

## A celebrity skin miracle: Now available at my dentist's office



Stephen Lovekin/Getty Images

Often I look at Madonna and think: "How is this even possible? You're almost 50 and your skin is as smooth and glowing as the butt of a baby." Because honestly, it's not her body that gets me. I understand that she has 400 trainers **who work her out** in a magic gym for 26 hours a day and this is why she has the **arms and legs** of a sculpted steel horse. But seriously, her face? It's more gorgeous than in the *Like a Virgin* days. That's weird.

But it's also not like she's been keeping her anti-aging tricks a secret. While on the *Confessions On a Dance Floor* tour two years ago Madonna told *Harper's Bazaar* that she had become so reliant on her O2 Intraceutical oxygen facials that she kept an oxygen machine in each of her three homes—it was later revealed that she had an aesthetician administer a treatment before every concert throughout the tour. Since then, tons of copycat celebrities have jumped on the H2O bandwagon—Heather Locklear, Gwen Stefani, Tom Cruise, Molly Sims, Justin Timberlake and all of the *Desperate Housewives* reportedly own the machines. In fact, the treatments have become so popular in the past couple of years—and here's the awesome news—that they're showing up in spas all over the country (and, oddly, **my dentist's office** here in New York).

Here's how they work: Unlike most facials that last an hour plus and often include painful (and sometimes skin irritating) extractions and peels, oxygen facials spray hydrating streams of therapeutic grade oxygen and serum gently onto your face for a half hour to 45 minutes. The results—plumping of the skin around the eyes, mouth and forehead; along with an improved, smoother complexion—are supposedly instant (which is why so many stars request the service right before a photo shoot or a red carpet event).

Now, this kind of skin pampering doesn't come cheap—one session can cost upwards of \$300—but what I like about it is, unlike Botox, it feels and looks natural. And, if it works, it's a heck of a lot cheaper and less scary than injecting botulism into your face. To find oxygen facials where you live, go to [intraceuticals.com](http://intraceuticals.com).