

Face It

Put your best face forward with these trending treatments for your skin, eyes, nose and lips.

SKIN

Kybella

The hottest elixir to hit the cosmetic industry since Botox? Chin-toning Kybella contains deoxycholic acid, a naturally occurring, fat-digesting molecule in the body. "When injected into a double chin it dissolves the fat while simultaneously causing the skin to tighten," says Dr. Benjamin Stong. Results are permanent. See ya, double chin! *Two treatments to start recommended, \$3,000 total, Kalos Facial Plastic Surgery, kalos-plasticsurgery.com, @kalosplastics*

Fraxel

Laugh lines not so funny? Dr. Sumayah J. Taliaferro recommends anti-aging treatment Fraxel, a resurfacing laser for all skin types "for wrinkles, skin laxity, sun damage, brown spots," she says, adding "and [it] is the gold-standard treatment for acne scarring." Requiring very little

downtime, results can last for a few years. Winning! *\$850-\$1,250 depending on treatment type, Atlanta Dermatology & Aesthetics, atlantadermatologyaesthetics.com, @atldermatology1*

Collagen Fillers

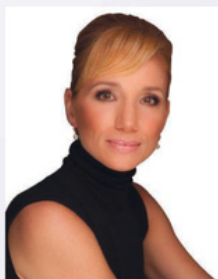
The fountain of youth might be filled with injectable collagen. Easy and effective, restore your youthfulness with collagen fillers, recommends Taliaferro. Comprised of hyaluronic acid, a major component found naturally in skin, "these injectables smooth facial lines and creases, and restore volume and fullness to the aging face," she says. Results? Juvederm, one year; Voluma, two. *\$550-\$850, Atlanta Dermatology & Aesthetics, atlantadermatologyaesthetics.com, @atldermatology1*

The Experts



Co-owner, founder and managing director **Kathy King** oversees luxe medical aesthetic center Sculpted Contours in Buckhead, a focused noninvasive body and facial sculpting center—and winner of *The Atlantan's* "Best of the City" for body sculpting. King and her staff, including an aesthetic RN, an aesthetic medical assistant and double board-certified facial plastic surgeon Dr. Pradeep Sinha offer the most cutting-edge proven medical procedures for fat and cellulite reduction and skin-tightening. When to start? "Don't wait until you look your age to start trying to not look your age," she cautions. "It's already too late." @scontours

Double crowned as a JEZ "Best of Atlanta" winner for rhinoplasty (2014) and botox and injections (2015), double board-certified (ABO, ABFPRS) **Dr. Theresa Jarmuz**, owner and CEO of Buckhead Facial Plastic Surgery, is an authority on the face with an eye for symmetry. Her M.O.? "Subtle changes will enhance your natural beauty and keep you looking and feeling young for years to come!" @buckheadfacial



Arslanian Plastic Surgery is a full-service reconstructive, cosmetic and skin-care center, "where classic beauty meets modern surgery using the safest methods available," says owner/founder **Dr. Brian Arslanian**. A board-certified (ABS) surgeon, he's passionate about comprehensive nonsurgical approaches to treating and preventing signs of facial aging (think skin care, fillers and Botox), as well as fat transfer techniques for both breast and butt augmentation.

A self-described "curator of healthy, beautiful skin," board-certified Atlanta Dermatology & Aesthetics dermatologist and owner **Dr. Sumayah J. Taliaferro** has a minimally invasive approach to enhancing beauty via comprehensive care in medical, cosmetic and surgical dermatology. Her quick advice to all patients to prevent premature aging? "Sunscreen in the mornings and anti-aging retinol (or peptides) at night." @atdermatology1



A Castle Connolly Top Doctor, with a specialty in cosmetic and reconstructive surgery of the face, head and neck, double board-certified (ABOto-HNS, ABFPRS) plastic surgeon **Dr. Benjamin Stong**, owner of Kalos Facial Plastic Surgery and Kalos Hair Transplant, believes that natural-looking results don't have to be imperceptible: "In a skilled doctor's hands," he says, "natural-looking results can be subtle, yet dramatic." @benjaminstongmd

