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+ WELLNESS & BEAUTY GUIDE

The Balmoral in Edinburgh, Scotland

WELLNESS & BEAUTY STARTS WITHIN

BY MICHELE MARIN

“Beauty is being the best possible version of yourself on the inside and out.”
— Audrey Hepburn

It’s no secret that when you feel good, you look good. In fact, studies continually prove that beauty really does start within. But how do you achieve the confidence that comes from feeling your best? We sat down with a panel of experts, from nutritionists to plastic surgeons, to uncover the best beauty and wellness advice. Whether you err on the conservative side or jump on the latest trends, our comprehensive guide will empower you to live your best life—and look great in the process!



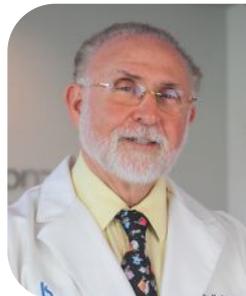
Monica Auslander Moreno, MS, RDN
Essence Nutrition

Moreno is the founder of Essence Nutrition, a group practice of seven registered dietitians; the dietitian for the Miami Marlins; and an active member of the Academy of Nutrition and Dietetics—among other feats. *7300 Biscayne Blvd., Ste. 200, Miami; essencenutritionmiami.com*



Morgan Shapiro
Morganic Lifestyle

Shapiro is a certified personal trainer and founder of Morganic Lifestyle, a unique brand dedicated to showing others how to pursue their personal path to wellness through a dynamic “mind, body and spirit” approach. She is also a public health advocate and TV personality for WPLG Local 10’s program, “SoFlo Health.” *954.821.2854; IG: [@morganic_lifestyle](https://www.instagram.com/morganic_lifestyle)*



Dr. Martin Bloom
the biostation

Dr. Bloom, a cardiologist and functional medicine expert with more than 40 years of experience, founded the biostation to help patients identify the root causes of any issues in order to restore the body to peak performance, alleviate symptoms, reverse the effects of aging and prevent age-related diseases. *Multiple South Florida locations; thebiostation.com*



Dr. Bankole A. Johnson
Privée Clinics

Dr. Johnson is the founder of the new Privée Clinics in Miami. He is a world-renowned physician and brain scientist with doctoral degrees in neuroscience, psychopharmacology and molecular genetics. *Pop-up at 1221 Brickell Ave., Suite 909; in August opening at Conrad Hotel, 1395 Brickell Ave., Suite 200, Miami; 305.396.6993; privee-clinics.com*



MEET OUR
WELLNESS & BEAUTY
EXPERT CONTRIBUTORS



Dr. Roberta Del Campo
Del Campo Dermatology & Laser Institute
Dr. Del Campo is a world-recognized dermatologist and go-to expert advice resource for world-class media such as Allure, The New York Times, Teen Vogue, Forbes, TODAY and more. She is a board-certified dermatologist who specializes in medical and cosmetic dermatology. *13185 Coronado Terrace, North Miami; 305.705.6675; delcampoderm.com*



Dr. Jacob Steiger
Steiger Facial Plastic Surgery
Dr. Steiger is an Ivy league-trained, double board-certified facial plastic surgeon whose background and credentials reflect his commitment to the highest standards of patient care, treatment innovation and leadership within his specialty. *1001 N. Federal Highway, Boca Raton; 561.499.9339; drsteiger.com*



Dr. Maryann Mikhail
Waverly DermSpa
Dr. Mikhail is a board-certified dermatologist and fellow of the American Academy of Dermatology. Also the co-founder of a top private practice in the heart of SoHo for over a decade, Mikhail recently relocated to Fort Lauderdale to launch her new practice, Waverly DermSpa. *2870 E. Oakland Park Blvd., Fort Lauderdale; 954.666.3736; waverlydermspa.com*



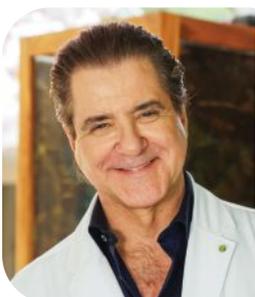
Dr. Jason N. Pozner
Sanctuary Medical Center
Dr. Pozner is certified by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. He serves on advisory boards for many of the world's leading medical device manufacturers, possessing a unique knowledge and practice of the latest in surgical techniques and noninvasive technology. *4800 N. Federal Highway C100, Boca Raton; 561.486.9339; sanctuarymedical.com*



Dr. Janet Allenby
Allenby Dermatology
Dr. Allenby, a board-certified dermatologist specializing in cosmetic treatments, has been revolutionizing aesthetics in Palm Beach County by offering experience and the latest treatments to her patients for more than 25 years. *6290 Linton Blvd., Suite 204, Delray Beach, FL; 561.499.0299; allenbydermatology.com*



