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### **Laser Trapping and Probing of Exotic Helium Isotopes**

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We have succeeded in laser trapping and cooling of the exotic helium isotopes, both  ${}^6\text{He}$  ( $t_{1/2} = 0.8$  sec) and  ${}^8\text{He}$  ( $t_{1/2} = 0.1$  sec), and have performed precision laser spectroscopy on individual trapped atoms. Based on the atomic isotope shifts measured along the isotope chain  ${}^3\text{He}$  -  ${}^4\text{He}$  -  ${}^6\text{He}$  -  ${}^8\text{He}$ , and on the precise theory of the atomic structure of helium, the nuclear charge radii of  ${}^6\text{He}$  and  ${}^8\text{He}$  are determined for the first time in a method independent of nuclear models. The results are compared with the values predicted by a number of nuclear structure calculations and test their ability to characterize these neutron rich, loosely bound halo nuclei. The  ${}^6\text{He}$  measurement was performed at ATLAS of Argonne, and the  ${}^8\text{He}$  measurement at GANIL, France. This work was supported by the U.S. Department of Energy, Office of Nuclear Physics, under Contract No. DE-AC02-06CH11357.