A 2015 JEZ "Best of Atlanta" winner for nonsurgical procedure (CoolSculpting), double board-certified (ABFPRS, ABOto-HNS) facial plastic surgeon **Dr. Mark Beatty** is an innovator in the customized use of new technologies to benefit his patients and a widely published leader in his field. As CEO and medical director of Beatty Facial Plastic Surgery, he specializes in the surgical aesthetic enhancement of the face, nose and neck. The takeaway? "Attention to outward appearance reflects the beauty that exists within us," says Beatty. @drmarkbeatty



Double board-certified (ABS, ABPS) plastic surgeon and partner at Atlanta Plastic & Reconstructive Specialists **Dr. Bahair Ghazi**, focuses on natural beautification and elegant enhancement of the breasts and body (lipo, tucks, lifts, augmentation, reconstruction and more) with an emphasis on comfort, safety and results. "Each person has a unique spectacular beauty," says Ghazi, "and any cosmetic treatment should complement or enhance that natural element." @drbahaighazi

Legend:
American Board of Surgery* ABS
American Board of Plastic Surgery* ABPS
American Board of Facial Plastic and Reconstructive Surgery* ABFPRS
American Board of Otolaryngology Head and Neck Surgery* ABOto-HNS
The American Board of Otolaryngology* ABO
Fellow of the American College of Surgeons* FACS

Hydrafacial

Need a paparazzi-ready complexion—or just want a facial with deep cleansing? Schedule a hydrafacial, recommends Dr. Theresa Jarmuz, “to remove dead skin cells, loosen dirt and debris from pores without irritation, and to hydrate the skin—leaving a beautifully refreshed texture with a healthy glow.” Works best when repeated often (every six to eight weeks). *From \$175 with customizable packages for all skin types, Buckhead Facial Plastic Surgery, buckheadfacial.com, @drjarmuz*

EYES

Latisse

Over the time and bankroll associated with lash extensions? Enter Latisse, “a topically applied treatment to promote longer, thicker, darker eyelashes,” says Jarmuz. Use daily to maintain length, and allow four to eight weeks for max results. *3 mL for \$120 (about 8 weeks), 5 mL for \$179 (12+ weeks), Buckhead Facial Plastic Surgery, buckheadfacial.com, @drjarmuz*

Restylane

Dark circles, be damned. Turn back time with minimally invasive hyaluronic-acid injectable Restylane, which, says Taliaferro, “can be used (off-label) for correction of the loss of volume of the lower eyelid, and upper cheek area [to] improve dark eye circles and puffiness.” Lasts one to two years. *\$500-\$1,000, Atlanta Dermatology & Aesthetics, atlantadermatologyaesthetics.com, @atdermatology1*

Bruise-Free Tear-Through Injections

Tired eyes? Eye spy a needle-free, bruise-free hyaluronic acid filler with no downtime and immediate results. “Placing hyaluronic acid filler in the [tear-trough] depression,” says Stong, “results in a smooth transition from the eyelid to the cheek and a more rested, youthful look.” Lasts six

to nine months. *\$650 per syringe, Kalos Facial Plastic Surgery, kalos-plasticsurgery.com, @kalosplastics*

NOSE

Rhinoplasty

Let’s face it, the nose is the mecca of your mug—and as such is meant to blend in, not stand out,” says Stong. “Large noses detract from the more sensual features of the face, such as the eyes and lips.” Rhino may read old-school, but its staying power is real: “Rhinoplasty is the most transformational operation of the face, improving appearance dramatically with a single minimal-downtime operation, with permanent results.” *\$7,000-\$8,000, Kalos Facial Plastic Surgery, kalos-plasticsurgery.com, @kalosplastics*

Liquid Rhinoplasty

For those who can’t bare the knife, reshape your nose with the only alternative to surgery—a scalpel-free (yes, really) liquid rhino, recommends Jarmuz, which “uses an injectable filler to camouflage and reshape a nose.” Too good to be true? No, but “extremely technique-dependent, [it] requires a skilled aesthetic eye and hand.” Translation? Top doc needed. Results can last up to 1 ½ years. *From \$350, Buckhead Facial Plastic Surgery, buckheadfacial.com, @drjarmuz*

