

ANTI-AGING • ENHANCEMENT • WELLNESS

elevate

AUTUMN 2007

breast
cancer
special

21 ways
to save your
breasts or
someone's
life

a matter
of fat
lose inches,
no downtime

10

Makeup tips

to make your aging skin
look younger

double up

get fit *with a friend*

AUTUMN 07 \$5.00 CDN



0 61399 70303 3

LOOKING FOR THE RIGHT cosmetic enhancement?



**Make the best
choice for you.**

Dr. Kesarwani continues to offer safe, gentle and professional care. The new Cosmedical Clinic, a state of the art facility in Central Toronto, provides the comfort and privacy you deserve.

We endeavor to ensure that our patients are well informed about their choices before proceeding.

- Breast surgery • Tummy Tucks • Liposuction
- Fillers - Restylane, Juvederm, Artecoll • Botox
- Sculptra - The Liquid Facelift • Facelifts • Rhinoplasty
- Photorejuvenation - IPL • Microdermabrasion
- Peels • Fat Grafts • Eyelid surgery
- Cutera - Limelight, Laser Genesis and Titan for rejuvenation, and Laser Hair Removal for all skin types
- Special interest in contoured waistline tummy tucks and breast augmentation with cohesive gel implants

DR. ATUL KESARWANI Plastic Surgeon
Head, Division of Plastic Surgery, Toronto East General Hospital



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beautybooty



OUT, DAMN SPOT!

Want to look 10 years younger? Banish brown spots by whitening, lightening and brightening your skin with these melanin-busting products.

- **Dermaglow Radiance Rx Whitening Treatment** (\$60) is formulated with vitamin C, brightening and whitening complexes and licorice. It promises to lighten skin by 71 per cent, increase radiance by 74 per cent and increase skin's evenness by 65 per cent – all while packing an antioxidant punch.
- **NeoStrata Skin Brightener** (\$70) contains 20 per cent vitamin C – the highest percentage available on the market today – to inhibit melanin formation, which causes discoloration, while reducing current pigmentation.
- With four per cent glycolic acid, **Reversa Anti-Spot Lightening Cream** (\$33) exfoliates the top layer of skin and targets sunspots with rumex, a natural Canadian plant extract that reduces the appearance of pigmentation. –CS

Apply whitening creams at
night, then load up on sunscreen
during the day to protect newly
exfoliated skin.