Dr. Joshua Lampert
Lampert M.D.
Dr. Lampert is a cosmetic and reconstructive surgeon with over 12 years of experience, and a clinical assistant professor of surgery at the FIU Herbert Wertheim College of Medicine's Division of Plastic Surgery. He is a member of the American Society of Plastic Surgeons and a diplomate of the American Board of Plastic Surgery. *20200 W. Dixie Highway, Suite G05; Miami; 786.735.9275; lampertmd.com*



Dr. Juan Remos
Genera
An internist with more than 30 years of experience, Dr. Remos is the medical director of Genera's Coral Gables office. He specializes in vitality wellness, age prevention and cellular health. *550 Biltmore Way, Suite 116, Coral Gables; 305.783.3178; generamed.com*



Dr. Jeffrey Epstein
The Foundation for Hair Restoration
Since 1994, Dr. Epstein has developed a reputation as one of the world's most respected hair restoration surgeons. An expert on the cutting edge of developing therapies and surgical techniques, he leads the industry treating patients with hair loss, restoring eyebrows and beards, lowering hairlines, and repairing work done elsewhere. *6280 Sunset Drive #504, Miami; 305.666.1774; foundbair.com*

NATURAL REMEDIES FOR BETTER HEALTH & WELLNESS

The emerging field of psychodermatology shows an unparalleled link between the mind and the skin, which is why in today's fast-paced society, it's even more important to pause and hit the reset button. Here are a few holistic ways to slow down and practice self-care.



MAGIC OF MEDITATION

Meditation counteracts stress hormones, which can lead to acne flare-ups, rosacea, psoriasis and other skin conditions. It's also one of the simplest and most cost-effective ways to improve nearly every aspect of life, from sleep to handling stress. Just a few minutes of daily meditation can have transformative results. Start with just five minutes: Close your eyes, sit up straight and inhale from your diaphragm for five seconds. Count to five, then exhale through pursed lips for five seconds. Try the *RESPEKT: Beauty Meditation App*.



REST & RESET

Getting the recommended seven to nine hours of sleep can have tremendous effects on your body, mind and spirit. Your body not only repairs itself during sleep, but your brain prepares for the next day. Sleep increases immunity, metabolism and strengthens the heart while lifting your overall mood. Functioning with less than seven hours of sleep decreases reaction time and quadruples the chances of getting in a car accident. If you're struggling to get the recommended hours of sleep, avoid supplements and sleep aids. Instead, try the following tips, or contact a sleep specialist.



BEAUTY KNEADS

Aside from the obvious benefits of massage therapy—relaxation and stress reduction—massages can help eliminate cellulite and wrinkles. Cellulite massages help reduce cellulite by breaking up fat deposits, while facial massages relax tense muscles that cause wrinkles. But that's not all—massage therapy also improves circulation, stimulates collagen production, detoxifies the skin and stimulates new cell growth. Full-body massages are recommended, but to combat wrinkles at home, try a daily three-minute facial with the help of the *Facetory App*.

7 BENEFITS OF A MASSAGE ACCORDING TO TRAVELING AURA

- Pain Relief
- Stress Relief
- Increases Circulation
- Boosts Immunity
- Relieves Fatigue and Depression
- Helps With Sleep
- Improves Posture and Flexibility



HARMONIOUS HORMONES

Weight gain, trouble sleeping, brain fog/cognitive function decline, low libido, lack of energy, poor exercise recovery, thyroid issues—if you've experienced any or all of these symptoms, it may be time to consider hormone replacement therapy (HRT). We sat down with Dr. Martin Bloom of the biostation to learn the ins and outs of HRT and when it's time to seek help.

At what age should someone seek treatment? Men and women should start considering HRT between the ages of 40 to 45, especially if they are experiencing symptoms, although hormone imbalances can affect people of all ages. We often see younger patients whose hormones have been impacted by environmental factors or pregnancy. With treatment, we can usually bring the levels back to balance and improve their quality of life.

How does aging affect our hormones? Everyone experiences a gradual reduction in sex hormones over time. However, your levels can dip low or decrease too quickly due to many different factors. When this happens, both men and women of any age can experience a wide range of uncomfortable symptoms. Hormones are involved in every aspect of your body and health.

Do you have diet recommendations to optimize the results of HRT? We always recommend that our patients eliminate processed foods and refined sugars from their diet as much as possible. A nutrient-dense diet that contains vegetables, fruits and high-quality proteins are best. Through a healthy diet, we can replenish the body of crucial vitamins and minerals such as magnesium, zinc, omega-3 and vitamin C, to name a few!

How does exercise affect hormones? Consistent exercise can help regulate hormonal imbalances. Studies have also shown that hormone replacement therapy and exercise go hand in hand. Exercise boosts the benefits of HRT, while HRT makes exercise a lot more plausible and delivers more effective results. Hormone replacement therapy with exercise is shown to enhance your body's ability to fight off age-related diseases.

Are there any side effects associated with HRT? Initially, patients may experience bloating or slight weight gain or tiredness. These symptoms subside as the hormones are balanced.