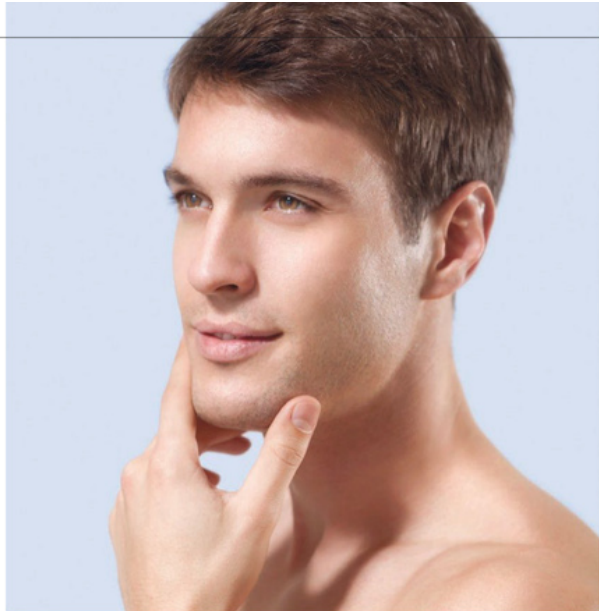
Radiesse

Radiance, meet Radiesse. A much less invasive and affordable op than rhino, it’s an injectable containing calcium hydroxylapatite that’s used for “smoothing the shape of the nose and filling small defects and scars,” says Taliaferro. Lasts 1 to 2 ½ years. *\$750-\$1,000, Atlanta Dermatology & Aesthetics, atlantadermatologyaesthetics.com, @atdermatology1*

LIPS

Restylane Silk

Fancy a plumper pout à la Kylie Jenner? Jarmuz recs Restylane Silk: The only hyaluronic acid



filler specifically FDA-approved for use around the mouth. Silk is the latest and greatest lip filler—“subtle, but enough volume,” she says. Aptly named, “it’s a refined filler, inject[ing] as smooth as silk, leaving precisely controlled volume and definition for creating youthful, fuller yet natural-looking lips.” Lasts up to 1 year. *From \$350, Buckhead Facial Plastic Surgery, buckheadfacial.com, @drjarmuz*

V to Y

Wanna take luscious lips to perm status? Enter V to Y surgical lip augmentation, a highly specialized and technical procedure, advises Stong. Upshot? Save time and C-notes on lip injections, plus no visible scarring. But, cautions Stong, “very few surgeons have even heard of the procedure, let alone have experience with it.” *About \$4,000 per lip, Kalos Facial Plastic Surgery, kalos-plasticsurgery.com, @kalosplastics*

Bruise-Free Lip Enhancement Injections

A fan of subtlety? Up your kissable game using hyaluronic acid fillers for natural-looking, more sensual lips, suggests Stong. Lasting up to six months, “[it’s] performed using the advanced micro-cannula injection technique

that eliminates bruises from needle injections,” he adds. *\$650 per syringe, Kalos Facial Plastic Surgery, kalos-plasticsurgery.com, @kalosplastics*

KNOW BEFORE YOU GO

Save face with surgeon selection. Board certification in plastic surgery is a must.

Do your homework. Education and skills need to add up.

This is no time to bargain-hunt. Skip the Groupon and flights to Mexico.

Experience matters. Look for docs who routinely perform the procedure.

Follow your gut. If it feels wrong, don’t do it.

Ask questions. Is it reversible? Ideal candidate? Complications? Before/after photos?

The hard sale equals bad news. Make sure your doc has your best interests in mind, not just your wallet.

Choose wisely. Find a doc that will be there if things don’t go perfectly.

Check your motivation. Ensure you’re meeting your own aesthetic goals, not someone else’s or the latest-of-the-moment fad.