WHAT THE EXPERTS ARE SAYING

WHAT’S THE BIGGEST BEAUTY INNOVATION FOR THE COMING YEAR?

“Componeers by Coltene are affordable, direct composite resin veneers that can be placed in one appointment.”

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“Adhere to an ‘anti-inflammatory diet’ to improve skin. Eat anti-inflammatory foods to heal your skin from the inside out.”

“Componeers by Coltene are affordable, direct composite resin veneers that can be placed in one appointment.”

“Demi-liquid hair color cumulatively improves the condition of hair and makes shine twice as intense as it was before application.”

“We lose a teaspoon of collagen from our faces every year after age 30. The biggest beauty innovation for the coming year is Juvéderm Voluma XC. It will make millions of Americans look younger.”

NOW’S YOUR CHANCE TO WIN THE DESTINATION GETAWAY YOU’VE BEEN DREAMING ABOUT!

We’re giving away exclusive prize packages consisting of relaxing spa treatments, luxurious accommodations, total wellness, award-winning cuisine, full-body fitness and more.

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WHAT THE EXPERTS ARE SAYING

WHAT’S YOUR GO-TO TIP FOR TAKING YEARS OFF?

“I love my T3 Source Showerhead filter. It takes out harmful, drying chlorine and helps both the skin and hair.”

“Keep your hair moisturized and trim it every couple of months.”

“Fall is a great time to restart your medical skin-care routine and consider light-based treatments (IPL) or fractional lasers.”

“Resculpting the face and lifting the cheekbones can take 10 years off the face. This can be done with hyaluronic acid fillers and the results are immediate.”

“28% of all breast augmentations last year used saline implants; 72% used silicone implants.”

“The one treatment I feel is the most effective in reducing age by at least 10 to 15 years is improving tooth color, shape and form through porcelain veneers or all-ceramic crowns.”

“28% of all breast augmentations last year used saline implants; 72% used silicone implants.”

source: ASAPS

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WHAT THE EXPERTS ARE SAYING

WHAT’S THE FASTEST WAY TO LOOK YEARS YOUNGER?

“Wear sunscreen with an SPF 30 every day, rain or shine.”

“Brighten up your hair! Warm, golden highlights boost your natural shade.”

“With dental implants and prosthodontics, a dramatically younger look can be only a day away.”

The fastest way to look younger is as simple as 1-2-3:

1. syringe of Restylane to the tear troughs
2. syringes of Juvéderm to the laugh lines
3. treat 3 areas of the upper face with Botox

since 1997, the number of cosmetic procedures has increased more than 247 percent
SOURCE: ASAPS

are meeting the government’s recommendation for aerobic exercise and muscle strengthening
SOURCE: CDC

Only about 20% of adults in the U.S.

IN YOUR 40s

“A giveaway” sign of aging can often be reflected by deflation of the temples or the back of the hands. A quick fix for this is ‘reflation’ by volume with injectable fillers.

SOURCE: ASAPS

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IMPORTANT SAFETY INFORMATION FOR BELOTERO BALANCE® DERMAL FILLER (CONTINUED)

Indication: BELOTERO BALANCE® is FDA-approved for injection into the mid-to-deep dermis for correction of moderate-to-severe facial wrinkles and folds, such as nasolabial folds.

Contraindications: BELOTERO BALANCE® should not be used in patients with severe allergies manifested by a history of anaphylaxis, with a history or presence of multiple severe allergies. BELOTERO BALANCE® contains a trace amount of gram-positive bacterial proteins, and is contraindicated in patients with a history of allergies to such material. BELOTERO BALANCE® must not be implanted into blood vessels.

Warnings: Use of BELOTERO BALANCE® at specific sites in which an active inflammatory process (skin eruptions such as cold sores, cysts, pimples, rashes, or hives) or infection is present should be deferred until the underlying process has been controlled. BELOTERO BALANCE® must not be injected into blood vessels of any size. Introduction of BELOTERO BALANCE® into the vasculature may occlude the vessels and can cause infarction of overlying tissue or embolization with resultant necrosis of potentially large areas of distant tissue such as the lip or the nose. Injection site responses to BELOTERO BALANCE® have been observed, consisting mainly of short-term inflammatory symptoms starting early after treatment and with 7 days duration or less.

Precautions: The safety or effectiveness of BELOTERO BALANCE® for the treatment of dermal contour defects other than nasolabial folds, such as use in the lips, has not been established in controlled clinical studies. The safety of BELOTERO BALANCE® for use during pregnancy, in breastfeeding females, or in patients under 21 years has not been established. As with all transcutaneous procedures, BELOTERO BALANCE® injection carries a risk of infection. Patients who are using substances that reduce coagulation, such as aspirin, non-steroidal anti-inflammatory drugs, and warfarin may, as with any injection, experience increased bruising or bleeding at injection sites. Patients should inform their physicians if they are taking such substances. Exposure of the treated area to excessive sun, UV lamp exposure, and extreme cold weather should be minimized until any initial swelling and redness have resolved and puncture sites have healed.