♂ HIS HORMONES:

What is the biggest complaint men have when they come to see you?

Similar to women, men also go through a change, which is referred to as andropause or "male menopause." The symptoms are very similar to those that women experience, but the biggest complaints are typically weight gain and decline in sexual function.

What is the therapy you most commonly recommend for your male patients?

For men, we typically recommend bioidentical hormone therapy to restore testosterone levels. This is commonly known as a testosterone therapy.

♀ HER HORMONES:

How does menopause impact hormones?

As women enter menopause, estrogen declines. During perimenopause, levels fluctuate and become unpredictable. Eventually, production falls to a very low level. A woman's body stops producing progesterone and as a result of age, testosterone levels decline.

What is the first line of treatment?

Treatment is personalized for each woman's unique needs and lifestyle. Through comprehensive blood testing and review of health history, we will determine the best course of treatment. In most cases, it will be a form of bioidentical hormone replacement therapy.

When do your patients begin to see results?

For patients just starting therapy, it may take four to six weeks or more for someone to start seeing or feeling the results of therapy. At the beginning stages, it's important to consistently monitor hormone levels to ensure that the patient is responding to therapy.

YOU ARE WHAT YOU EAT

The secret to achieving a lifetime of healthy weight may be as easy as changing your mindset, according to Monica Auslander Moreno, MS, RDN, founder of Essence Nutrition. “Instead of focusing on the goal of weight loss by way of fad diets, strive for feeling better,” she says. “Fad diets fail in the long run and are damaging to both psychological and physical health.” So how do

you choose what food to eat? “Eat the rainbow. Every food has a benefit, working together as a whole in the body.” And what about those few bites of birthday cake? Go for it! “Deprivation and restrictions always lead to overindulging. People who have a healthy relationship with food and know they can have it whenever they want don’t overdo it,” she says.

SUPERFOODS FROM A TO Z

You’ve heard the hype around superfoods, but is there a crop of foods that deserve this distinction? While health officials recommend eating a rainbow of fruits and vegetables, certain nutrient-dense foods pack in a substantial number of vitamins, minerals and antioxidants, which not only help fight diseases, prevent cancer and reduce inflammation, but also keep skin glowing and control weight! Coming in at just a few calories, here’s a list of this year’s top superfoods.

The superpowers in the foods or ingredients listed below are not guaranteed to cure or prevent disease; however, the benefits may help improve certain health conditions in combination with a healthy lifestyle. For full recipes, visit: LuxuryGuideUSA.com



APPLES

Super Ingredients: Manganese, copper, vitamins A, E, B1, B2 and B6

Superpower: Weight loss, improves metabolism, lowers risk of diabetes, promotes good gut bacteria, lowers risk of cancer, helps fight asthma, protects the stomach from effects of NSAIDs

Super Food Recipe: Healthy Apple Crisp

AVOCADOS

Super Ingredients: 20 vitamins and minerals, monounsaturated oleic acid, lutein, potassium, folate

Superpower: Lowers cholesterol, benefits eyesight, reduces the risk of stroke, reduces risk of obesity, regulates blood sugar, lowers blood pressure

Super Food Recipe: Guacamole

BEETS

Super Ingredients: Potassium, betaine, magnesium, folate, vitamin C, nitrates

Superpower: Reduces blood pressure, helps anemia, improves circulation, improves cognitive function, enhances skin appearance, aids in detox

Super Food Recipe: Beet Berry Smoothie

CRUCIFEROUS VEGETABLES

Super Ingredient: Sulforaphane, bioactive compounds, vitamin C, folate, potassium, manganese.

Superpower: Increase enzymes that lower the incidence of colon and lung cancers, decrease cell damage, prevents weight gain

Super Food Recipe: Cruciferous Crunch Salad with Avocado Dressing

SPINACH

Super Ingredients: Iron, potassium, fiber

Superpower: Strengthens bones, improves muscle efficiency, helps anemia and asthma, improves eye health

Super Food Recipe: Pumpkin Spinach Meatballs

ALLIUM VEGETABLES: (CHIVES, ONIONS, GARLIC)

Super Ingredients: Vitamins C and B6, manganese, selenium, other antioxidants—most notably, allicin.

Superpower: Antibacterial and antiviral properties, helps prevent diabetes, reduces high cholesterol and high blood pressure

Super Food Recipe: Roasted Garlic

WILD CAUGHT SALMON

Super Ingredient: Omega-3 fatty acids

Superpower: Reduces risk of heart attack and stroke, helps alleviate depression, supports brain function, promotes healthy aging

Super Food Recipe: Easy Baked Salmon



TOP 5 TIPS FOR HEALTHY EATING

- Prioritize realistic healthy eating habits and introduce incrementally.
- Don't skip breakfast or snacks.
- Remove triggers from the kitchen.
- Incorporate yogurt, tea and fruit into your day.
- Look beyond the choice! Examine your relationship with food.





