

The Magazine About Beauty, Health And Wellness
Fall 2009

Glow

Slimdown Strategies

from
Gastric Band to
Virtual Boot Camp

Skin Refabrication

Beauty for Life

Blissful Sleep! Improved Hearing!

Advanced Treatments

Smile Secret

Look Younger,
Live Longer

Global Beauty Buzz

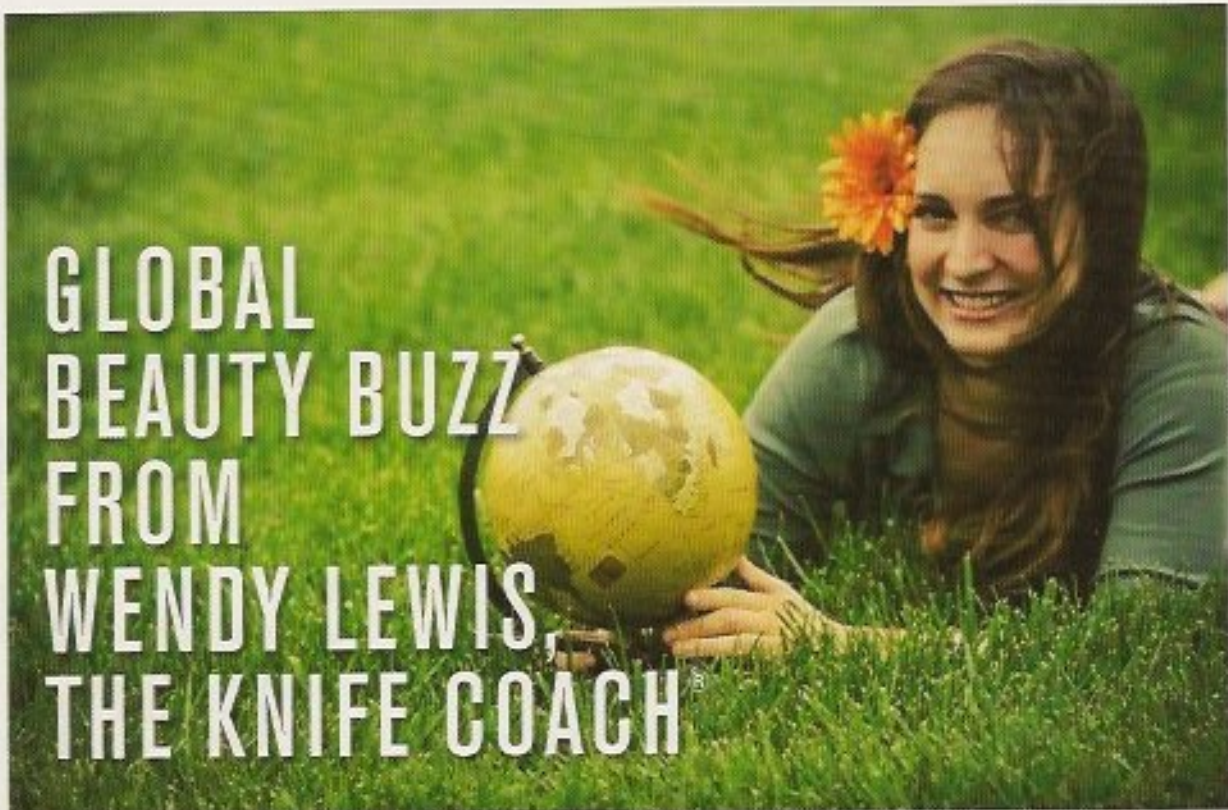
New FDA Products/Technologies

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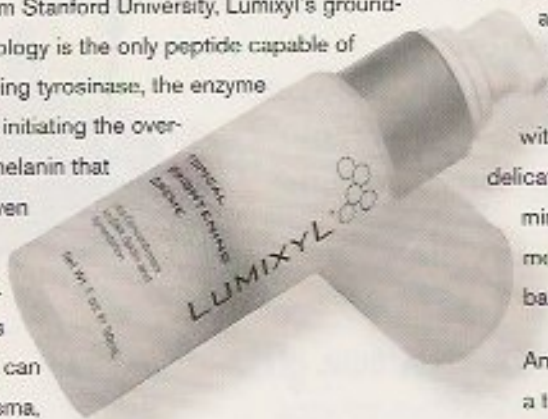


