

COSMETIC TREATMENTS

7 Secrets for Perfect Legs

Here's how to score legs that are forever a 10.

By Elise Minton Tabin • Jul 17, 2017



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Our legs are hard to get in shape, and even harder to keep that way. We asked seven top doctors to spill their best-kept secrets for getting and maintaining [to-die-for legs](#).

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Fight the war against wrinkles

“For knee wrinkles, I’ve found [Ultherapy](#), technology that uses [ultrasound](#) energy, shows significant improvement. It does not require multiple treatments, but further improvement can be seen with a second treatment performed no sooner than six months apart. It has the potential to restore the legs to a more [youthful appearance](#).”

—Pensacola, FL, plastic surgeon [Q Jocelyn E. Leveque, MD](#)



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Moisture is a must

“Drink plenty of [water](#). Great hydration makes skin look good all over the body, not just on the [face](#). For smoother skin on the legs, I tell my patients to use [Revision Skincare Nectifirm](#) (\$73). It’s meant for the [neck](#), of course, but it works beautifully on that loose, crepey skin over the knees, too.”

—Atlanta plastic surgeon [Q Carmen M. Kavali, MD](#)

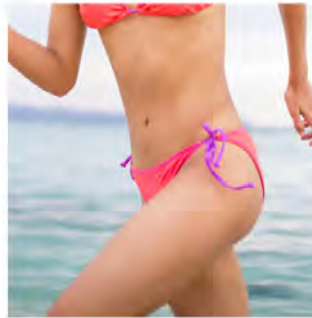


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The law of lipo

"In order to prevent **contour irregularities** on the legs from **liposuction**, the procedure has to be performed by a surgeon who understands the dynamic between skin contractility and **fat** suctioning. Certain areas of the thigh can result in significant abnormalities if not suctioned well. Unfortunately, I have seen many of these cases done by other doctors over the years."

—New York plastic surgeon [Q Daniel Maman, MD](#)



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Pick up the slack

"There are a number of **skin-tightening procedures**, like Thermage, Ultherapy and ThermiTight, that can be used to correct minor skin laxity on the legs. We're using **ThermiTight** a lot right now, which tightens loose skin in areas like the knees. If there is a lot of looseness, as well as skin folds, then a surgical procedure needs to be done."

—Beverly Hills, CA, dermatologist David Amron, MD



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Customized treatments garner the best results

"To treat **cellulite** and tighten skin on the thighs, we do a lot of **Thermage** and TriPollar for our patients; for some patients, I just use TriPollar—the timing and number of treatments are determined by the issues we are trying to treat because crepey skin is treated differently than fat. I time the first TriPollar treatment within the first seven to 10 days after the Thermage treatment for really nice results."

—Richmond, VA, plastic surgeon [Q Ruth Hillelson, MD](#)



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The basics are key

"It all starts with a **healthy diet** and exercise. All



the plastic surgery in the world is not going to help your **legs** look good if you don't have good underlying muscle tone. Besides going to the gym, you should run or walk at least 30 minutes a day and use stairs whenever they're an option. Skip the elevator whenever you can."

—Princeton, NJ, plastic surgeon [Q Adam Hamawy, MD](#)



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Massage matters

"After performing a procedure on the legs to tackle **cellulite**, like Cellfina, I recommend that patients do **lymphatic massage** to help minimize swelling and expedite healing. And, of course, keep their skin well hydrated with **lotion**."

—Reno, NV, plastic surgeon [Q Tiffany D. McCormack, MD](#)

