



Dr. Paul Friedman at work

MED REPORT

Beam Me Up!

There's light at the end of the tunnel—literally. Laser treatments are all the rage, and according to several local docs, they can reverse just about every sign of aging. “They have revolutionized the way we treat skin,” says dermatologist **Paul Friedman** of DermSurgery Laser Center, whose book *Beautiful Skin Revealed: The Ultimate Guide to Better Skin* drops in April. The beauty of the so-called “fractional” laser is that it works on all skin types. Other top Houston surgeons are using the technology, too. **Christopher Patronella** and **Henry Mentz** of the Aesthetic

Center for Plastic Surgery use a Fraxel laser to smooth wrinkles, scars and stretch marks, while Ermosa Centre for Plastic, Reconstructive and Aesthetic Surgery's **Christopher Livingston** removes tattoos, birthmarks, spider veins and more. **Phillip Iero** of Bellaire Facial Surgery Center does skin resurfacing with an Ultrapulse carbon dioxide laser as an alternative to chemical peels and dermabrasion. The reason: less pain and downtime. “This is quite an exciting time to be in dermatology,” adds Friedman. May the force be with you... —HC

MALE CALL

Fresh Direct

You want to look great, but don't have the time (or desire) to try all the latest grooming products out there. Luckily we've slathered, dabbed, lathered and spritzed our way through the newest additions to the men's market and selected the seven best. —Lauren DeCarlo



The key ingredient in this skin-firming face cream is spirulina maxima—all-natural fresh-water algae known to nurture and rejuvenate the skin and erase signs of aging. Laszlo Blue Firmarine SPF 30, \$195, at Neiman Marcus

Dull and tired eyes, be gone! This non-oily moisturizing eye serum, rich in ginkgo biloba extract, promises to minimize the appearance of dark circles and puffiness—just what we all need. ClarinsMen Anti-Fatigue Eye Serum, \$29, at Saks Fifth Avenue



Think of this electrolyte-infused exfoliating body wash as a full-body wake-up call. Lab Series Active Body Wash, \$18, at Saks Fifth Avenue



Intended as a once-a-week hair rejuvenator, this shampoo boasts the healing properties of amber oil and a high concentration of L-amino acids, which restore stressed strands to their natural vibrancy. Philip B. Russian Amber Imperial Shampoo, \$140, at Kuhl Linscomb



Designed by two former college athletes, this foaming cleanser promises to activate youth proteins within the skin to promote cell longevity and all-around revitalization. Alford & Hoff Cleanse, \$35, at alfordandhoff.com



Burberry's special edition of its classic London scent mixes fresh lavender, lemon and plum, resulting in notes that are alluring and refined. Burberry London special edition for men, \$70 for 100ml, at Burberry, in the Galleria



These skin-conditioning lip balms, with SPF 25 and flavors like mint and shea butter, ensure soft and smooth lips year-round. Jack Black It's the Balm Lip Balm Trio, \$19.50, at Sephora

NUMBER CRUNCH

250%

The increase in the number of hand-prepared, healthy packaged meals three-year-old biz **My Fit Foods** says it served in November '09 (164,571) over the same month in '08. Owner **Mario Mendias** estimates he sold a total of two million meals last year. My Fit Foods now has 11 Houston locations, is sold in dozens of local shops and gyms and boasts a new store in Austin, and Mendias plans in 2010 to expand with 20 more stores statewide. My Fit Foods has spawned a slew of competitors, including new *Tru Meals* and *Real Meals* 365.



GRAMMY GLORY

Houston's star musicians are set to shine at the Grammy Awards Jan. 31. **Beyoncé**, who's up for the top-prize Album of the Year for *I Am... Sasha Fierce*, has 10 nominations, more than any other nominee. Her former Destiny's Child cohort **Kelly Rowland** reps in the Best Dance Recording category, and jazz star **Robert Glasper** is up for Best Urban/Alternative Performance. Meanwhile, little-known Houston-reared **Hod David**—guitarist, co-writer and co-producer of R&B superstar Maxwell's "Pretty Wings"—competes against Lady Knowles and Lady Gaga for Song of the Year and is also a contender for Best R&B Song. —CW