

ADDISON

THE MAGAZINE OF THE NORTH DALLAS CORRIDOR

fall 2011

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STYLE SAVANTS

8 WELL-DRESSED PEOPLE IN THE CORRIDOR

PREMIER
PUBLIC EDUCATION
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WINNERS
2011 READERS'
CHOICE AWARDS





BEAUTY/IMAGE

style. pamper. indulge.

Turn Back the Clock

How to look younger without going under the knife



"Pain is beauty." We've heard that one before. But thanks to cosmetic research and innovations, beauty does not first require going under the knife.

By Lauren Silver

L'Image

Hairstyles, products and accessories trends for the fall season

Skin M.D. and Beyond

How to keep your skin looking healthy and youthful

The Event Hair Salon

Up-to-date hairstyle trends for the fall

Many surgical cosmetic procedures are shifting to minimally-invasive techniques, which involve less pain, scarring, complications and recovery time. Non-surgical procedures have also increased in accessibility and affordability. They accounted for 83 percent of

all cosmetic procedures in 2010, yet accounted for just 38 percent of the total expenditures, according to the American Society for Aesthetic Plastic Surgery.

Following are a few cosmetic procedures that opt for "cutting-edge" tools of the trade – but leave the knife out of it.

BRIGHTEN & TIGHTEN BOTOX

For those of us with lines and wrinkles on our faces, one of the most popular fixes is a simple Botox injection. Botox is most effective on forehead lines, frown lines and crow's feet. A Botox procedure takes just a few minutes, requires no anesthesia and uses a fine needle. The Botox blocks nerve signals to specific muscles, which leaves them paralyzed so the skin can relax and the wrinkle can soften. The treatment effects usually last from four to six months. Lines do re-appear as muscle action returns, but are often less severe because Botox trains the muscles to relax.

Botox procedures are designed to have nearly non-existent recovery time. You can return to work immediately after treatment, although there are a few post-procedure rules. For example, you should not lie down four to five hours afterward, and avoid strenuous exercise and rubbing the injected area for 24 hours.

CHEMICAL PEELS

A chemical peel procedure is completely non-invasive and is typically performed on the face, neck or hands. It can reduce fine lines, brighten dull skin and reduce spotting, dark patches and the appearance of mild scarring. Unlike Botox, chemical peels can reduce wrinkles that are a result from sun damage. The skin is thoroughly cleaned to remove excess oils during the procedure. Then, one or more chemical solutions are applied to the skin to initiate a controlled wound that eventually reveals new and regenerated skin.

After the procedure, a sunburn-like reaction occurs. The reaction typically ends within three to seven days. Deeper chemical peels have more severe reactions, such as swelling or water blisters that should end within 14 days. New skin is typically more sensitive to sun and may be more prone to scarring, so be careful post-procedure!

MICRODERMABRASION

Microdermabrasion is a less extreme, cheaper, nonsurgical version of dermabrasion (which involves freezing the skin) and an alternative to the chemical peel. Think of a precise and gentle form of sandblasting. Tiny crystals are sprayed on the skin to exfoliate and remove the dead outer layer. This erases fine lines, dull skin, brown spots, mild acne scars and age spots. It works to create softer, more youthful-looking skin for people of all skin types and colors.

Skin fully recovers in 24 hours and there is no anesthesia or bleeding of the skin, which can occur during dermabrasion. Side effects of microdermabrasion are usually only dry skin for about 24 hours and possible minor irritation of the eyes from stray crystals. With zero recovery time, this procedure is perfect for the woman who can't afford any downtime.

5 MOST COMMON NON-SURGICAL PROCEDURES:

BOTULINUM TOXIN (BOTOX) TYPE A
HYALURONIC ACID

laser skin resurfacing **LASER HAIR REMOVAL** *Chemical peels*

7,107,082
WOMEN HAD NON-SURGICAL PROCEDURES IN 2010.

SLIM & TRIM SOLUTIONS FOR CELLULITE

Most women will develop cellulite in their lifetime. It is a purely cosmetic problem – cellulite causes no medical harm. Most treatments can minimize the appearance of cellulite temporarily, but generally do not destroy it. For some women, losing a few pounds can reduce the appearance of cellulite. Other treatments include radiofrequency, laser treatments, body wraps and massage and suction techniques. Radiofrequency devices use heat to damage underlying fat and tissue in order to encourage skin tightening. Laser devices do the same, but also target the body's

Continued on page 57

HAIR TAKES NEW TWISTS AND TURNS AT L'IMAGE DALLAS

The experienced stylists at L'Image Dallas are looking ahead to an exciting fall hair season. One of the newest trends for fall is the move away from straight, flat-ironed hair to a new, chunky waved look. The stylists at L'Image can show you exactly how to achieve this new trend by misting the hair lightly with Mast-Peters Sea Volume spray and then applying a light mist of their Control Issues Hair Spray. The hair is then twisted from roots to ends in one inch sections and allowed to dry.

