

A NORTH HILLS LIFESTYLE

# MIDTOWN

JULY/AUGUST 2009

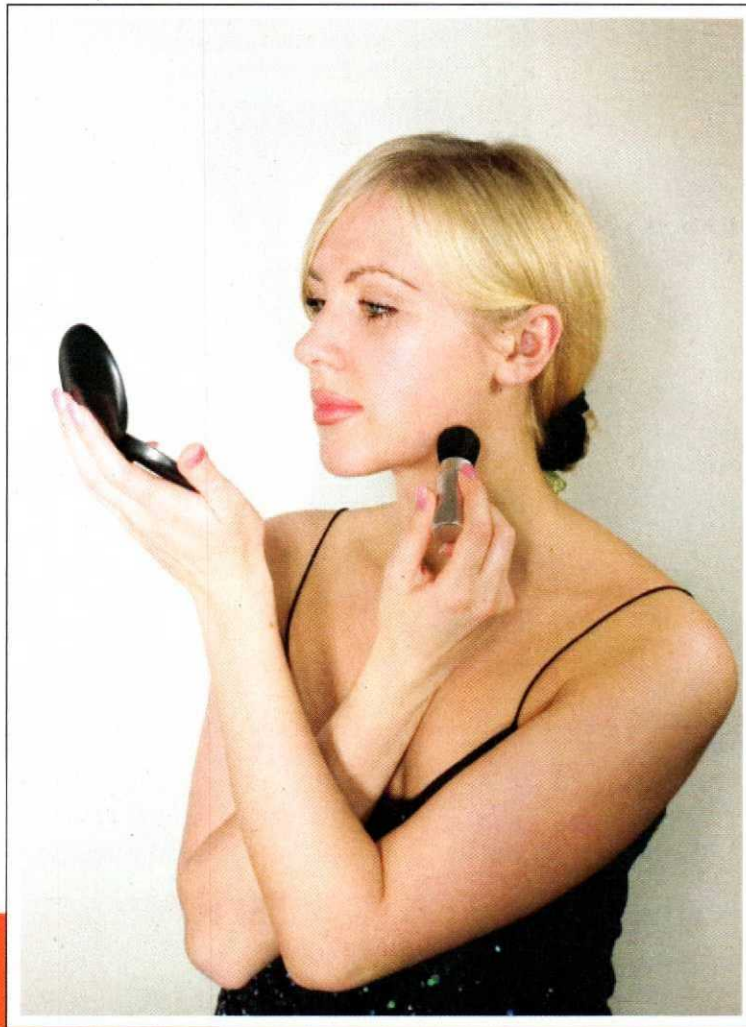


## ROOM *by Room*

GET BEHIND SOMETHING • BEAUTY THROUGH THE AGES • CLASS IS IN







"They say that looking good is the best revenge. You know, they are right..." In our hearts we are still the young, vivacious, beautiful people we were in our twenties; nevertheless, when we look in the mirror we see an older, tired version of us looking back. Recapturing the healthy glow we had in the past is essential for boosting our confidence and creating positive momentum in our lives.

The beauty secrets I've acquired over my career will help women find their ideal self looking back at the mirror. Proper use of these beauty secrets will once again bring balance to your life, relationships, and business. It all starts with looking and feeling the best you can. If your mind can imagine it, your body can achieve it.

# A Healthy You

BY EILEEN M. SLLITSKY | AESTHETICS BY EILEEN

## Secret 1: Hydration

Proper hydration will enhance every function of the body. Our skin, the largest organ of the body, needs adequate hydration to perform and maintain at its optimal level. Dehydration will not only accelerate the aging process, but, it will in fact cause dryness, deep wrinkles, and loss of elasticity. Avoiding excessive soft drinks, alcohol, and caffeine will help maintain the integrity of the skin. Drinking 64 ounces of water a day is ideal for supporting a healthy hydrated complexion.

## Secret 2: Exercise

Starting your day with a 20-30 minute jog/walk around the neighborhood will boost your metabolism immediately and get you on the right track to a healthy you. A regimented exercise plan that fits around your busy day will improve normal body function, muscle tone, and increase overall energy level. Incorporating weights in your regimen three times a week will help keep your bones strong and will help protect against osteoporosis.



### Secret 3: Diet

Healthy eating habits are not only a personal choice, but a lifestyle to prevent disease and increase longevity. The choice of eating unhealthy foods will potentially harm all functions of your body. Trans Fats and saturated fats are the two biggest culprits to unwanted weight gain. Substituting a green salad for french fries will not only give you more energy, but will improve digestive functions. Instead of eating three large meals a day, try spacing out four to six small healthy meals throughout the day consisting of high protein and low carbohydrates. Spacing out multiple meals will help you maintain your ideal weight and give you plenty of energy to get all your daily goals completed. Eliminating all junk food out of your diet is usually not possible, but moderation is the key.

### Secret 4: Skincare

Sun exposure and smoking are the two main causes of premature aging of the skin. In my experience, the best protection against photo-aging works from the inside out. Using antioxidant serums, such as C+E Ferulic by SkinCeuticals or Super Serum by IS Clinical will work by protecting you from the free radicals. Combining a broad spectrum UVA/LVB sunscreen with the serum will provide you with the most advanced skin protection available. This combination of protective products should be the staple of your beauty bar.

### Secret #5: Non-surgical Aesthetic Enhancements

Aesthetic enhancements can be done on a lunch break with minimal down time from your busy schedule. Many of the popular procedures include Botox (eliminating expression wrinkles), Dermal fillers (restor-

ing volume in the cheeks, lips, and smile lines), and Laser treatments (eliminating age spots, veins, wrinkles, pore size, and maximization of collagen production). These treatments can help you achieve a youthful, natural looking glow.

Although these treatments are offered around the globe, there are only a handful of experienced Aesthetic Specialist that possess the expertise to perform a safe, quality procedure every time. Patients should be fully educated by the specialist on all procedure options and precautions. At Aesthetics by Eileen, directed by Glenn M. Davis MD, FACS Board Certified Plastic Surgeon, we offer custom procedures that fit each individual's picture of perfection in their own minds. Our experience is unmatched in the field and is represented in patient satisfaction.

Adequate hydration, regimented exercise, a healthy diet, skin care awareness, and a little help from an aesthetic enhancements specialist will project confidence, beauty, and an all natural look from your mirror and in the eyes of others. Building a "Healthy You" is a lifestyle full of positive small steps resulting in larger goals. ♦

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AESTHETICS BY EILEEN/  
DAVIS PLASTIC SURGERY



## "Because I Had No Intention Of Wearing Braces."



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