

NEW!  
Fashion Steal of  
the Month

# VOGUE

JUN

Carefree  
Hair  
Taming



QUEEN OF  
GREEN

CAMERON  
DIAZ

Living on the  
Bright Side

## fat chances



Penetrating several millimeters beneath the dermis, infrared lasers like **Sciton's SkinTyte** have effectively treated the floppy "rooster wattles" along the neck, and, more recently, the butt and thighs.

Photographed by David LaChapelle

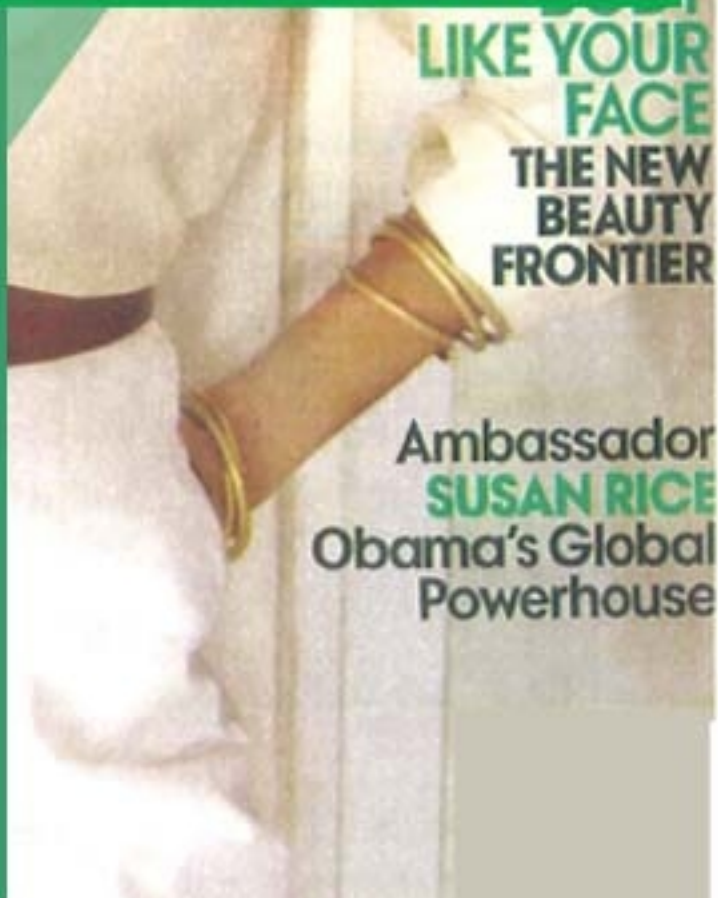
**W**hen I arrived at Tracy Trent's spa, I felt like I'd just stepped out of 1980, the decade from an hour-long Canal Fashion Show at the neighborhood's Ritz-Carlton. Dressed in a flowing black ensemble, a signature black roller was laid, she refused to embark on photos of her weekly body-refinement regimen, choosing over the infrared sauna in the middle of her living room.

"Did you work out this morning?" she chirps brightly, ushering me toward the petite alpine barbershop where she dutifully spends half an hour three times a week. I pause to consider whether the flight of swans leaving her apartment count before cheerfully nodding to the spa novice. And then I change into my suit.

In her early 50s, Trent, a former health writer and current health nut, is more fit than most 25-year-olds I know. Her decision to install Health Mate's spa rooms—with its recent wooden planks and soothing cedar aroma—came five years ago, when she hit a diet-and-fitness mill trying to take off "the last few pounds." Penetrating directly beneath the skin with its far-reaching rays (rather than simply heating the air around it), infrared units like Trent's claim to burn hundreds of calories in a single 20-minute session. With softness practitioners cooking them with everything from increasing circulation to reducing stress, they are now part of the post-workout protocol at gyms like Station Studios in Manhattan and spas like Houston's Sanctuary Spa d'Azanté. "I think of it as full-body antiaging," says Trent, stepping inside.

I understand Trent's steady determination to retain her perky figure by any means necessary. Since crossing the 30-year threshold last year, I've been battling increasingly hard-to-budge puffiness on my self—my formerly flat abdomen, the once-sleek curve of my lower back, and the final frontier: my hips—despite a weekly routine of dance classes, kickboxing, and Pilates.

"It's the ultimate injustice," says Cheryl Kamcher, M.D., a dermatologist in New York. "As we age, we lose fat in the face and we put it on at the waist, the hips, the thighs. Our metabolism slows, our hormones shift and redirect the



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Obama's Global  
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100  
The shirt and blazer styling  
photography and make-up by  
and make-up from head to toe,  
by Martin Margiela and  
by Thom Browne for Giorgio  
Armani with fabric provided  
by Akkadia. Hair by Dior Beauty  
at Kiehl's. Makeup by  
in London by Yvonne  
Della, see in This Issue  
Grooming Editor: Photo: Phillip