

NEWBEAUTY®

THE BEAUTY AUTHORITY

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

TRANSFORMATION

THE BRIDE-TO-BE

When her fiancé popped the question, **ANGELINA DEDVUKAJ** began dreading saying “yes” to the dress. A year before the big day, she begins her preparations with two state-of-the-art body-contouring devices.

MILESTONE
Wedding-day prep

TREATMENT
Exilis Elite and Emsculpt for upper arms

DOCTOR
Montclair, NJ dermatologist
Jeanine Downie, MD

You wouldn't know it by looking at me, but I have been self-conscious about my arms for years. No matter how much I worked out, I couldn't spot-treat my upper arms or get the same type of results I could on the rest of my body. It's frustrating going to the gym five days a week, watching your food intake and never seeing the results you want. When my fiancé proposed seven months ago, I was beyond elated. But once I began thinking about our wedding day, I feared that my excess arm fat would limit my dress options. I've always envisioned myself getting married in an elegant, sleeveless gown, but as I tried on various styles, I realized that killing myself at the gym just wasn't going to cut it. I was finally motivated to do something and went to see Dr. Downie about what I could do now to make my arms more slender.



THE PERFECT PAIRING

I explained to Dr. Downie that I felt my arms gave me a heavier look, when in reality, I'm a size six. She recommended Exilis Elite radio-frequency fat-reduction treatments, along with Alastin Skincare's TransFORM Body Treatment, followed by Emsculpt's new muscle-building arm treatment. “Exilis Elite targets deep layers of fat and tightens the

skin,” said Dr. Downie. “The Alastin body cream will help accelerate fat reduction, and the Emsculpt will build muscle and complement your regular arm exercises.”

After my first Exilis Elite treatment, I saw my arms start to shrink a bit. After Emsculpt, I could really see more muscle definition. Although my results have been subtle, Dr. Downie assured me I would see more fat dis-

appear over the next three months as my body continues to flush out the destroyed fat cells naturally through the lymphatic system.

HERE COMES THE BRIDE

I'm so excited to have more dress options now. There is so much pressure for the bride to look perfect, and now my arms are just one more thing I won't be worrying about. Through this experience I've learned that the way we store fat is hereditary and it's really hard to completely get rid of it without surgery. Despite that, I am very satisfied with the changes I've seen so far. Every dress I try on now looks so amazing, it's hard to narrow it down to just one. Above all, I am looking forward to just being in the moment on the day I marry the man of my dreams.



Dr. Downie's arm treatment protocol included five weekly Exilis Elite treatments, Alastin Skincare's TransFORM Body Treatment, and two sessions of Emsculpt a week for two weeks.