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FEB./MARCH 2009 \$3.95 US



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Naima Imani Lett
Acting on a Dream!



CONTRIBUTORS



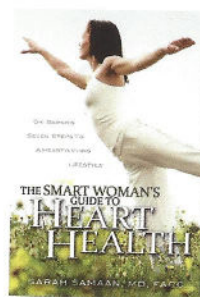
Dr. Fiona Wright is one of the most respected and sought after physicians in the field of aesthetic medicine. With her extensive experience, artistry and aesthetic skills, Dr. Wright received the ABI National Award for Great Women of the 21st Century in the field of Aesthetic Medicine.

Dr. Wright was also nominated and honored in the published book, *Medicine Men* which showcased the top physicians in the state of Texas. She was the only woman in the state honored in the field of cosmetic dermatology and the only physician in this field in the Dallas/Fort Worth area. Dr. Wright is also proud to be the only physician in the Dallas/Fort Worth Metroplex to receive the coveted honor of a Diamond Elite Status with Botox Cosmetic and Facial Fillers and with this, is ranked #1 in North Texas for Non-Surgical Cosmetic Enhancements and Skin Care.

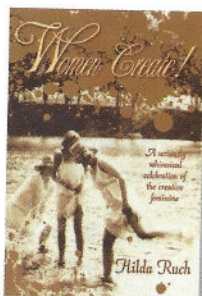
Dr. Sarah Samaan has been practicing medicine in Plano since 1995 and has been with Legacy Heart Center since 2002. She serves on the Medical Research Committee and is co-chair of the Echocardiography Laboratory of Legacy Heart Center.

She was named as a "Texas Super Doctor" by *Texas Monthly* for 2006, 2007 and 2008. "Texas Super Doctors" are chosen through a poll of doctors and nurses across the state as well as through independent research.

In her practice Dr. Samaan focuses on preventative heart care and how people can help themselves avoid heart problems through diet, exercise and controlling cholesterol. She is the author of *The Smart Woman's Guide to Heart Health*, released in February 2009. www.smartwomanshearthealth.com



When **Hilda Ruch** isn't speaking at events or writing, she teaches Creative Process at The University of Texas at Dallas. She was asked to develop the course as a result of her research for *Women Create! A Seriously Whimsical Celebration of The Creative Feminine*. She has worked in Dallas for more than 25 years where she maintained an independent counseling practice working with women and couples. At the same time she was the director of education at The Lamplighter School, an innovative, independent school for young children. Hilda has also taught courses at Texas A&M University at Commerce, The University of Texas at Arlington, Richland College and Brookhaven College.



Joy Gendusa is a marketing guru and founder of the direct-mail marketing firm, PostcardMania. Using a powerful, simple, extremely cost effective way of communicating with customers has earned her *Inc Magazine's* recognition as the nation's fastest growing direct mail postcard-marketing firm with year 2007 revenues estimated at \$19 million.

Gendusa began PostcardMania in 1998 with zero investment capital. Today, her Clearwater, Florida firm employs over 160 people, and prints four million and mails two million postcards representing more than 33,000 customers in over 350 industries each week. Visit her web site at www.postcardmania.com.





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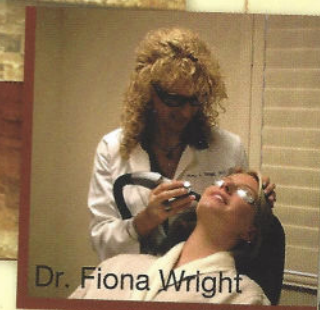
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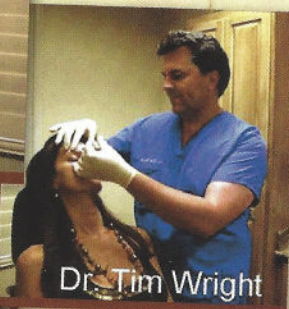
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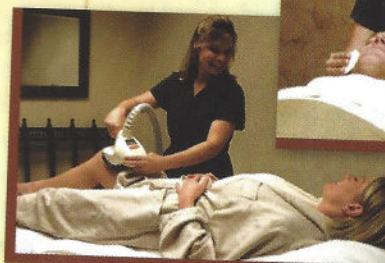
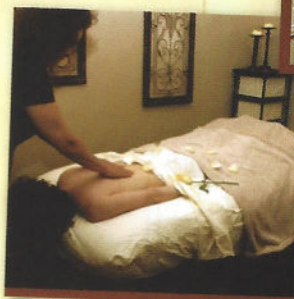


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Top 5 Nonsurgical Skin Treatments for 2009!

By Dr. Fiona Wright

Your skin shouldn't suffer even though the economy's taken a down-turn. From wrinkle injections, to laser treatments, to the muscle-relaxing effects of Botox®, a world of easy and affordable options awaits you. Avoid the surgeon's knife and try these simple and inexpensive treatments that continue to be favorites in Dallas.

