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FALL 2019

THE TOP DOCTORS

TREATMENTS TO GET NOW!

ANGELA BASSETT

CAN YOU GUESS HER AGE?

+

THE NEW NOSE JOB

SAVE YOUR HAIR

INNOVATIONS IN LASERS, PRP AND SURGERY

The BIG Injectable Debate

LIFE-CHANGING Beauty

50+ TRANSFORMATIVE BEFORE & AFTERS

NEWBEAUTY.COM

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THE FIT GURU

What do you do when you've already given it all you've got? **KIRA COLLINS** recalls the time she hit a wall maintaining her body through exercise alone.

MILESTONE

Reaching a fitness plateau

TREATMENT

AirSculpt fat reduction to the abdomen

DOCTOR

New York plastic surgeon Adam Schaffner, MD

I'll admit it: I'm a total wellness junkie. But after four decades and three kids, there's only so much my workout regime and stockpile of adaptogens can do. And because I spend so much time exercising in front of mirrors, I'm now even more aware of the little pockets of fat bulging from above my Lycra leggings. No matter how many lunges, side planks and spin classes I take, they won't budge. So when I heard about AirSculpt, a precise fat-removal procedure performed under local anesthesia, I signed up faster than a SoulCycle addict on a Monday morning.

BYE-BYE BELLY FAT

AirSculpt uses a small cannula that moves in a fast, corkscrew-like motion to cherry-pick targeted fat cells. The other plus? The laser that melts the fat also encourages skin tightening in the treatment area. The morning of my surgery, I arrived ready to kiss my muffin top goodbye. I changed into a pair of black disposable underwear and was marked up by Dr. Schaffner, a triple board-certified plastic surgeon. Within minutes, I was on the operating table, feeling warm and relaxed thanks to a Xanax, laughing gas and Spotify. We started on my left side, which was fully numbed before the laser was inserted. I heard little pops (the sound of my fat cells exploding), but couldn't feel anything. When the so-called cherry-picker was inserted, I could feel it vibrating, but it wasn't painful. Honestly, I've had facials that hurt more. The process was repeated on my right side before Dr. Schaffner asked me to stand up so he could ensure he was happy with the contour (another benefit of local anesthesia). Afterward, my waist was wrapped in a compression garment. I was told to wear it day and night for two weeks to reduce swelling and promote healing.

SPEEDY RECOVERY

My recovery was relatively easy. I spent the first day on the couch, napping and watching television. By day two, I was walking around. I felt sore, like I'd had a ridiculously hard workout. The hardest part was being patient while the swelling went down. It took about two weeks for me to start seeing results, and it wasn't until about six weeks post-procedure that I noticed a difference in how my leggings fit. I wasn't the only one. People in the gym started telling me how great I looked. "Your workouts are really paying off," one guy said. Umm, yeah.

"I could feel it vibrating, but it wasn't painful. Honestly, I've had facials that hurt more."

SPONSORED

ULTIMATE LASHES



Eyelashes need defense from daily elements like pollution, makeup and other beauty treatments that can weaken and break lashes. Used alone or under mascara, **RapidShield® Eyelash Daily Conditioner** is ready to do just that.

Formulated with Hexatein® 3 Complex, an extraordinary blend of moisturizing, nourishing and fortifying ingredients like silk amino acids, biotin and apple fruit cell extract to name a few, RapidShield® helps prime, protect and amplify the appearance of healthy-looking lashes in just two to four weeks. Each stroke of this exclusive blend coats lashes with amazing shine, sheen and luster!

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EXPERT ADVICE

TREATMENT TIMELINE

THERE IS NO AGE LIMIT FOR COSMETIC ENHANCEMENT, BUT IS THERE AN IDEAL TIME TO CALL IN THE REINFORCEMENTS? THE PROS WEIGH IN.

IN YOUR...

20s

- "It's a good idea for someone in their 20s to start 'prejuvenating' to change the course of how they will age. 'Baby Botox' treatments with neurotoxins can be used in areas with dynamic wrinkles before they become static." —DR. SHAMBAN
- "Prevention is key at this stage. Sunscreen is a must, and maintaining healthy lifestyle habits is what helps prevent future signs of aging. If you smoke, quit now." —DR. ALLENBY
- "The 20s are a great time for light peels. Salicylic acid peels are my favorite because they refine pores and brighten dull skin." —NEW ORLEANS DERMATOLOGIST MARY LUPO, MD

IN YOUR...

30s

- "Pigmentation and texture start to become apparent. I love regular, low-density, nonablative fractional laser resurfacing and microneedling to renew and refresh skin." —NEW YORK DERMATOLOGIST RITU SAINI, MD
- "I think Botox is important to treat early wrinkles on the forehead and crow's-feet, also Juvéderm Volite to keep a natural glow in the skin." —TIJUANA, MX PLASTIC SURGEON JUAN CARLOS FUENTES, MD
- "Toward the late 30s, early 40s, you may consider a thread lift. These absorbable sutures help to lift facial tissue and reposition it in an upward, outward direction." —DR. SCHAFFNER

IN YOUR...

40s

- "Women in their 40s are finally realizing the day is theirs! If they've had children, it may be time for a Mommy Makeover to restore the breasts and abdomen. This includes breast surgery, liposuction and a tummy tuck." —ATLANTA PLASTIC SURGEON AMY ALDERMAN, MD
- "This is when collagen and facial fat is depleted, and we can see it in our cheeks, so fillers can help restore fullness and volume." —DR. ALLENBY
- "Although injectables are soaring in popularity, many patients are more keen on long-term solutions, like upper and lower eyelid surgery." —BOCA RATON, FL OCULOPLASTIC SURGEON STEVE FAGIEN, MD

IN YOUR...

50s

- "Metabolisms fall off a cliff in the 50s, and hormones, medications, stress and lack of exercise only complicate the problem. Fat-reduction and muscle-building treatments can help counteract mother nature." —DR. DOWNIE
- "Loss of elastin, collagen and bony remodeling occurs, especially after menopause. This is a good time to consider a blepharoplasty, fillers and laser skin resurfacing." —LARGO, FL OCULOPLASTIC SURGEON JASMINE MOHADJER, MD
- "A patient in their 50s would benefit from a facelift, necklift and/or eyelid surgery. Nothing can replace real surgical results." —LA JOLLA, CA PLASTIC SURGEON ROBERT SINGER, MD

IN YOUR...

60s

- "For facial rejuvenation, we are usually addressing skin quality with different laser options, restoring facial volume with dermal fillers, erasing fine lines with neurotoxins, and tightening skin with facelift, browlift and/or necklift procedures." —DR. ALDERMAN
- "If hair loss has progressed with age or has become permanent, a hair transplant is an increasingly popular treatment in women to restore density in the front. If the thinning is more diffuse throughout, scalp micropigmentation is a great nonsurgical option to create the illusion of thicker, denser hair." —SCOTTSDALE, AZ DERMATOLOGIST DR. MARIEL BIRD

& BEYOND

- "Those with spider veins in the legs can be treated with sclerotherapy and lasers. If they are varicose veins, you may need surgical intervention." —DR. SCHAFFNER
- "At this age, we need to address every structure, including the bone. Sculptra Aesthetic is often used to mimic bone to restore bone loss and improve layers above it like the fat compartments, dermis and epidermis." —FORT LAUDERDALE, FL DERMATOLOGIST IGOR CHAPLIK, MD
- "For patients who have already had their eyes and face done at a younger age, injectables can help enhance; for others, a second surgery may be more appropriate." —DR. FAGIEN