For those wanting shorter looks, L'Image is showing great new versions for the classic bob. Always popular, the new bobs for 2011 are done with messy, choppy layering. Then they are blow-dried quickly with Mast-Peters Smooth Move leave-in glosser. The hair achieves a highly-polished look with nice body and movement.

Also look for clever new braiding techniques for evening styles. Fishtail braids are reappearing (not seen since the late '70s), and deep side parts for longer hair give a very retro look. Headbands of every shape and kind will be seen for fall. Hair will also be teased, sprayed and twisted into knots, twists and pompadours to achieve a very new, sexy Victorian edge.

Hair color is so important for fall 2011 and the newest trends are deep colors that are more natural and lush. Browns are leading the way from off black to light chestnut. Reds will also be deep and multifaceted. Bright reds will flow into deep henna reds into dark auburns. Blondes will be more natural than ever.

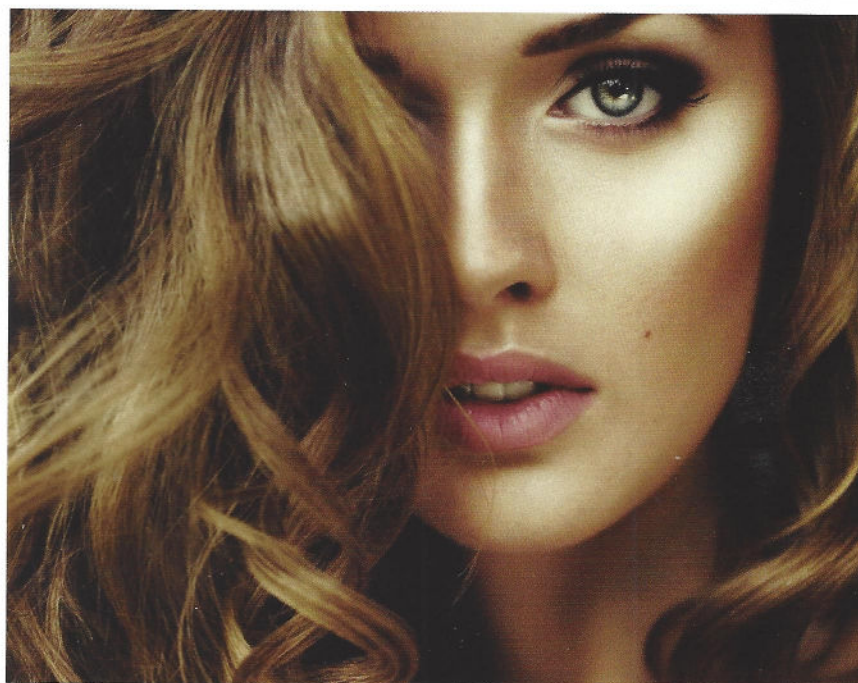
Advances in hydrating facial treatments and lifting treatments make the specialty facials at L'Image very popular. These 60- to 90-minute miracles lift and moisturize dull, tired skin. Results are immediate and noticeable. The staff also does a complete follow-up with recommendations on daily skin care, and they will suggest products for specific areas of the face, neck and body.

The total look is always a goal at L'Image. New ideas in manicuring and for pedicures are always being introduced. A pedicure at L'Image is a true delight. Always one full hour of pure bliss, the lengthy massage for circulation and the flawless finishes on the toes will leave a lasting impression. And for completing a great day at the salon, one of the L'Image deep-tissue massages will do the trick. They are now offered in segments from 30 minutes to two hours.

In the salon, you will find many treasures in its well-stocked boutique. Great separates for fall, sweaters, handmade scarves and beautiful

jewelry from around the world are just a few of the wonderful finds at L'Image Dallas. L'Image is also increasing its stock of the great Mast-Peters Fine Scented Products for fall. It's the perfect time to stock up for fall and winter entertaining and gift giving.

Call L'Image Monday - Saturday for information at 972-934-8080 or visit limagedallas.com.



Fall's Best Tressed Hair at L'Image Dallas

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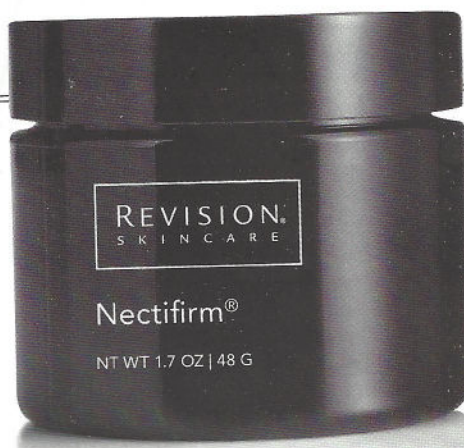
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Nectifirm is used in Grand Spa's Neck Firming Treatment. It is one of the best anti-aging treatments for your neck.