DARK CHOCOLATE

Super Ingredients: Flavonoids, antioxidants, magnesia, selenium, iron, copper, fiber
Superpower: Supports circulation, suppresses coughs, improves memory, helps hydrate and smooth skin, improves mood, suitable for anabolic health
Super Food Recipe: Superfood Dark Chocolate Bark

SWEET POTATO

Super Ingredient: Phytonutrients, antioxidants, vitamins C and B6, potassium, magnesium
Superpower: Anti-diabetic effects, reduces the risk of obesity, improves immune system, supports healthy brain and nervous system function, improves gut health
Super Food Recipe: Healthy Sweet Potato Casserole

YOGURT

Super Ingredients: Calcium, vitamin B12, phosphorus, protein, riboflavin, probiotics, lactobacillus
Superpower: Improves digestive health, boosts immune response, reduces risk of heart disease and osteoporosis, manages weight
Super Food Recipe: Yogurt Bowl

GINGER

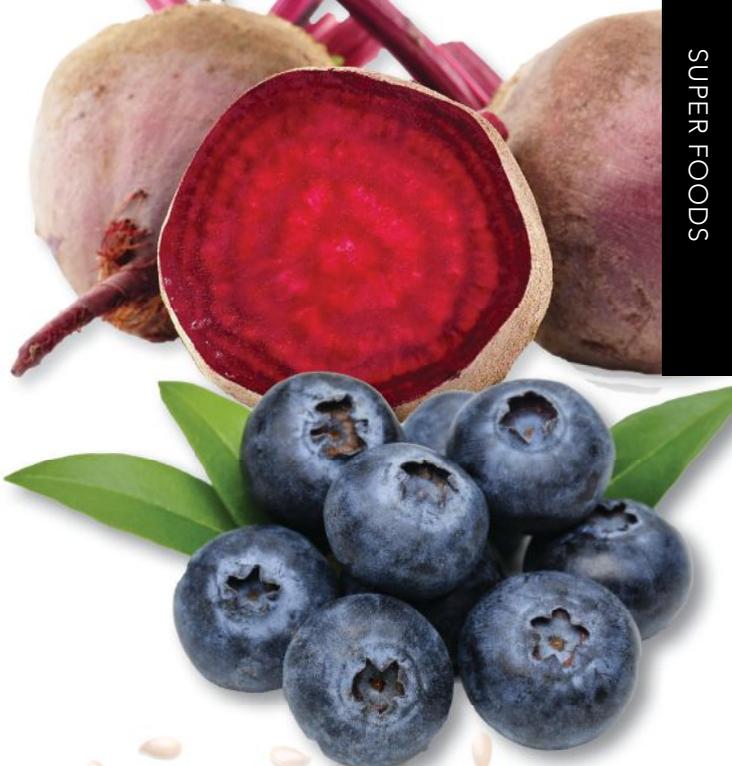
Super Ingredients: Gingerols, capsaicin, piperine, antioxidants
Superpower: Boosts metabolism, aphrodisiac effects, anti-inflammatory, reduces morning sickness and nausea, helps with muscle pain and soreness, helps with osteoarthritis, lowers blood pressure and cholesterol, improves brain function
Super Food Recipe: Ginger Tea

OATS

Super Ingredient: Soluble fiber, antioxidants, manganese, phosphorus, copper, zinc, iron, vitamins B1 and B5, protein polyphenols, avenanthramides
Superpower: Appetite control, regulates blood sugar, manages weight, improves skin appearance, relieves constipation
Super Food Recipe: Easy Overnight Oats

WALNUTS

Super Ingredients: Alpha-linolenic omega-3 fatty acids, antioxidants, vitamin E, selenium, magnesium
Superpower: Lowers LDL (bad) cholesterol, anti-inflammatory, reduces inflammation in arteries, lowers risk of Type 2 diabetes
Super Food Recipe: Healthy Candied Walnuts



BLUEBERRIES

Super Ingredients: Antioxidant anthocyanin, vitamins C and K, fiber
Superpower: Anti-inflammatory, lowers blood pressure, helps prevent heart disease, improves memory
Super Food Recipe: Blueberry Superfood Smoothie

FLAX SEED

Super Ingredients: Omega-3 fatty acids, lignans, fiber, vitamin B1, magnesium, phosphate
Superpower: Improves cholesterol, lowers blood pressure, anti-fungal properties, weight control
Super Food Recipe: 100% Flax Breakfast Cookies



ADD SOME SPICE TO YOUR LIFE

TURMERIC

Super Ingredients: Manganese, iron, vitamins B6 and C, fiber, potassium, turmerone and curcumin
Superpower: Anti-inflammatory, regulates glucose levels, boosts immunity, regulates liver, helps skin conditions, stabilizes mood

CINNAMON

Super Ingredients: Antioxidants, polyphenol
Superpower: Regulates blood glucose levels, aids digestion, improves gut health, anti-inflammatory, anti-diabetic effect, reduces heart disease

OREGANO

Super Ingredients: Thymol, carvacrol, vitamins K and E, fiber, manganese
Superpower: Clears congestion, aids digestion, antibacterial properties



For super food recipes, please visit LuxuryGuideUSA.com.