GLOBAL BEAUTY BUZZ FROM WENDY LEWIS, THE KNIFE COACH[®]

THE AMERICAN WAY

LIGHTEN UP WITH LUMIXYL[™]

Lumixyl[™], a non-toxic, non-irritating, synthetic peptide technology proven to significantly improve the appearance of unwanted discoloration, age spots, sun spots and uneven skin tone, is now available to help consumers achieve picture perfect skin. A hydroquinone alternative, this new skin brightening/lightening creme can be found in leading physicians' offices. Developed by dermatological researchers from Stanford University, Lumixyl's groundbreaking technology is the only peptide capable of directly restraining tyrosinase, the enzyme responsible for initiating the over-production of melanin that can cause uneven pigmentation and dark spots. Lumixyl lightens dark spots and can help with melasma,



sun damage and uneven pigmentation. Available only at physicians' offices. www.lumixyl.com

LESS INVASIVE LIFTING

Major surgeries took a dip as the economy declined, and consumers are watching their spending. However, less invasive techniques are gaining momentum, and new tools and high tech systems are coming of age. The Harmonic Scalpel[®] is an ultrasonic device now being used in face- and necklift surgery, as well as in tummy tucks and body lifts after massive weight loss. This patented surgical system powers the scalpel or cutting tool with ultrasonic energy so surgeons can glide through delicate tissues without creating trauma. The result is minimized bleeding and faster procedures, which means less anesthetic is needed, and you can spring back faster, too.

Another unique invention is the Endotine[®] Ribbon, a thin, dissolvable holding device that has tiny prongs

and looks like one of those twisty ties you use for trash bags. The surgeon makes a slit incision somewhere above the ear or in the hairline so you can't see it, places this little device down to the middle of the face, and then lifts it to the hairline in an upward and/or outward direction. The ribbon holds the tissues up and the body naturally absorbs it in six months to a year, but by that time bundles of collagen have formed to hold things in place. It works well for necks and descending cheeks to tighten without big scars or major surgery.

BODY SHAPERS

Zerona™ is a new non-invasive body contouring system that uses a low-level laser to emit a beam of light that targets the fat cells beneath the skin. The Erchonia® Laser Scanner causes the destruction of fatty tissue. The excess fat is then metabolized and passes through the body normally. The Zerona™ treatment takes about a half hour and requires six treatment sessions over a two week period.

EUROPEAN FILE

BOTOX, THE NEXT GENERATION

It seems that BOTOX® is getting injected just about everywhere these days, including in acne spots to inhibit oil gland production, and in armpits to combat sweat. Watch for two more variations of neurotoxins to soften wrinkles coming stateside soon. NT-201 or Xeomin (Merz) and Purtox (Mentor/Ethicon) are in the running for FDA approval sometime in 2010. The difference with these two products is that they are free of proteins. This may have advantages for people who are resistant to BOTOX® and the newest brand in the US called Dysport®.

FILL OR BE FILLED

Atlean® (Stiefel/Glaxo) is a one two punch for aging faces. It is a hybrid of "tricalcium phosphate" particles in hyaluronic acid gel, so it acts in two ways: to fill creases and stimulate new collagen. It is used



You will be instructed to drink plenty of fluids and wear a compression garment during the two weeks for best results. After about one week, you can see improvement.

PAIN-FREE FILLERS

Prevelle® Silk (Mentor/Ethicon) was the first hyaluronic acid gel filler with anesthetic to be marketed in the US, but many more are on the way soon. Juvederm® Ultra, which contains lidocaine, was launched in 2008 in Europe, and to follow suit, Restylane® Lido and Perlane® Lido were launched this year. Radiesse® (Bioform Medical) received FDA clearance for its method of mixing its wrinkle-fighting injection with local anesthetic lidocaine. Although many experienced injectors in the US are now adding anesthetic agents to the syringes they use for many commercially available fillers, the addition of lidocaine is poised to become the new gold standard for future fillers to take the ouch out of the equation.



to remodel and sculpt facial areas, such as cheeks and deep nose-to-mouth grooves. Another facial sculpting agent on the horizon is

Juvederm® VOLUMA (Allergan), the thickest and more voluminous to date. Injected deeply, Juvederm® VOLUMA creates Angelina Jolie cheekbones and a defined Charlize