In my medical clinic and day spa there continues to be a whirlwind of cosmetic procedures that celebrities, mothers and men go through on a monthly basis. Perhaps you're noticing the first signs of premature aging and would like a less invasive, quick fix. Or maybe you'd like to explore nonsurgical options before committing to cosmetic surgery. Either way, you may be a candidate for one of the biggest booms in self-improvement – skin treatments designed to update your looks without the drama, downtime, or cost of an operation.

1 Botox®

Without question, the most popular wrinkle treatment – in fact, the most popular cosmetic procedure of any kind – is Botox. The use of Botox for lines and wrinkles in the face is nothing new. In fact, the use of Botox has become so popular, it is now considered to be a common pampering procedure. However, from celebrities to regulars alike, my patients are now enjoying the new uses for Botox that are available. Botox, which is best known for removing frown lines and crow's feet, is now offering a new look. In the hands of a physician experienced in advanced techniques with Botox, you can recreate a new lip line and smile, give yourself a brow lift, open your eyes for a more dramatic look, and you can even soften your neck lines and lift your jowls.

2 Wrinkle Injections

The second most popular procedure in my clinic is facial fillers. By far, the most common site is the lips; then the cheeks and nasal lines. Since more fat in the face provides a younger appearance, we often fill any line, wrinkle, groove, or hollow appearing spot on the face including jowls, acne scars, and chicken pox scars. As the face ages, our cheeks flatten as volume descends and disappears. Cosmetic physicians now focus on rebalancing this volume change. By injecting temporary and natural fillers (Juvaderm®, Restylane®) we can plump up sunken skin under the eyes and mask dark circles or restructure the nose without the need for surgery. Larger volume fillers, such as Perlane®, are also excellent for recontouring cheeks, lifting jowls and reducing deep facial creases. Before you commit to long-lasting treatments, try these natural temporary fillers to make sure you like the results.

3 Microdermabrasion

Precise and pain-free, microdermabrasion is best for ultra-fine lines, rejuvenating the complexion, increasing skin tone and color, and helping topical products penetrate more deeply and work better. It is not suggested for serious lines or wrinkles, and it won't help sagging skin or drooping jowls.

A standard microdermabrasion uses a vacuum suction device, in tandem with a mild chemical crystal, to remove the top layer of skin cells. This brings new, more evenly-textured skin to the surface. When incorporating this treatment with other anti-aging options, such as masks or oxygen therapy, I find it to be one of the quickest ways to rejuvenate and revitalize your skin.

4 Laser Skin Tightening

Laser Skin Tightening is a unique facial rejuvenation option that produces dramatic results and has quickly become the #1 laser treatment with my patients. It effectively reduces the appearance of wrinkles and loose skin for a smoother and more youthful appearance. Our Lux Lift is a minimally invasive, nonsurgical process that uses an infrared light source (a laser) to tighten skin by heating the collagen under the skin's surface, causing the skin to contract (tighten). It has been my experience that many machines overpromise and under produce, so be sure to consult with your doctor on what the expected results should be and make sure that you see their patient photos (not industry generics). Our patients notice skin tightening immediately after each treatment, and there is no downtime, making this an increasingly popular procedure. Skin tightening for the jowls and nasal folds, and fine lines around the eyes and mouth benefit most from this treatment, but it can be used almost anywhere. Additional skin tightening occurs over the next few months, but optimal results usually require three to five treatments about a month apart.

5 Laser Hair Removal

Women report that while it may not make you look younger, laser hair removal – the fifth most common nonsurgical cosmetic treatment – can make you look better and even feel more confident. Patients with unwanted facial or body hair (on most areas) can be treated. The most common areas I treat are the legs, underarms, back, face, upper lip, neck, chest, bikini line and stomach. The best candidates are light skinned with dark hair, but our laser also offers hair reduction for both light- and dark-skinned patients. Results are dependent on many factors including skin color, hair color, coarseness of the hair, exposure to the sun and energy level of the laser. Patients require at least five treatments every six to eight weeks to target hairs that might have been in the sleeping phase (telogen) during treatment. After laser treatments, some patients notice a dramatic reduction in the number of hairs and a decrease in rate of hair growth. With the right laser and the right technician, permanent reduction of up to 90 percent can be achieved.

With 2008 finished, many of us are now focused on what 2009 may bring. For some, this will be a year of self improvement, and for others it means maintaining your youthful appearance. All of my patients – by addressing their troubled spots with these nonsurgical, weekend rejuvenators – find the results amazing and receive unsolicited comments from friends and family that their skin looks tighter, more lifted, younger and refreshed.

"Wrinkle fillers are among the quickest and easiest ways to instantly take years off your face – with startling results in under 30 minutes. Most women can get an injection in the afternoon and show up at dinner looking ten or more years younger!"