BODY TALK

You know how you want your body to look, but how do you achieve the results? From a naturalistic approach like fitness to more innovative measures like plastic surgery, there are plenty of ways to reach your bod goals. Here, the pros weigh in on the options.



for the NATURALIST

You have your goals, but have you ever asked yourself the why behind these goals? If you haven't, that may be the first step in achieving your desired results. According to personal trainer Morgan Shapiro, "Goals are great drivers, but will only get you so far. It's the why behind the goals that will push you through a workout on days you don't feel you have it in you." So, whether your goal is to chase your grandchildren one day or simply look your very best, find your why.

WHY: Weight Loss

HOW: Focus on big compound lifts. Instead of hours of cardio, add in some quick high-intensity interval training (HIIT) to the end of your workout. It spikes metabolism and taps into fast-twitch muscle fibers. Also try to eat at a caloric deficit.

WHEN: Strive for sustainability. If working out five days a week isn't feasible, then aim for three days—consistency over everything. Workouts should be 45 minutes to one hour.

WHY: Build Strength/Tone

HOW: Lift heavy and keep your lifts in the three to five reps range, resting for two to five minutes. A simple 5-by-5 lifting program is excellent for anyone looking to build strength. An example is five sets of five reps of squats, five sets of five reps of bench press, deadlift and overhead press. Eat a caloric surplus so muscles have adequate fuel to recover and grow.

WHEN: Realistic goals that you can consistently keep week after week.

80/20 RULE

Eat healthy 80% of the time; the other 20%, enjoy your favorite desserts, go out to eat socially, and enjoy life and food! Restrictions lead to bingeing and guilt. Set a sustainable long-term approach to eating, which always beats an overly regimented short-term diet.

for the ADVENTURER

If you're not ready to go under the knife, but looking for a body sculpting boost, a trip to a med spa may be just what the doctor ordered. South Florida's top dermatologists dish on the latest body contouring methods and give us a sneak peek into a sexy new line of treatments.

Dr. Bankole Johnson's Pick

If you're looking for more definition and sculpting in the abs, thighs or buttocks, EmSculpt Neo, currently being offered at Privée Clinics, is the ideal treatment for you. This procedure is the more efficient and robust big brother to EmSculpt, the first FDA-approved device to burn fat and build muscle. EmSculpt Neo is revolutionizing body sculpting treatments. It is the first and only noninvasive body shaping treatment, providing simultaneous fat elimination and muscle-building in a combined 30-minute session—with no downtime! According to Dr. Johnson this is one of the most requested treatments in his practice.

What areas can EmSculpt Neo treat? Treatment areas include arms, calves, buttocks, thighs and abdomen.

What results will we see with EmSculpt Neo? You will see about a 30% fat reduction and 25% muscle increase in the treated area. Most people lose 4 to 5 pounds after about five treatments, and, typically, people go down one to two dress sizes.

Is the procedure painful? No. If anything, people report a tingling sensation, which can be ticklish.

How many sessions are needed before seeing results? The manufacturer recommends a minimum of four treatments in order to achieve the best results.

Is there anyone who should not consider EmSculpt Neo? Body mass index must be below 35 in order to do EmSculpt Neo.

ABOUT PRIVÉE CLINICS

Privée Clinics integrate a modern, science-based approach and innovative technology to optimize brain health, wellness and beauty in an ultra-personalized medical spa experience. Founder Dr. Bankole Johnson believes in positively impacting lives from the inside out. In addition to EmSculpt Neo, Privée offers 20 other treatments, including IV nutrition, Botox, facials, fillers and hormone replacements. privee-clinics.com



TIMELESS treatments

Dr. Maryann Mikhail's Picks

Stubborn Fat Pockets: There's nothing else quite like Kybella, which melts fat. The injectable is perfect for those stubborn fat pockets anywhere on the body.

Hair Removal: Laser hair removal isn't going anywhere! Nothing beats the convenience of not having to worry about shaving, waxing and 5 o'clock shadows on your armpits, arms and legs.

Dr. Janet Allenby's Picks

Permanent Fat Reduction: CoolSculpting just got better. This No. 1 FDA-approved permanent fat reduction treatment on the market has been elevated to CoolSculpting Elite, which covers a larger area, has better skin contact, and provides better results in a shorter time span.

Fat Removal / Skin Tightening: Body Sculpting with truSculpt iD is great for painless fat removal and skin tightening, while truSculpt flex is great for muscle toning and body contouring.

Dr. Francesca Lewis's Picks

Improve Muscle Tone: While CoolSculpting freezes the fat cells to remove them and sculpt the area, CoolTone stimulates muscle contraction to improve muscle tone and can be used on the abdomen, butt and legs.

