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SECOND EDITION



Intense Pulse Light (IPL)

There is a promising solution for rosacea, a troublesome skin problem that can make your complexion look red as a beet, according to Renato Calabria, M.D., a Beverly Hills, California, plastic surgeon.

"There is no permanent cure," says Dr. Calabria, "but there are ways to improve the skin."

Dr. Calabria recommends intense pulsed light laser as a solution. Pulsed light laser requires five treatments under a local anesthetic, in a physician's office, one month apart. IPL also reduces the size of pores, smoothes the skin, and reduces pigmentation.

Dr. Calabria said there is a predominance of rosacea of women in their thirties. Heat, stress, and a poor diet are triggers for it. The National Rosacea Society says that eliminating these factors will help those prone to this problem.

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