RELAX, UNWIND AND REJUVENATE AT GRAND SPA

When was the last time you took a good look at your neck? While skincare products help maintain a youthful face, we often neglect to do the same for our necks. Always use a neck cream, because the skin on your neck is fragile, like facial skin, but it's also very different. Your neck is particularly vulnerable to signs of aging since it tends to be thinner, less moisturized and often overlooked in your daily skincare regimen. The most damaging effects of the sun are typically found on your neck and décolletage. These places are almost always left unprotected from the sun and are an open window into one's age.

This fall, Grand Spa is featuring a Neck Firming Treatment, and it is all you'll need to rejuvenate your neglected neck! This 35-minute service starts with a lactic acid peel to improve hydration and helps diminish the appearance of fine lines and wrinkles. It is then followed by a collagen mask for a firming effect. Nectifirm® is applied and micro-current stimulation with NuFace is used to lift and tone muscles leaving the skin tighter, lifted and rejuvenated.

Grand Spa has more than 13,000 square feet of luxury and tranquility

Nectifirm® is the best anti-aging treatment for your neck. It's the only product available that addresses all the changes that occur as the skin on your neck ages. Nectifirm® contains a powerful blend of peptides, botanical extracts and other proprietary ingredients specifically formulated to firm, smooth and hydrate the neck area, making it better able to withstand gravity's daily pull. A plant-based molecule in Nectifirm® helps to reduce the appearance of adipose tissue in the neck.

Grand Spa has more than 13,000 square feet of luxury and tranquility conveniently located at Village on the Parkway on Belt Line Road at the Dallas North Tollway. Grand Spa is perfectly equipped to assist groups of one to 100. Whatever level of service you choose - whether it is a haircut and style finish, skin or body care - Grand Spa is dedicated to make your experience "Simply Grand!" For more information, visit grandspa.com or call 972-392-9393.

Call Grand Spa and ask for special discounts on these and other services.



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Grand Spa offers the finest treatments, products and service providers in a luxurious 13,000-square-foot facility, featuring an exclusive gentleman's spa. We're dedicated to making your experience with us... Simply Grand.

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Redefine the Way you Age ...without Surgery

An Interview with Drs. Wright

Led by the wife-and-husband team of Drs. Fiona and Tim Wright, Skin MD and Beyond, has helped thousands of patients appear rejuvenated, look younger, and feel more confident. Drs. Wright are committed to providing the highest standard of care and utilizing all the latest technologies in non-invasive laser therapies, injectable treatments and cosmeceutical skin care needs to create individualized facial and body rejuvenation programs for their patients. At Skin MD and Beyond, Drs. Wright believe in putting their patients' comforts as their highest priority. "I appreciate comfort, and know that treatments run well when patients are relaxed and feel themselves getting something wonderful accomplished," Dr. Fiona Wright says.

When you come to expect to be pampered at shops and spas, then you should expect no less when you visit your doctor. Dr. Wright's extraordinary skills, along with her desire to make every visit a pleasant one, are the main reasons why patients from all over the country – even the world – consider her, their doctor, and Skin MD and Beyond, their Rejuvenation Destination. Besides reaping patient acknowledgment, Skin MD and Beyond, has received a variety of professional and media recognitions, as well. Their clinic was awarded the Best Aesthetic Facility by the Addison Corridor both in 2010 and 2011. As well they were voted as the Best Aesthetic Center, Best Spa and Best for Laser Hair Removal by Plano readers of the Star Courier.

"We receive a lot of compliments on how well everyone works together," says Dr. Tim Wright "I hear it almost every day. Our entire staff - from the receptionists to the aestheticians to the doctors - work together in a way that our patients recognize as excellent." With this exemplary patient care, over 300 of the top Cosmetic Facilities across the nation were surveyed by patients, and Drs. Wright and their team of professionals were honored in two consecutive reviews to be one of the elite few to be the recipient of the Award of Excellence for Patient Care and Satisfaction. As well, with his meticulous attention to detail, Dr. Tim Wright was awarded both times, the highest level of honors.

This landmark Laser and Rejuvenation Center also holds a coveted Black Diamond status with Allergan, (the leading company who makes Botox and Juvederm Facial Filler) for the most experience through 2009-11 with these products. Among an estimated 17,000 dermatologists, cosmetic physicians and plastic surgeons, there are only 88 physicians nationally who have reached this standing.

Skin MD and Beyond was brought to life out of the concept of providing a unique environment to cosmetic patients who are in search of the best in aesthetic treatments - where someone can retreat from their daily life stresses and benefit from a state-of-the-art clinical environment, while still enjoying the amenities of a luxurious day spa. Drs. Wright welcome you to schedule an appointment today, and enjoy unsurpassed patient service and personal attention throughout all your treatment experiences. From the moment you enter this warm, at-home atmosphere, they strive for an exceptional experience, placing your needs first and foremost.



Fiona Wright M.D.
Tim Wright O.D.

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