

FIND the ONE

Sometimes a single cosmetic enhancement procedure can have the biggest impact. We treated three real women to one miracle-working procedure each to help them refresh themselves this spring.

BY AMANPREET DHAMI

Non-invasive cosmetic procedures provide quick but life-changing results, cost less, take less time to complete and allow for an easy recovery without a vast interruption of one's daily life. For many women, these cosmetic pick-me-ups are a no-brainer. Although it's easy to put together a laundry list of cosmetic procedures to get done, often a single procedure that will have the most impact gives the best results.

We recently treated three beautiful women—each of different ages, backgrounds and stages in life—to one mega-impact non-invasive cosmetic procedure that addressed their most pressing physical concerns. The results were fabulous! By selecting the right treatment for each woman based on her primary concerns and influencing lifestyle factors, each individual walked out of her treatment looking better and, more importantly, feeling more confident, refreshed and ready to take on the world all over again!



e DID YOU SEE HER OUTFIT?

Have you fallen in love with the stunning outfits worn by each of these gorgeous women? Learn more about Code Vitesse, a homegrown clothing line meant to fit and flatter real women, at elevatemagazine.com.

HAIR: MONIQUE FROM STYLU; MAKEUP: KATHERINE TORREZ FROM STYLU; PHOTOGRAPHY: ALVARO GOVEIA; WARDROBE STYLING: AMANPREET DHAMI; CLOTHING: CODE VITESSE; JEWELLERY: LIEL AND LENTZ



A MILLION-DOLLAR SMILE

CRISTINA FUSCA, 32

OCCUPATION

Early-childhood educator teaching full-day kindergarten in the school board.

Despite being busy, Cristina makes taking care of herself—both inside and out—a personal priority. She loves red wine and peppermint tea, so she admitted that her teeth needed a whitening pick-me-up.

“

I work with children, and I'm always smiling and laughing. My teeth are always showing, so teeth whitening was something I was really interested in. I was always afraid to wear darker shades of lipstick because they made my teeth stand out more. Now I feel more comfortable!

”

BEFORE



AFTER



THE PROCEDURE: A professional at-home and in-office, higher end whitening treatment by Dr. Vasant Ramlaggan, DDS, HBSc, a dentist at Midtown Dental

Cristina completed Midtown Dental's higher-end, professional at-home and in-office whitening. "Whitening works by opening up the dental tubules [similar to a sponge] that hold onto our regular day-to-day stains," explains Dr. Ramlaggan. "Wine and coffee stains are easily lifted and removed. A professional whitening system will bring out the natural whiteness of your enamel and give you a whiter smile."

As a woman with healthy gums, low sensitivity and no seen fillings or crowns on her front teeth, Cristina was an ideal candidate for this whitening system, which involved a combina-

tion of professional take-home and in-office whitening, including custom-fitted trays in a special sequence. The in-office portion lasted 1 1/2 hours, and Cristina was given a recommended list of foods and drinks with minimal colour and dyes for the first 48 hours following treatment, which is when teeth can absorb stains until they become rehydrated. Cristina experienced the typical post-sensitivity treatment that Dr. Ramlaggan calls "zings" for the first one or two days, but this was easily resolved with an over-the-counter anti-inflammatory and the use of a sensitivity toothpaste twice a day when brushing. This toothpaste can also be applied to the at-home whitening trays and worn on the teeth for 30 minutes for relief. Professional whitening treatments can last up to two years when well maintained by the patient.



COST: \$795

WARDROBE: TOP, CODEVITESSE.COM; EARRINGS: GOLD TRIBUS DROP, LIELANDLENTZ.COM

BEAUTIFULLY GLOWING SKIN

MANJU DAS, 41

OCCUPATION

Project manager at a financial institution in Toronto

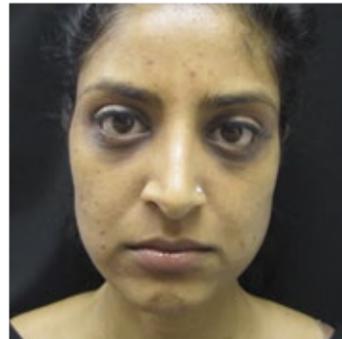
Manju is always busy, mainly because she commutes to work from Scarborough, Ont., but she eats a balanced diet and hits the gym three times a week despite her demanding job. When it comes to her skin-care regimen, though, Manju isn't as diligent. Although she has her cleansing ritual down, she finds it difficult to select serums and products that work for her skin type and hasn't found a sunscreen she likes enough to feel comfortable wearing regularly. Knowing that she could do a better job of taking care of her skin, Manju looked to this makeover experience as an opportunity to try something different with her skin and address the fine lines that she's starting to notice.

“

I wasn't really sure about the facials when I first heard about them, but I really enjoyed the OxyGeneo! My skin looks firmer and very bright. The treatment was very interesting, and the last part was so relaxing that I fell asleep.

”

BEFORE



THE PROCEDURE: OxyGeneo 3-in-1 Facial plus TriPollar by Dr. Martie Gidon, MD, FRCPC, FAAD, a cosmetic dermatologist at Gidon Aesthetics & MediSpa

Manju received three treatments of the OxyGeneo 3-in-1 Facial plus TriPollar once a week for three consecutive weeks. “Manju had some skin dullness, pigmentation and mild scarring from old acne,” says Dr. Gidon. “She is beginning to show some skin laxity that can be tightened by the TriPollar radio frequency hand piece.”

