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## 4 Solutions for the Most Common Skin Problems

Don't let a few flaws keep you off the beach this summer. At-home and in-office treatments can make these common bugaboos things of the past.



### 1. Cellulite

**At home:** Though you'll probably be the only one to notice a difference, you can temporarily diminish that upholstered-cushion look with a cream or gel containing caffeine, which enhances blood flow and briefly decreases swelling, says Tina Alster, MD, clinical professor of dermatology at Georgetown University Medical Center.

**At-home essential:** Perricone MD Cold Plasma Body (\$110; [perriconemd.com](http://perriconemd.com))

#### **In office: Cellfina**

How it works: After injecting local anesthesia into the affected area, the doctor uses a handheld device to suction the skin and then slides in a needle to break the fibrous bands that cause dimples, says [Ava Shamban, MD](#), assistant clinical professor of dermatology at the David Geffen School of Medicine at UCLA. Results are apparent in three days and can last up to two years.

Number of treatments: one

Average cost: \$3,500 to \$5,500

[http://www.oprah.com/health\\_wellness/how-to-hide-cellulite-spider-veins-stretch-marks-and-more#ixzz493MA32qJ](http://www.oprah.com/health_wellness/how-to-hide-cellulite-spider-veins-stretch-marks-and-more#ixzz493MA32qJ)