

THE BEAUTY AUTHORITY

# NEW BEAUTY<sup>®</sup>

**OUR BIG AWARDS ISSUE!**

**THE 50 BEST**

## ANTI-AGING SECRETS

**+100 AWARD WINNING PRODUCTS**



**NEW DISCOVERY!  
 EXPERTS REVEAL**

**60 MINUTES TO A BETTER BODY AND A TIGHTER TUMMY**

FACE THE LATEST AGE-ERASING INNOVATIONS

reinflate the face

### MICRO-GRAFTING FAT TRANSFER

**GOOD FOR** | Anyone with volume loss in the face

**WHAT IT IS**

A technique that transplants fat to the face in small amounts. "Micro-grafting fat achieves a good result with the least traumatic cannula so that the fat is deposited without rupturing the cells," says Dr. Ordon.

**HOW IT WORKS**

Fat is taken from the body and transplanted to volume deficient areas of the face. "Preserving the integrity of the cell membrane prevents the fat cell from becoming damaged. When it is squeezed through too small of a cannula it will yield short-term results," says Dr. Chopra.



A browlift, blepharoplasty, facelift with fat transfer and necklift gave this patient a more youthful look. Procedure performed by Amir M. Karam, MD; San Diego, CA.

**the recovery**

Bruising and swelling are normal and can last upward of a few weeks, but you should be able to resume your regular activity and lifestyle after one week or so.

**the results**

A naturally fuller, healthier look. If more fat needs to be added at a later date, it always can be.

**the bottom line**

"When fat transfer is done right it can make a huge difference," says Dr. Geldner. "The goal is to look like yourself only better."



instant volume

### THE "LIQUID FACELIFT"

**GOOD FOR** | Younger patients with little skin laxity, experiencing creasing in the jowl area and minimal folds

**WHAT IT IS**

A temporary way to give a volumizing or lifting effect to the face sans surgery

**HOW IT WORKS**

With a variety of different fillers to choose from—most doctors mix and match, using hyaluronic acid fillers and thicker injectables like Radiesse and Sculptra Aesthetic—a "Liquid Lift" provides volume to deficient areas for a plumping and lifting effect.

**the recovery**

Next to none. There may be minimal swelling or bruising at first.

**the results**

An increase in volume and some lifting but there is no tightening. Results can last from a few months to more than one year depending on what fillers were used and where exactly they were injected.

**the bottom line**

A "Liquid Facelift" is not a substitute for a facelift, nor is it a facelift, according to Dr. Singer. "It's a term for filling in the hollows on the face and temples," says Dr. Chopra.

MORE >

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CHANGE YOUR SKIN

# INTERNALLY WITH MOISTURE

HYALURONIC ACID IS IMPERATIVE FOR HEALTHY-LOOKING, WRINKLE-FREE SKIN. WHEN THE SKIN LACKS SUFFICIENT AMOUNTS OF IT, THE QUICKEST, AND EASIEST, WAY TO REINSTATE IT IS WITH REGULAR INJECTIONS OF HYALURONIC ACID FILLERS.



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The essential guide to help you make the right choices. Turn to page 193.

### THE ROLE OF HYALURONIC ACID

Hyaluronic acid, a naturally found substance (a sugar) that binds to water, is necessary for properly moisturized skin. "Hyaluronic acid literally holds water in the dermis forming an important component of the dermal matrix," says Dr. Beer. In your 20s and 30s the body begins to produce less hyaluronic acid than before and when there is a dip, it shows on the skin.

### HOW IT WORKS

Regardless of the brand used (Juvéderm, Restylane and Perlane are all hyaluronic acid-based fillers), hyaluronic acid fillers work by attracting water to the site and filling in wrinkles with moisture. When a filler of this nature is injected into areas that show signs of aging, water is drawn to the area and binds to the molecules of the filler to fill in the lines and wrinkles by literally plumping them up with moisture.

### HOW IT BOOSTS MOISTURE

Fillers don't physically alter the amount of hyaluronic acid in the body nor do they cause the skin to feel any less dry, but they do attract water to the source to plump lines and wrinkles internally. "To my knowledge, there is no correlation between injections and increased moisture levels in the skin because the fillers are placed deep in the dermal layer," says Dr. Chapas. "In Europe, there's a trend of injecting vitamins and hyaluronic acid superficially and that actually increases skin hydration," she adds. Fillers used overseas, which are not FDA-approved as of press time, use finer threads of hyaluronic acid. To replicate a similar effect, Dr. Narurkar says some doctors dilute Juvéderm and then inject it into the face and neck to give a plumping and hydrating effect. Hyaluronic acid fillers also fill in the space between collagen and elastin to give a plumpness to the skin. Because hyaluronic acid is such a large molecule, it works better when injected deep into the skin as opposed to applied topically.

BEFORE

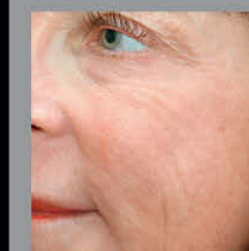


AFTER



A "Liquid Lift" using Sculptra Aesthetic and Restylane refreshed this patient's overall appearance. Procedure performed by Edward Szachowicz, MD; Minneapolis, MN.

BEFORE



AFTER

Juvéderm and Dysport injections helped this patient turn back the hands of time. Procedure performed by Nissan Pilest, MD; Irvine, CA.