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Discover the New You FOR THE NEW YEAR

BY EILEEN M. SLUTSKY || DAVIS PLASTIC SURGERY



These days, we are lucky to have so many non-surgical options to choose from when it comes to enhancing our physical well-being. When choosing the right options to fit your needs, restoring a natural look should be the goal. But with so many options, how do we know which is right? So many different products, procedures and options make it even more important to be an educated consumer. Experience counts when looking for a practice that offers a wide variety of aesthetic procedures and speaking with a health care provider can give you lots of insight to help you make the right choices.

REJUVENATING OPTIONS FROM HEAD TO TOE

- Medical-grade skin care sold in a physician's office is the first step to beautiful, healthy skin. Companies such as IS Clinical, Obagi, SkinCeuticals, SkinMedica, Vivite, Prevege MD and Glytone are a few top medical-grade products that help turn over the skin cells for cellular renewal.
- Chemical peels are an excellent way to exfoliate and renew the epidermis. A series of chemical peels provides a deeper exfoliation, and in conjunction with a retinoid product, will enhance its positive effects. Mild and moderate peels have the least amount of downtime. TCA, Vitalize, Illuminations, Glycolic, Jessner, Kinerase Pro-therapy, Salicylic/Mandelic and Blue Peels are some of the best. Peels can lessen hyper pigmentation, sun spots, fine lines and wrinkles, rough skin and acne scars, as well as help your skin care program to penetrate a little deeper. Chemical peels are affordable and a great way to keep your skin renewed.
- Microdermabrasion is a procedure performed with mechanical superficial abrasion, both with and without crystals to exfoliate, refine and unclog pores, leaving your skin smoother. When done in a series you will see your best results. When combined with medical-grade skin care and chemical peels, the results are optimized.
- Botox Cosmetic is a non-surgical treatment that can temporarily smooth moderate to severe lines and wrinkles, with results lasting up to four months. Common areas of treatment include frown, forehead horizontal lines, crow's feet, bunny lines and most commonly the "chemical brow lift."

- Dermal fillers are very popular with many different options to choose from. Facial wrinkles can be eased by the injection of a variety of soft tissue fillers to plump up depressed skin. Familiar names of fillers include Restylane, Perlane, Juvederm Ultra, Juvederm Ultra Plus, Radiesse, Evolence, Cosmoplast, Eleveess, Sculptra and Artefill. These temporary volume fillers are used on the following areas: Nasolabial folds (smile lines), lines between the brows, under the eyes (sunken hollow eyes, dark circles), nose, lip augmentation areas, scars, smoker lines, marionette lines, chin, jaw line, cellulite dimples and back of hands. Fillers last from three to 18 months depending on the product and area injected. The right filler can also add volume for facial contouring, cheek augmentation and fat loss in the face.

Injectables are the ultimate anti-aging solution for correction and prevention. A skilled injector is a sculptor to help you restore, maintain and capture a natural look. Factors that determine the right filler for you include the area being treated, how much correction you need, the thickness of the skin, budget, tolerance for risk and how long you want it to last.

- Laser Vein 1064/Yag is easy and targets the facial veins, nose veins and cherry hemangiomas (little red bumps) we can see on our face, neck, chest, abdomen and legs. With just one treatment 95 percent of the targeted spots should reabsorb and disappear.

- Intense pulse light therapy (IPL) eliminates age spots and sun damage on face, neck, chest, hands and arms. It does not work as well for age spots on legs. Two to three treatments may be needed and sunscreen must be used daily so they don't return.

- Laser genesis is the "feel good laser" that will lessen and diffuse redness, pore size and stimulates your own collagen, leaving you with a youthful glow (and an added plus: no downtime!).

- Laser hair removal will reduce and or eliminate further hair growth. It is ideal for upper lip, chin, underarms and bikini area. Four to six weeks between treatments is typical in a series.

- Fraxel is a treatment to repair and reduce signs of aging, lines and wrinkles, melasma, acne scars, discoloration and skin tightening. It improves overall texture while increasing collagen production. The results are amazing for face, neck, chest, hands and all body areas.

- Sclerotherapy is an easy and effective way to eliminate unsightly spider veins. Spider veins and reticular veins (blue veins) can be injected safely to give you the confidence to show your legs again. Hand veins also can be shrunk for a more youthful appearance with addition of filler.

Men and women can enjoy all of these non-surgical treatments with little to no downtime. ♦

Eileen M. Slutsky
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AESTHETICS BY EILEEN/
DAVIS PLASTIC SURGERY



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