

The Menopause Makeover: For When “Aging Gracefully” Gets Old

Lee's surgeon, Kaveh Alizadeh, MD, gave her a NaturaBra lift, which he describes as taking advantage of your own tissue: “We make it rounder and fuller, but not bigger. You get better cleavage; you don't need to wear a bra.” (The overall trend is for smaller, notes Farina, the patient-surgeon matchmaker, and that's especially true for middle-aged women. “As we age, our abdomens become boxier, and big boobs on top of that can look very matronly.”) At the same time, Lee got a tummy tuck, because as much as she worked out, “there's no exercise for getting rid of skin.” The surgery left her with perky boobs and six-pack abs that jibed with her mental image of herself...until she turned around and saw her back.

She jokes that her torso had a mullet—neat in the front, and a little shaggier out back. So a year later, she got her lower back and hips contoured, which requires less cutting through or tightening of muscle than a tummy tuck, but still results in “that snatched-waist look,” Alizadeh says. Lee knows she has not seen the last of Alizadeh—she's planning on an eventual facelift. “I think as you get older, you're so much more comfortable in your own skin,” she says. “So why not also enjoy the skin? Why wait until you're 70? I prefer to tweak as I go.”