

**WEIGHT
WATCH:**

AFTER WEIGHT LOSS—HO SAGGING

First, **Carnie Wilson** lost the flab — all **150 lbs** of it — now she tells **Star** how she's losing all that sag!

NOW
Jan, 2007
183 Lbs.

"Liposuction isn't an option, because I don't have fat under my skin," Carnie tells *Star*. The solution? **ReFirme**, which is "painless." But it's not cheap — at \$750 per treatment!

THEN
May, 1999
310 lbs.

After a major weight loss like Carnie's, the skin loses its elasticity, weight expert Dr. Edward Jackowski tells *Star*. In the past, the only way to remove excess skin was through surgery, but that would leave scars, explains Dr. Michelle Copeland, a NYC-based plastic surgeon, who did not treat Carnie.

TALK about a transformation! **Carnie Wilson**, 5'3", lost 150 pounds following a 1999 gastric-bypass surgery, then gained 70 pounds while pregnant with her daughter, **Lola Sophia**, 2, in 2005. Now, she's lost 55 of those pounds, but tells *Star*, "I've still got skin under my chin that I want to get rid of. And I don't think I need a face-lift — I'm too young!"

NO PAIN, A LOTTA GAIN!

Weight fluctuation actually increases the risk of loose skin, according to fitness expert Dr. Edward Jackowski, so Wilson, 38, opted for FDA-approved **ReFirme**, a noninvasive

procedure in which an electric current (coming from a unit that resembles a sonogram machine) is applied to the loose skin, stimulating and firming the collagen. "The procedure is not scary," Carnie assures *Star*. In fact, Carnie's dermatologist, Newport Beach, Calif.-based Dr. Vince Afsahi, tells *Star* that clients need about five 45-minute treatments, two to four weeks apart on each loose area, to see results. "It consists of a series of what feel like little snaps or pings," he tells *Star*. He keeps his client list confidential, but adds, "Celebrities have been flocking to me!" For more info, call your local dermatologist! — **NEIL BLINCOW & MIRELLE ARGAMAN** ★

HOW TO FIX THAT SKIN!



“I had a lot of excess skin – I just needed to have it firmed”

— *Carnie Wilson tells Star*

MORE EXPERTS WEIGH IN!

AMERICA'S BIGGEST LOSERS!



RYAN BENSON
LOST 122 LBS



TRAINER'S ADVICE: Kim Lyons, a trainer on NBC's *The Biggest Loser*, tells *Star* that excess flesh is "a reality" for 2006 winner Erik Chopin, below, and 2004's Ryan Benson, above. How to deal with it? "Incorporate resistance training along with cardio into your lifestyle," she says. "If you lose weight, your skin is going to sag, but the combination of both cardio and resistance training will definitely help tighten it."



ERIK CHOPIN
LOST 112 LBS



OPRAH'S SAG BATTLE



THEN 240 LBS



NOW 160 LBS

After yo-yo dieting for years, Oprah admitted to a friend, "My skin isn't as resilient!" Sources told *Star* last year the 5'7" host might opt for a surgery in which excess skin is grabbed, pinched and stitched together, say sources. Costing between \$5,000 and \$10,000, it's a "very common approach to sagging skin," says NYC-based plastic surgeon Dr. Michelle Copeland.

HOW TO FIX THAT SKIN!

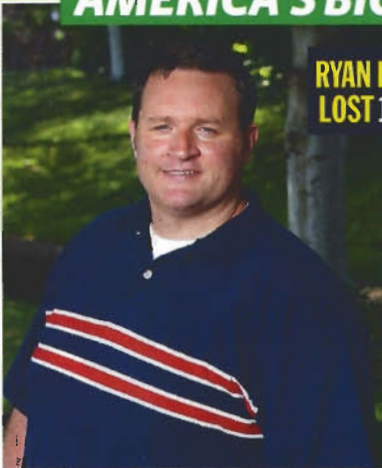


“ I had a lot of excess skin – I just needed to have it firmed ”

— Carnie Wilson tells Star

MORE EXPERTS WEIGH IN!

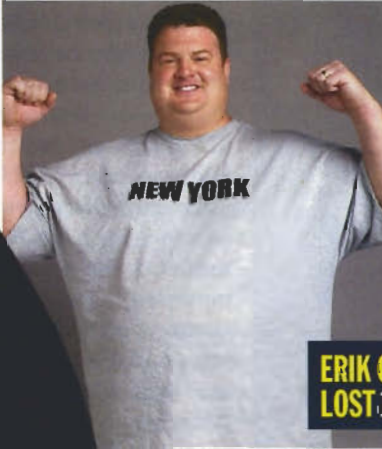
AMERICA'S BIGGEST LOSERS!



RYAN BENSON
LOST 122 LBS



TRAINER'S ADVICE: Kim Lyons, a trainer on NBC's *The Biggest Loser*, tells *Star* that excess flesh is "a reality" for 2006 winner Erik Chopin, below, and 2004's Ryan Benson, above. How to deal with it? "Incorporate resistance training along with cardio into your lifestyle," she says. "If you lose weight, your skin is going to sag, but the combination of both cardio and resistance training will definitely help tighten it."



ERIK CHOPIN
LOST 112 LBS



OPRAH'S SAG BATTLE



THEN 240 LBS



NOW 160 LBS

After yo-yo dieting for years, Oprah admitted to a friend, "My skin isn't as resilient!" Sources told *Star* last year the 5'7" host might opt for a surgery in which excess skin is grabbed, pinched and stitched together, say sources. Costing between \$5,000 and \$10,000, it's a "very common approach to sagging skin," says NYC-based plastic surgeon Dr. Michelle Copeland.