



Rather than making a few sweeping and, no doubt, daunting New Year's resolutions, why not try 31 little ones that are a lot more fun? Here's your January rundown of the newest expert learnings, freshest time-saving tips, and coolest apps and gadgets to make 2015 the year you look and feel your absolute best

BY HANNAH MORRILL

PHOTOGRAPHED BY MICAELA ROSSATO



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## DON'T GET MAD, GET EVEN

If broken capillaries, sun spots, or dark freckles are taking up prime real estate on your face, talk to your dermatologist about in-office Lumecca light treatment (\$300–\$500 per session). It works in two to three visits (most others require at least six). “Specifically targeting pigmentations gets a better result faster,” says Dr. Tanzi.

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## TREAT

*the Untreatables*

Dimpled thighs and bulging veins aren't for life, thanks to two innovative new procedures offered at your doctor's office.

**Body FX Cellulite-Melter**

**The Treatment** A combo of radio-frequency energy and vacuum suction reduces cellulite, tightens skin, and shrinks fat deposits. **The Commitment** Four to six sessions. **The Cost** Around \$200 per session. **The Fine Print** It's most effective for women within 10 pounds of their healthy weight.

**Varithena Varicose Vein Foam**

**The Treatment** A shaving-cream-like foam is injected into veins, painlessly redirecting pooled blood from faulty vessels to functional ones. **The Commitment** Two sessions may be needed for optimal results. **The Cost** Varies based on insurance coverage. **The Fine Print** You'll have to wear a compression stocking for a week after the injection.

Mika Yoga Wear shorts. Nike sneakers.

