



These are a few of our favorite

Beauty Things

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...Skin that glows brightly and leaves your mate smitten, Paraffin hand dip with warm, silky mittens, Brown and pink packages tied up with strings, These are a few of our favorite things...

Smooth hair and tight skin and full lips and one chin, Creamy complexions and thighs toned and abs thin. Procedures are offered, low downtime a must; After a moment, you will say, "Bella or Bust!"



The holidays are upon us, and we want to look and feel our best. Soon, it will be time to decorate, cook and shop for everyone. Before getting into the thick of it, take a moment to care for your own concerns. Let's face it, the gift of beauty is something we usually give ourselves because it is difficult for others to predict what our next beauty move will be (and this is not to exclude men who make, what I call, 'handsome moves.')

Sparkling Eyes

The eyes are the window to the soul, as they say, and they are the focal point of the face. We do not want to frame the eyes with shabby curtains that say, "I'm worn out." We want them to look vibrant, expressive, alive. The Thermage® skin-tightening procedure can firm the skin around the eyes and provide a subtle brow lift with no downtime. A bit of strategically placed Botox® can provide a pretty brow lift and arch (when done correctly) and reduce crow's feet. A great eye cream, such as Lumiere Riche (my favorite), will help to smooth out fine lines under the eyes.

Luscious Lips

The number-one, most-popular cosmetic procedure in our office is Juvederm® injections. Juvederm is a hyaluronic acid gel that provides a smooth, natural-looking result. When performed artfully, lip injections

result in a naturally restored or enhanced look. Fuller lips are a feature of youth and sensuality. Dull, dry, cracked, winter lips can be remedied with Healing Balm®, a lip balm that is an anti-inflammatory that promotes healing. And barring any procedures, some lip plumpers really do work to plump and hydrate the lips — Sexy Mother Pucker™ from Barney's, for example.

Sculpted Features

We can now literally sculpt the face with a needle. With the FDA approval of Kybella™, we can now reduce double chin fat without surgery. This is a very popular procedure among men and women alike. With fillers such as Juvederm®, Voluma® and Belotero® or Radiesse®, we can add volume strategically. We can improve dark circles by reducing the hollows under the eyes. We can add a lift and fullness to the cheeks that provides a return to youthful features. Augmenting the jawline of either men or women for the sake of defining it and flaring it restores a youthful look as well. Earlobes that have lost tone can be rejuvenated. We can even reshape the nose, camouflage bumps and sculpt the nasal tip. Over the past few years, advanced techniques in fillers have given us a fountain of youth, provided, of course, that the injections are done artfully and in moderation.

Glorious Hair

Go darker. The fall and winter trends are for darker hair to frame fairer skin. This is great news for both your hair and your skin. Darker hair color treatments do far less damage to the hair shaft than bleaching or highlighting, and they leave the hair looking glossy. My favorite supplement for fuller hair is Viviscal® Professional. Some of us at the office have tried it and have been impressed with the results. As I mentioned before, I love John Frieda® Brilliant haircare line and popping a few raw almonds once in a while can't hurt either (unless you're allergic).

Fabulous Figure

We've tried everything from juicing to cleansing to fasting to Bikram and Kick Ram — oh, wait, that's not a thing. Anyway, once the balanced diet and exercising has been taken to the max, many people notice that some of the cellulite is not gone and neither are some specific,

stubborn bulges. CoolSculpting® is an excellent choice for those who seek to re-contour belly, love-handle, thigh, arm and even chin bulges. This no-downtime procedure is extremely popular and safe. Velashape, a radiofrequency and infrared device, results in the smoothing of cellulite on the arms, thighs and abdomen, again with no downtime.

Best Skin Ever!

A consultation with a skin expert is a must if you want a tailored skincare regimen specifically for you. And besides that, there are lasers — Fraxel®, for resurfacing the skin; VBeam, for reducing redness and rosacea; and Ultherapy®, for tightening the skin of the neck and jowls. For collagen stimulation, the newest procedure is Platelet Rich Plasma, which is an injectable procedure that employs your own platelet-derived growth factors to stimulate collagen and give you a fantastic glow. Last, but not least, event facials, such as an oxygen facial or fire-and-ice facial, can have you party-ready with smooth, glowing skin.

These are a few of our favorite things... among many! Every skin type, personality and budget is different, but beautiful skin, hair, eyes and figure are pretty much on everyone's list. Procedures with little downtime make it easy to look and feel your best for the holidays. ■

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