Adverse Events: The most common side effects seen after injection were swelling, bruising, redness, and hardening that resolve within one week. More rare side effects may include swelling that lasts longer, unevenness or firmness in the area injected, and as with any injection, there may be a risk of infection.

Important: For full safety information, please visit www.Belotero.com or call Merz Aesthetics Customer Service at 866-862-1211

Caution: Rx only

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Important JUVÉDERM® Treatment Considerations
A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

**Indication:** In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

**Contraindications:** JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of lidocaine.

**Warnings:** JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

**Precautions:** The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body’s immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

**Adverse events:** The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumpiness, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

**Important:** For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

**CAUTION:** Rx only.
How important is the nose to facial balance?

"The nose is all about proportion and gender. It’s one of the first things you see when you look at someone’s face and leaves subconscious notes with your mind."

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<th>GUEST ADVISORS</th>
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<td>We rely on our editorial board to provide insight for every issue. These six industry experts offered input in this issue.</td>
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| "I absolutely love BB creams because while they are multifunctional (provides SPF, moisturizes and primes), they are also incredibly easy to use—they are here to stay." |
| **RAYCHEL WADE**  
**CELEBRITY MAKEUP ARTIST** |

| "Advanced glycation end products accelerate aging by altering collagen and elastin structures. Research into AGE inhibition may provide the next wave of anti-aging technologies." |
| **KELLY DOBOS**  
**COSMETIC CHEMIST** |

| "The exciting innovation for makeup, which is included in the good BB creams, is the ever-increasing efficiency of peptides." |
| **JANE IREDALE**  
**PRESIDENT AND FOUNDER OF HER EPONYMOUS MINERAL MAKEUP LINE** |

| "I think detoxifying the skin is super effective for most skin types." |
| **DIANE HIBBARD**  
**SKIN CARE DIRECTOR**  
**BURKE WILLIAMS DAY SPA** |

| "An exciting skin-care innovation this year is performing ablative fractional laser treatments on skin cancer repairs at the time of repair, rather than after." |
| **DR. JOEL COHEN**  
**ENGLEWOOD, CO**  
**DERMATOLOGIST** |

| "CoolSculpting is a new revolutionary, nonsurgical contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body." |
| **DR. MARINA PEREDEO**  
**SMITHTOWN, NY**  
**DERMATOLOGIST** |

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| COSMETIC DENTISTRY |
| DR. LAURENCE R. RIFKIN |
| BEVERLY HILLS, CA, COSMETIC DENTIST |
| "Subtle reshaping is a conservative way to enhance your natural beauty as short, stubby teeth can age your look." |

| DERMATOLOGY |
| DR. FREDRIC BRANDT |
| DERMATOLOGIST AND FOUNDER OF THE EPONYMOUS SKIN-CARE LINE |
| "Past the age of 45, the neck becomes a prime concern in the cosmetic patient. My combination of using Botox with Ulthera is proven to be a successful, nonsurgical option for the sagging neck." |

| PLASTIC SURGERY |
| DR. MARK L. JEWELL |
| PAST PRESIDENT OF THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY |
| "While excellent outcomes are experienced with facial rejuvenation surgery, some patients find benefit from tissue fillers to correct volume loss in the face." |

| HAIR RESTORATION |
| DR. CRAIG L. ZIERING |
| RENOWNED HAIR TRANSPLANT SURGEON |
| "The Laser Cap is an effective nonsurgical therapy, which stops hair shedding and slows thinning." |

| DERMATOLOGY |
| DR. JEANINE B. DOWNIE |
| MONTCLAIR, NJ, DERMATOLOGIST |
| "Anti-aging for the chin and neck begins with proper diet and exercise. The chin and neck are areas that are slow to recover from weight fluctuations." |

| HAIR COLOR |
| BETH MINARDI |
| NEW YORK CITY HAIR-COLOR SPECIALIST |
| "The more you keep the hair cuticle closed, the more you protect your hair. To achieve this, do not scrub it dry; squeeze the water out and pat the hair with a towel to remove moisture." |

| AESTHETICIAN |
| NERIDA JOY |
| CELEBRITY AESTHETICIAN |
| "Hormone imbalances from stress cause painful pimples to appear on the face. Stress that affects our stomachs shows up on the skin as painless white bumps mainly in the mid-cheek area." |

| NUTRITION |
| PAULA SIMPSON |
| CELEBRITY NUTRITIONIST |
| "To most efficiently refuel energy depleted muscles, consume a small portion of simple carbohydrates (such as dried fruit) within 15 minutes after exercise. To repair and renew muscle mass, consume a balance of carbohydrates to proteins within two hours post-exercise." |