Theron jawline. After 10 years, SCULPTRA AESTHETIC (Sanofi Aventis) is now approved in the USA for cosmetic uses, to the joy of plastic surgeons and dermatologists who have found exciting ways to use this unique tissue

remodeling product to restore volume and lifting sagging cheeks and chins. www.sculptraaesthetic.com

NEW SKIN

Biorejuvenation involves injecting solutions containing hyaluronic acid, vitamins, antioxidants and amino acids to improve skin quality. In France, it is often referred to as "mesolift". The Restylane® (Q-Med) family recently launched Restylane® Vital Light, a fine, diluted variation of the ever popular Restylane® Vital that rehydrates dry, deflated faces, hands and chests, most like turning a wrinkled raisin into a plump, juicy plum. Restylane® Vital Light comes in a handheld device with super short fine needles to make it faster and easier for the technician to do a treatment.

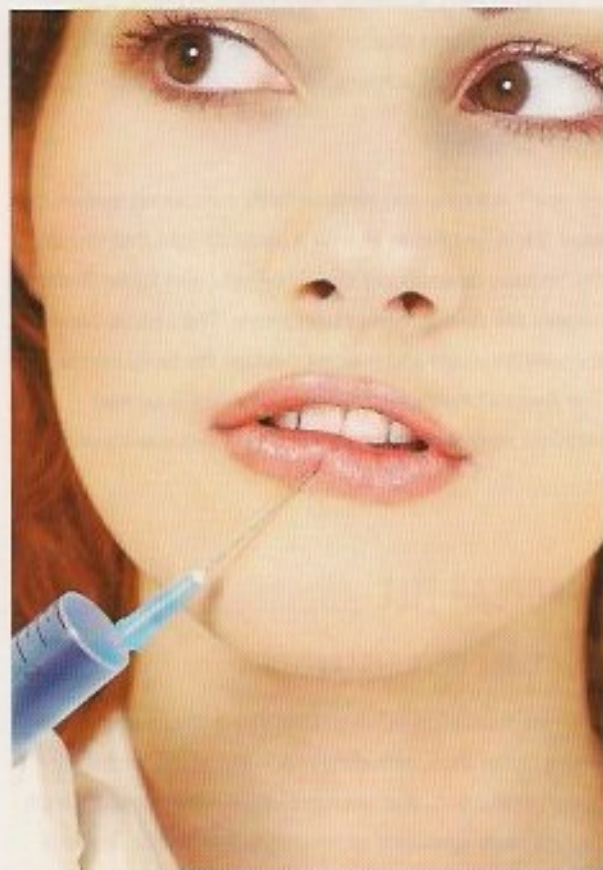
WEAPONS OF MASS DESTRUCTION

Non-surgical fat blasting and body shaping techniques are taking the cosmetic beauty world by storm. The newest fat reducing system launched in Europe is the LipoSonix® system marketed by Medicis, the company that has Restylane® in North America. It uses focused, high intensity ultrasound energy to cause heat destruction of fat cells without causing damage to the skin's surface. The ultrasound beam goes beneath the epidermis to do the work of reducing bulges and volume where you don't want it, like on your thighs and hips. Invasix® Body Tite is an innovative twist on radio frequency technology for body contouring. This new energy assisted liposuction system uses RF energy to zap fat cells faster and more efficiently so skin gets tightened at the same time. Because it coagulates blood vessels as it goes, there is minimal bruising. It can be used to reduce fat on the face, saddle bags, chin, inner thighs, buttocks, love handles, tummy, hips and knees. While removing excess fat deposits, this device can help firm, tone and shape as well as improve skin texture. Size reduction results are promising, and if they succeed, you can bet that clinics will be popping up in every strip

mall in America. Both technologies are currently awaiting FDA approval.

READ MY LIPS

EVOLENCE® Breeze is a collagen-based dermal filler that provides long lasting treatment to enhance facial areas, and especially the lips. The results are immediate, with



minimal to no downtime, swelling or bruising, and clinically proven to last about 12 months. Due to its more finely textured consistency, it is ideal for use in lips. EVOLENCE® Breeze replaces collagen, which naturally depletes as you age, and adds volume to contour, fill and augment the upper and lower lips and nasolabial folds. Approved in Europe and Canada, EVOLENCE® Breeze is awaiting FDA approval next year. However, the first generation of EVOLENCE® is widely used all over the US and the rest of the world. www.evotence.com ♦