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4 Joining Forces

According to Nanuet, NY dermatologist Heidi Waldorf, MD, combining lasers with other body-focused treatments can offer life-changing results. "Nowadays, we can maximize the efficacy of lasers by combining simultaneous or sequential treatments with energy-based devices like radio frequency or focused ultrasound for tightening, cryolipolysis for fat reduction, or injectables for adding volume or encouraging biostimulation."

5 Spot Check

"I treat brown spots on the hands and feet very frequently," says Prospect, KY dermatologist Tami Buss Cassis, MD, adding that these pesky patches often arise from a lack of applying sunscreen. "We use IPL to treat this, but the most important route of prevention is staying out of the sun and keeping skin hydrated. My favorite hydrating body cream is Avène XeraCalm."

6 Quick Fix

"The diode laser, which can be accompanied with pain-reducing methods, works very well for hair reduction," says Eugene, OR plastic surgeon Mark Jewell, MD. "The advances in this specific laser technology enable it to be performed comfortably and quickly compared to treatments of the past. A session used to be long and uncomfortable because the size of the laser head was small, and now, a man, for example, can come in to get his full back lasered without much pain or discomfort."

"When people were stuck at home, they were noticing more imperfections. That's why we've seen a major uptick in people coming in and asking for a laser treatment."

—Dr. Jewell



This 29-year-old patient was unhappy with an abdominoplasty scar from a previous surgeon, so Miami plastic surgeon Sean Simon, MD used multiple Picosure Focus Laser treatments to diminish its dark, uneven appearance.

7 Smooth Sailing

"After a cancer patient gets radiation therapy, their skin tends to look really thin and almost translucent, which means their blood vessels and veins are much more visible on the skin," says Dr. Blyumin-Karasik. "We can address this with a series of Vbeam laser treatments, which help remove the prominent discoloration from the radiation and leave the patient with more attractive-looking, even skin."

8 Tone Up

While the FDA stresses "improved evidence is needed regarding the safety and effectiveness of health technologies in clinical areas that are unique to women," using CO2 lasers inside the vaginal walls may help boost collagen, which New York gynecologist Carolyn Delucia, MD says improves urinary incontinence. "This also tightens and constricts the vagina, potentially increasing sexual pleasure," adds Johns Creek, GA plastic surgeon Myla Bennett, MD.