The OxyGeneo facial performs three functions: exfoliation, oxygenation and infusion of a concentrated serum. For Manju, Dr. Gidon chose the Neo-Bright serum, one of two infusions in the OxyGeneo skin treatment. The skin treatment relies on the body's Bohr effect, where the blood releases oxygen in the presence of high levels of carbon dioxide.

“The impact on the skin is a smoother texture,

smaller pores, fewer wrinkles, improved tone and glowing skin,” explains Dr. Gidon. This is followed by the use of the TriPollar hand piece for 25 minutes, which tightens skin through the use of radio frequency. The OxyGeneo plus TriPollar works great on darker skin tones, making Manju a strong candidate for the treatment.

Although a single treatment of OxyGeneo can be great before a special occasion, a full-treatment protocol combining TriPollar is a series of six treatments over six weeks. One treatment lasts for five to 15 days, varying by individual. The OxyGeneo should be maintained after the full protocol every four to six weeks, while the TriPollar can be done every six months. “Manju enjoyed the treatment and found it relaxing,” says Dr. Gidon. “She felt that her skin was smoother, brighter and tighter and would continue on with the treatments. She also had an improvement in her acne without any acne treatments.”



COST: \$1,500 for a series of six treatments once a week with the TriPollar hand piece. A single OxyGeneo with TriPollar skin-tightening treatment is \$250.

WARDROBE: TOP AND SHAWL, CODEVITSE.COM; NECKLACE: SHORT NECKLACE MIRAGE, CAROLINERON.COM



FACT:

In 2016, according to the American Society for Aesthetic Plastic Surgery, there was a seven per cent increase from 2015 in people opting for non-invasive procedures.



“ I am very happy. It’s like a new and refreshed look with no downtime. I could see the difference before I left the clinic, and there was no discomfort with the treatment process because Dr. Kolenda was very reassuring. ”

MICHEL’S REJUVENATED VISAGE

MICHEL HYNES, 53

OCCUPATION

Child care worker

Michel lives a simple lifestyle. She enjoys yoga, working out, having dinner with friends and family and going up north in the warmer season. Between balancing work and family responsibilities, Michel appreciates her time to herself, and that includes taking care of her skin. She washes her makeup off after stepping into her home for the night, making sure to follow up with her favourite skin care. Since she suffers from rosacea, she gets intense pulsed light treatments every four weeks. Although Michel had neuromodulators done in the past in the form of Botox, it was her first time experiencing Dysport and her first time getting fillers done.

BEFORE



THE PROCEDURE:

Non-surgical facelift using Dysport neurotoxin and Restylane fillers by Dr. Jack Kolenda, MD, FRCS, an otolaryngologist and head and neck surgeon specializing in facial plastic surgery and medical director of Verso Surgery Centre in Oakville, Ont.

Dr. Kolenda used the neurotoxin Dysport and a combination of dermal fillers from Restylane to help meet Michel’s goal of looking younger but still natural. “Michel looked tired,” he says. “She had typical aging signs for her age group, which were hollowness in the temples and volume loss in her mid-face, and she started to develop puppet lines. She also showed aging in both her jawline and neck.” Dr. Kolenda used 11 Restylane filler syringes and 123 units of Dysport for Michel’s new, refreshed look.



COST: \$1,000 to \$4,000

“Using Dysport, a neurotoxin to relax lines and change specific expressive features, we were able to stop active wrinkling, achieve a gentle brow lift, improve marionette lines and re-drape the neck area,” says Dr. Kolenda. The family of Restylane fillers did the rest of the work: Volyme, which is used for volumizing areas, was placed in the temples, cheek and jawline; Refyne subtly improved Michel’s laugh lines; and Defyne, a versatile filler, was used to correct her marionette lines [the lines that run straight down from the corner of your mouth], nasolabial folds around the mouth and to add volume to the front of Michel’s cheeks. Touchups are required after a year.

“Michel looked younger and more rested,” says Dr. Kolenda. “An injectable facelift provides immediate gratification and is perfect for those who aren’t ready for surgical interventions. There’s a stigma associated with neurotoxins and fillers. Whenever these words are mentioned, people have a skewed perception that you will automatically look fake, like some Hollywood celebrities. But when injected properly, these treatments restore natural beauty and help you look well rested and refreshed.”



GET DOLLED UP, WHEREVER YOU ARE!

Stylu, an on-demand beauty service app, sends beauty professionals straight to you.

“I’m a hairstylist myself and owner of the award-winning salon Hairafter Salon & Spa,” says Justin Colombo, who founded Stylu, an on-demand beauty app that offers beauty services in the comfort of your home to reconcile this void in the market. “I found it difficult to get affordable, salon-quality services sent directly to the client.” Simply download the

app to your phone, create an account and choose the beauty service you want and where you want it done. Whether it’s a blowout at home two hours before a party or full-face makeup for a bridal party, your beauty needs will be covered. “All professionals are hand-picked and required to have years of experience, and they must pass through a

rigorous vetting process before joining the Stylu network,” says Colombo. The quality of beauty services attests to that. The Stylu artists effortlessly created sexy hair and fresh-faced makeup for Cristina, Manju and Michel on-set for the photos you see here. Leave your next updo for that big event coming up to Stylu and turn heads! ☺