NEW TO MARKET treatments

Cellulite Be Gone: Of all the body sculpting treatments new to market, QWO is generating the most buzz. According to Dr. Allenby, "QWO is the newest and most effective cellulite-smoothing treatment on the market!" This simple injection breaks down the tethering bands that cause those pesky dimples, and patients receive three rounds of treatments 21 days apart for the best results. While some patients experience swelling and bruising, these reactions lessen with each treatment, and there is no down time. Just how revolutionizing is this treatment? "I would say that body aesthetics are having a renaissance," Dr. Lewis says.

Collagen Come Back: Vivace is a newer, state-of-the-art treatment that combines microneedling, which triggers your body's healing response, and radiofrequency, delivering heat to boost collagen production. "This minimally invasive treatment has been shown to effectively reduce crepey skin, cellulite and stretch marks," Dr. Mikhail says.

ON THE HORIZON treatments

Good Bye Cellulite: Resonic is a new class in devices that treats cellulite in the buttocks and thighs for up to a year. Dr. Allenby's practice will be just one of 25 in the country to launch Resonic. "This treatment is completely noninvasive, has no downtime and is very tolerable. Only a single treatment, which is completed in one hour, is needed," says Dr. Allenby.



for the INNOVATOR

Making a bold move to get the desired results for your body may require a visit to the plastic surgeon. If you are the type to forge ahead with innovative treatments, be sure to seek a board-certified plastic surgeon who specializes in the treatment you want and ask to see photos of the results. We talked with two esteemed plastic surgeons to find out more about breast explant surgery and body contouring.

Less is more. According to Dr. Joshua Lampert, breast implant revision surgery is one of the most requested services in his office, especially among clientele who originally got breast implants in their 20s. "Many women are also opting for explant surgery, the removal of their breast implants. These patients decide to remove their implants due to pain, a feeling of heaviness, recurrent firm capsular contracture, or the desire for smaller breasts." Dr. Lampert says that more research still needs to be done, but patients are complaining of symptoms associated with "breast implant illness," including fatigue, joint and/or muscle pain, hair loss, anxiety, skin rash and trouble concentrating. "Removal of breast implants has been reported to resolve many of these symptoms in some women," he says.

No Time? No Problem. When you think of plastic surgeons, you may think of invasive surgeries. But today, plastic surgeons have an arsenal of treatments that require less downtime and deliver dynamic results—without surgery. When Dr. Jason Pozner's patients can't seem to get the contouring and slimming they seek from exercise, he turns to VelaShape. VelaShape III uses a combination of technologies to slim and contour, reduce trouble spots, cellulite, and tighten and firm skin with no downtime!

FACE VALUE

It's not just one thing that causes skin to age—it happens three-dimensionally. “Our skin ages due to internal and external factors. Menopause, smoking, poor diets that are high in sugar, excess sun exposure and tanning all accelerate the process,” says Dr. Maryann Mikhail. With so many factors contributing to the aging process, it's crucial to control what you can, when you can.



for the ADVENTURER

TIMELESS treatments

Dr. Roberta Del Campo's Picks

Firming Skin: A painless, no downtime skin firming treatment for face and body, TempSure Envi builds collagen and elastin, offering correction and prevention in one.

Sagging Skin/Jowls: Ultherapy is still my go-to and all-time favorite treatment for sagging skin and jowls.

Dr. Maryann Mikhail's Picks

Fine Lines/Uneven Skin Tone/Sunspots: Of all the lasers and devices, my favorite is a classic: Fraxel Dual. I call it a skin reset. The treatment usually fixes multiple skin issues in a single session.

Wrinkly Chin/Accordion Lines/Tighten Jawline: You might think of Botox for your forehead and crow's feet, but we can use Pan-facial Botox all over the face to rejuvenate and slim the face.

Smoothing Wrinkles/Tightening: Vivace RF combines radiofrequency energy, microneedling, a specialized treatment serum, and a cooling peptide to smooth wrinkles and fine lines.

Bands/Tech Neck: Botox/Dysport works to reduce the banding in the neck by relaxing platysma muscles or vertical neck bands which thereby reduces the appearance of wrinkles.

Dr. Francesca Lewis's Picks

Jawline/Tear Troughs: Hyaluronic acid fillers can be used in a multitude of locations, including cheeks and temples, but using these fillers in the jawline and tear troughs has taken off within the last two years. They give a natural result that can last up to 12 months.

