

RADIANT & *rejuvenated*

FRESHENED FACE

DR. CORY S. GOLDBERG, MD, FR CSC, FACS, *Cosmetic plastic and craniofacial surgeon corygoldbergmd.com*

Since Janice is a bit older and worshipped the sun from a young age, she showed typical signs of advanced physical aging. "She showed a lot of expression and worry lines, extensive glabella and forehead lines and crow's feet," explains Dr. Goldberg. "Overall, Janice's volume loss was very significant, especially in the jowls and neck. The use of fillers for the jowls is more of a camouflage technique, as you can inject filler around these areas, but you can't lift anything." To address the jowls, fully invasive surgery would be required. "With the neck, you can't address it with fillers at all," he clarifies.

According to Dr. Goldberg, Janice is on the threshold of results, as fillers and injectables can't address her skin's surface and extensive sun damage. Janice would benefit from a skin-tightening procedure called Thermage: "Our skin is our canvas," he says. Janice needs "a topical skin-care plan, oral nutraceuticals for added nutrients to the skin and thermal skin-tightening procedures for a smoother finish." The ideal results would be achieved with all of the above, plus a surgical neck and facelift because of the amount of loose skin.



BEFORE

COST Dysport, 92 units, \$900; Restylane and Perlane, 12 cc's, \$6,000

SKIN REGIMEN START-UP

PETRA HUGHES, *Head Medical Aesthetician Edelstein Cosmetic, edelsteincosmetic.com*

The next step: Janice's skin consultation with Petra Hughes of Edelstein Cosmetic. "At first glance, Janice had lots of hyperpigmentation, redness, sensitive-looking areas and dullness due to a lack of exfoliation." Hughes put together a comprehensive at-home care system from Vivier Pharma, a Canadian medical skin-care line sold only in medical offices. Vivier prides itself on combining a variety of active ingredients into each formula to give patients immediate results.

Janice's SKIN PRESCRIPTION

VivierSkin Vitamin C Scrub, \$39
This scrub evens out skin tone and texture to allow for better product absorption



VivierSkin Retinol 1% Night Repair, \$98
This complex improves wrinkles and skin texture



VivierSkin Wrinkle Relief System, \$286 Rich in antioxidants, this wrinkle treatment system hydrates skin and targets deep lines, wrinkles and skin laxity



Two SkinTx Jessner Plus professional resurfacing procedures, \$195 each
These peels address sun damage and smoothen and tighten the skin. The 15-minute in-office treatment causes mild peeling and flaking for three to five days and restores skin's youthful glow



SPEEDY SMILE UPDATE

DR. VASANT RAMLAGGAN, DDS, *Midtown Dental, midtowndental.ca*

When Dr. Ramlaggan met with Janice, her teeth were quite yellow and showed signs of wear and damage at the sides. "Janice was provided with an in-office whitening treatment with a registered dental professional to give her smile a quick update," explains Dr. Ramlaggan. "She was also given a take-home kit and

custom-fitted trays to enhance and maintain the results of her in-office session."

However, Dr. Ramlaggan felt that Janice could benefit from a more involved, invasive dental overhaul to get her teeth back to their optimal health and appearance. "She has a lot of wear on the edges of her teeth, unaligned teeth, spaces and damage due to grinding, abrasion and buildup," explains Dr. Ramlaggan. She could benefit from a straightening and smile makeover to improve the length and proportions of her teeth, close up gaps, correct

lower crowding and achieve a better bite and smile overall. Such a makeover would give her a more youthful appearance. Building back her shortened teeth would also reduce her facial wrinkle lines, he explains.

COST Whitening treatment, \$595



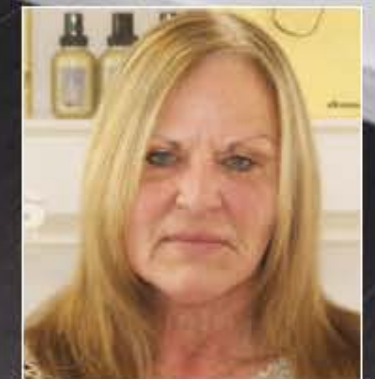
BEFORE



HAIR UPGRADE

DOMENICIANNUZZI, *Hairstylist, Ikon Salon, ikonsalon.ca*

When Domenic first met with Janice, she mentioned that she was having trouble growing her hair past a certain length for Cheryl's wedding. Recognizing this, Iannuzzi reshaped her hair into a flattering, elongated look by removing bulk and weight from the sides to prevent flatness at the top and wideness at the cheeks. "This creates an illusion of length," says Iannuzzi. "The style is much softer and grows out well." For colour, Ani Travassos, Ikon's lead colourist, gave Janice a fresh start. There was too much going on in terms of colour, so she added depth by enriching her base colour with natural tones, followed by dimensional highlights throughout the new cut.



NOURISHING & COMPLEMENTARY MINERAL MAKEUP

JENNA SARDO, *National Glo Educator, glo minerals canada.gloprofessional.com*

Glo minerals makeup works to transform the skin as it protects the skin and provides dermatological results. Known for use after chemical peels, injectables and laser procedures, this line will give Janice and Cheryl healthier, more luminous complexions. Rich in minerals and nourishing ingredients, glo minerals protects and enhances a patient's results after treatment.

GLOWING & FRESH FOR DAY

Janice tends to work outdoors or in environments with dry air, so Sardo wanted her daily makeup look to be dewy and fresh. She used Luxe Liquid Foundation (\$64), which provides luminosity, moisture and

UV protection. Next, she used glo minerals Redness Relief Powder (\$32), with calming agents like honeysuckle, green tea, caffeine and zinc oxide, to negate the redness on Janice's skin. Although these were only two of the many products applied, Janice commented on how light the makeup feels when worn and how it lets her skin breathe.

SUGAR PLUM BEAUTY FOR EVENING

Janice likes to play with more colour for evening, so she centred on a plum smokey eye, using the Eye Shadow Trio in Amethyst (\$34) to complement her green eyes, and a rich berry lip colour. To brighten and open up her eyes, Sardo applied a thin liner on the upper lids and Precision Eye Pencil in Peach (\$16) on her waterline.