

SPECIAL An inside look at the newest treatment.
Can you eliminate fat for good?

Secrets to stop stress: Feel better and look better fast.
These quick solutions can really change your life!

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**LOOK
SEXY
NOW!**

TAKE YEARS
OFF IN
SECONDS!

inside

**WRINKLE
ERASERS
THAT WORK**

**THE
FUTURE
OF BEAUTY
CREAMS**

the secret to
**DEFY
AGING**

THE ONE
THING YOU
NEED TO
KNOW

INSTANT FIXES
AMAZING BEFORE + AFTERS

THE BEST MAKEOVERS EVER!

CINDY CRAWFORD

...AND WHY
SHE LOOKS
HER BEST
AT AGE 50!
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FACELIFT BASICS

THIS SURGICAL PROCEDURE GENERATES DRAMATIC RESULTS; HERE'S WHAT YOU SHOULD KNOW ABOUT IT.

**AN INCISION IS MADE
AROUND THE EAR AND
THE SCARS USUALLY
BLEND IN WELL.**

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In order for your plastic surgeon to tighten loose skin and tissue, an incision (about two inches long) will be made above your ear behind your hairline, down the contour of your ear before looping around your earlobe and the back of your ear and ducking into your hairline. "If we're addressing the neck, an incision is made under the chin," says New York plastic surgeon Craig Allen Foster, MD. These incisions allow your surgeon to get to the underlying muscles and tissues. Post-surgery, the incision points are closed with stitches or staples. Once you are healed, scars are usually minimal.

**LOOSE SKIN IS
REMOVED AND
UNDERLYING
MUSCLES AND TISSUES
ARE TIGHTENED.**

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Once the incisions have been made, your plastic surgeon will tighten the muscles and tissues under your skin. "To do this, the skin on your cheeks, jawline and neck needs to be manipulated in such a way to get to the underlying layers of your face. The deeper layer, also called SMAS or fascia, is lifted and repositioned," says Mexico plastic surgeon Juan Carlos Fuentes, MD. Any fat that needs to be removed or added will be done at this time. From there, excess skin is removed and the skin is gently stitched back into place.

**THE GOAL IS TO MAKE
YOU LOOK LIKE AN
IMPROVED VERSION
OF YOURSELF.**

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"Facial rejuvenation is different today than it was years ago. It's all about lifting what needs to be repositioned to where it should be and filling in what's been lost so that you look like yourself, just younger," says Northborough, MA, plastic surgeon Cynthia Poulos, MD. "One of the biggest concerns patients have is that they'll look like they've had surgery, which means that the face is too tight or excessively pulled in the wrong direction. Nobody wants to look like they've had a facelift. They just want to look like themselves, only better."

**BE REALISTIC ABOUT
YOUR RECOVERY;
TAKE TWO WEEKS
OFF WORK.**

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"Some ads say you can have a facelift done during lunch or go back to work two days later, but that's not realistic," says New York facial plastic surgeon Andrew Jacono, MD. "There is major downtime with a facelift. After surgery, you'll need a few hours to wake up from the anesthesia. There may be drains under your skin to prevent blood and fluid from collecting. A week later, stitches are removed and you'll still be swollen, numb and bruised (it can take a few months to resolve). You'll want to stay home and keep activities to a minimum. With a mini-facelift, the recovery may be shorter because the procedure is not as extensive."

1
**A VISIBLE SCAR IN
FRONT OF EACH EAR**
The incisions used in a facelift should make for a barely detectable scar. If you see a big red scar that runs along the entire length of the ears, chances are they had a less-than-ideal facelift.

2
PIXIE EARS
When the ears look pulled, deformed or like they've been sewn onto the face, it's usually because too much skin was removed or unnecessary tension was placed on the incisions near the ear.

3
**SIDEBURNS THAT HAVE
MOVED UP OR ARE GONE**
A facelift shouldn't change the hairline. However, sometimes an incision needs to be placed above the ear and into the hair behind the sideburn and temple, which forces the sideburns and hairline to migrate upward.

4
**SKIN THAT LOOKS
STRETCHED OUT**
In some facelift patients, their skin looks so tight that it appears uncomfortable. The skin can also seem to have an odd draping to it. "It has to do with how the skin was redraped by the surgeon," says Dr. Foster.