Fine lines/Crow's feet/11s: The best time to consider Botox is the first sign of fine lines at rest in areas like the forehead, crow's feet and the “11” lines. Starting Botox at this point will reverse those fine lines and prevent them from getting worse over time!

for the NATURALIST

According to Dr. Roberta Del Campo, the sun's rays and oxidative damage break down collagen and elastin, which ages your skin. Therefore, “you're never too young to start using a mineral-based sunscreen, cleanser and lightweight moisturizer,” she says. Neocutis Bioserum Firm is a great addition to a skincare routine as the formulation minimizes fine lines and wrinkles and boosts hydration in as little as six days. For the ultimate skincare pampering, try one of La Maison Valmont's four unique facials that brighten and plump skin, improve discoloration, and give a radiant summer glow. Dr. Del Campo's office is the only one in the region that provides these signature facials.

According to Dr. Maryann Mikhail, men and women should start with a retinol and a good sunscreen. Retinol is a topical vitamin A that fades dark spots, improves appearance of fine lines and wrinkles, and enhances skin turnover for a more even and bright skin tone. Women should apply retinol to face, neck and décolletage, as well as the back of the hands. Men should apply retinol to the face and neck.

Dr. Roberta Del Campo's PRODUCT PICKS



Neocutis Bio Serum Firm, \$275

Dr. Maryann Mikhail's PRODUCT PICKS



RoC Retinol Correxion Deep Wrinkle Serum, \$24.99



Neocutis Bio Gel, \$178



EltaMD UV Clear Tinted, \$39



for the INNOVATOR

NEW TO MARKET treatments

Dr. Roberta Del Campo's Picks

Line Eraser: The upgraded version of Belotero Balance by Merz, Belotero Plus is a very delicate hyaluronic acid filler perfect for fine etched lines as it integrates into the skin easily. It has lidocaine, which results in less bruising and discomfort.

Plumped-Up Lips: The perfect injectable for the lips, Restylane Kysse is firm enough to build shape and contouring but soft enough to look and feel natural.

Turn Up the Volume: The new hyaluronic acid filler Teoxane RHA moves with you and is very natural with less swelling and bruising.

Dr. Janet Allenby's Picks

Sayonara, Sagging Skin: Revance utilizes the newest technology in hyaluronic acid injectables, allowing us to utilize them in areas that need it the most! Results, including improved skin and a reduction in wrinkles and sagging facial skin, last up to 15 months.

Tighten Up: MyEllevate is a minimally invasive procedure that lifts and tightens the neck and lasts up to seven years. It is comparable to a neck lift without the complications of surgery.

Dr. Maryann Mikhail's Picks

One and Done: Clear + Brilliant Touch is an all-in-one laser with minimal downtime. It's not painful and results are quick. It's great for results on the neck.

ON THE HORIZON treatments

Dr. Maryann Mikhail's Picks

Supple Skin: Unlike traditional filler, Juvederm Volite is an injectable moisturizer that makes skin more supple and hydrated.

Quick Fix: BoNTE is a neurotoxin like Botox that's supposed to kick in faster—within 24 hours—and only lasts for two to four weeks. Great for people who need immediate results, want to test out Botox before committing, and those who had skin surgery.

Long Lasting: DAXI is a neurotoxin, acting similar to Botox, that is said to last six months!

THE SCIENCE of face surgery

According to Dr. Joshua Lampert

Should those considering a face lift in the future refrain from other procedures? If you are considering a facelift within the next six months to a year, it is wise to discuss these other cosmetic procedures with your plastic surgeon first. We do not like to operate on the camouflage of temporary improvement, as an under-correction may be more likely with the more ultimate surgical procedure. Laser, filler and other nonsurgical treatments are analogous to the icing on the cake or the final layer of paint and polish. Wait when possible and communicate with your surgeon.

What facial procedure has evolved the most? Rhinoplasty (a nose job) has seen some advances in the techniques we employ to obtain the best results. Open rhinoplasty is a great advantage to the surgeon, allowing for more precise changes to the nose and specifically the tip. It also avoids excess internal scarring inside the nose that can pull on the nose from the inside out. While the swelling may last longer than closed rhinoplasty, the long-term results for the patient are superior.

HOW TO refresh your face

According to Dr. Jacob Steiger

How do you achieve a youthful, yet natural, appearance? I recommend the deep plane facelift. The goal of a facelift should be to restore your youthful appearance rather than make you look different. The result should appear natural. To achieve my patients' desired results, I use my understanding of the facial aging process to analyze their specific aging pattern and determine the most effective way to rejuvenate their face using the most advanced and proven techniques.

How does blepharoplasty, or cosmetic eyelid surgery, enhance the face? The eyes are the most engaging facial feature and should be the focal point of the face. The goal of a blepharoplasty is to enhance the appearance of the eyes and provide a more rested look by restoring the eyelid to a youthful state. Most patients return to work within one week and are back to full activities after 10 days. Results last 10 to 15 years.

What procedure is on the horizon? Piezosurgery, also known as ultrasonic rhinoplasty, is a procedure to precisely sculpt the nasal bones without causing any trauma to surrounding tissue. In other words, the "nose job" can be achieved without breaking any bones or harming tissue. These tools help remove/sculpt a nasal hump to achieve a smooth nasal dorsum. The amount of surgical bleeding, post-surgical bruising, swelling and pain is significantly decreased with Piezosurgery. Plus, patients achieve a more accurate aesthetic.

