint for your facial muscles. Available in spas now or \$19.95 for your own three month supply. frownies.com

Pure Inventions: This fruit extract is mixed with water to produce a light-tasting, caffeine-free drink that works, the makers claim, as an antioxidant. It comes in different flavors, such as blueberry with white tea, which contains natural nutrients that help against aging and excessive hunger. Served and sold at Bliss Spa about \$30. marina.vataj@nypost.com