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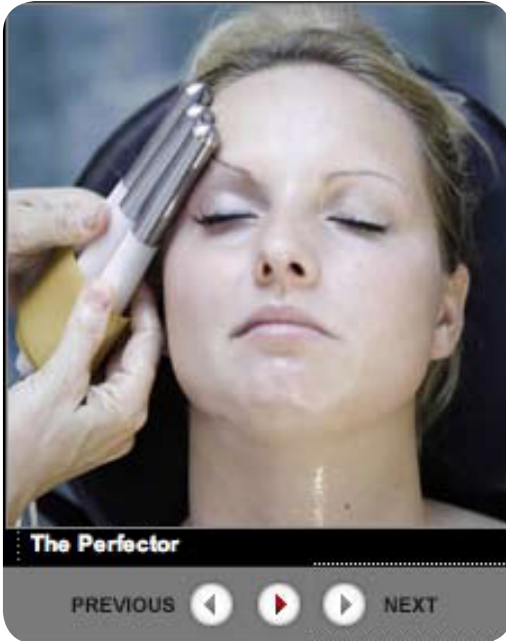
NEW YORK POST
24 HOURS A DAY

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THE LUNCHTIME FACE-LIFT

SPEEDY TREATMENTS PROMISE NO WRINKLES

BY AFTERNOON MEETINGS

By WENDY STRAKER

January 30, 2007 -- OIL changes. Eating a salad. Having a fling in a hotel. And now, joining the list of things you can do in 30 minutes over your lunch break: a face-lift.

Gone are the days of pretending to be on vacation while hiding out in a doctor's office in Mexico. A host of procedures are being advertised as "insta-lifts," makeovers that take minutes to do and don't leave major scars...

...30-minute pick-me-up procedures include:

THE PERFECTOR

Cost: It depends on the spa, but expect to pay anywhere from \$200 to \$350 per treatment

What it is: A computerized device that lifts facial muscles - increasing collagen and elastin, while building tissue. Developers say it doesn't cause trauma to the skin. It also reduces pigmentations and acne and can be used after plastic surgery to reduce scarring.

How long it takes: 45 minutes per treatment. Recommended maintenance is every six weeks. Effects are permanent after six to eight treatments but will vary depending on skin types.

Where you can get it done: G-Spa (inside the Hotel Gansevoort, 18 Ninth Ave., [212] 660-6733); arasysperfector.com to find locations and spas.

ARASYS III

Cost: Treatments run \$100 to \$150

What it is: Builds muscle by shocking the nerve in charge of the muscle, causing a contraction and increasing metabolic rate. Also suppose to reduce cellulite and inches by burning fat during the shock exercises.

How long it takes: 30 minutes. Some patients see 1 to 2 inches of body fat taken off after the first treatment. Repeat as often as you like depending on individual goals. Best used in conjunction with an exercise program over a four-to-six-week period. One treatment is equivalent to two to three hours in the gym.

Where you can get it done: Starting next month at G-Spa.

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