LOVE IS IN THE HAIR

Millions of men and women suffer from hair loss. In fact, hair loss is one of the most common and prevalent dermatological problems. Luckily, there many options available, from noninvasive to surgery.

for the NATURALIST

According to Dr. Juan Remos

What causes hair loss? Hair loss can result from loss of stem cell function, blood circulation to the follicles, firmness of the scalp, hormonal changes, local inflammation and more. There are also environmental hair health disruptors, such as toxins and stress, that create free radicals and cellular damage.

How do you address these underlying concerns at your practice? We aim to improve our patient's well-being at the cellular level from the inside out to tackle common day-to-day issues many of us face, such as fatigue, aging and hair loss. We create personalized treatments and remedies for our patients using cutting-edge peptides. Peptides are proteins and molecules found in your body with powerful healing properties.

What is in the pipeline for hair restoration? I believe personalized patient care cannot be achieved with a "one-size-fits-all" approach. We treat patients facing hair loss by administering supplements, antioxidants and peptide therapy through foams, lotions and subcutaneous injections like microneedling, PRP and exosomes.



for the INNOVATOR

According to Dr. Jeffrey Epstein

How do you tackle hair loss? Proper therapy requires an individualized approach, starting with a thorough workup and exam by an expert who can determine the underlying cause(s), then recommend therapies that can include medications like custom-compounded topicals, oral medications, laser light therapy, vitamins, correction of anemia, platelet rich plasma and hair restoration surgery, otherwise known as a hair transplant.

What advancements are there in hair transplants? The newest advances in hair transplants not only allow for the work to be truly natural-appearing, but also obtain the donor hairs that are moved from the back of the head to areas of hair loss without a linear incision through the follicular unit extraction technique. We have also developed technology that allows us to harvest hairs from the beard and potentially the chest and back to transplant into the scalp. This is an effective technique when patients have low donor supplies in the scalp due to prior work.

Do you have any treatments specific to women? We have a technique that lets us lower the hairline and shorten the forehead by as much as 1 inch or more in a single two-hour surgery and achieve instant results!

What new, noninvasive treatment is causing a buzz in your practice? Medical therapies include new customized compounded topical formulas that can be individualized for the patient based upon genetic or blood test results, optimizing success while minimizing side effects.



Patient photos courtesy of Dr. Jeffrey Epstein

INSTA-WORTHY HAIR



**HALI
ADAMS**

@halidiana

"Beautiful hair starts from the inside out. If you are good to your hair, your hair will be good to you," says Adams, a master colorist and extension expert. A graduate of the Aveda Institute, her large following on social media makes her a go-to in Miami.

What I Love About This Style:

Extensions literally transform you. It's like going from zero to 100 by the end of the appointment.



**ANTHONY
CRISTIANO**

@anthonycristianosalon

The celebrity hair artist behind his namesake salon, Anthony Cristiano Salon Chicago, brings over 30 years of experience in the fashion and beauty world to his craft. Cristiano is a staple among fashion editorial and advertising campaigns with an extensive celebrity client including Gigi Hadid, the Kardashians, Sophia Bush and many more.

What I Love About This Style:

This '80s-inspired voluminous look is one of my favorite hairstyles to date.



**AUTUMN
MARKLEY**

@stylistautumnm

The salon owner at Autumn Markley Salon, Markley is a graduate of Vidal Sassoon and Sheridan Technical College. She is an extension specialist who strives to help her clients feel just as beautiful as they look.

What I Love About This Style:

Hair extensions are becoming one of the hottest trends to gain popularity! Fusion extensions are my passion as they are the quickest way to transform a person's look and make women feel beautiful!



Hali's Pick: Bumble and bumble Hairdresser's Invisible Oil Heat/UV Protective Primer, \$28.99

Best For: Protecting hair from the heat of styling tools and UV rays.



Anthony's Pick: Phyto Intense Volume Mousse, \$25

Best For: Creating body, volume and shine while hydrating and softening the hair.



Autumn's Pick: Kevin.Murphy RE.STORE, \$37

Best For: Summer wear and tear on South Florida hair! Makes hair look and feel smoother with enhanced manageability and shine.

TO GRAY OR NOT TO GRAY



If you're considering letting nature take its course and transitioning to your natural gray, stylist Autumn Markley tells her clients to embrace it. "It's very hard to create anything close to the natural color in the salon without a lot of damage, so I find it best to embrace the grow out and when it becomes a comfortable length, get a really good haircut."

TAMING CURLY HAIR



South Florida humidity can wreak havoc on coarse or curly hair. Luckily, there is a treatment that makes your mane manageable against the elements. Stylist Hali Adams recommends a Botox treatment for your hair. "A Botox hair treatment smooths the hair and takes out any frizz. The treatment takes about two hours but can last up to four months."