

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

*THE 5-MINUTE FACELIFT

the new discovery that makes wrinkles disappear instantly

THE NEW FAT-LOSS FORMULA

THAT KEEPS THE WEIGHT OFF

youthful.

experts share their own anti-aging skin solutions that will keep you looking younger longer.

flawless at 48

CELEBRITY SECRETS

banned beauty: is what you're using safe? a sun-free tan in sixty seconds. the proven product that stops the signs of aging. get tighter skin in twenty minutes.

GET A FIRM BODY IN ONE WEEK WITHOUT EXERCISE

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**BEAUTY
AND STYLE**
**FRÉDÉRIC
FEKKAI**


INTERNATIONALLY RECOGNIZED HAIRSTYLIST

“In the past 10 years, the popularity of the blowout has increased exponentially. At my Fifth Avenue salon, we average about 1,000 blowouts a week. Women love sleek, soft, sexy hair—hair that has been blown out has an allure to it.”

AESTHETICIAN
**NERIDA
JOY**


CELEBRITY AESTHETICIAN

“With less movement in the face due to Botox and Dysport, there is a need to incorporate facial massage into daily skin care. Muscular contraction supports the health of our lymphatic system, delivering nutrients to our blood and carrying waste away from our cells.”

**What's one of the
most exciting trends
you've seen in the
spa industry?**

“This year, there's been buzz about energy medicine at the spa, from Reiki and chakra balancing to light, sound and vibrational therapies and acupuncture. The rise of diverse energy approaches is finding a receptive audience of consumers increasingly welcoming ancient healing traditions from other cultures.”

SPA INDUSTRY
SUSIE ELLIS


PRESIDENT OF SPAFINDER

**COSMETIC
DENTISTRY**
**DR. SHERRI
WORTH**


NEWPORT BEACH, CA, COSMETIC DENTIST

“Teeth bleaching is the best thing that has hit the market when it comes to enhancing facial beauty. We can now whiten teeth anywhere from three to eight shades lighter. Bleaching is noninvasive and quick—it has become as easy as coloring your hair.”

10+
MILLION

The number of cosmetic surgical and nonsurgical procedures performed in the United States in 2009, according to the American Society for Aesthetic Plastic Surgery.

**COSMETIC
DENTISTRY**
**DR. THOMAS J.
BALSHI**


FOUNDER OF PI DENTAL CENTER

“A healthy smile reflects a healthy body. Recent studies show that bacteria in the mouth can produce heart disease, diabetes and some cancers. Neglecting a smile can put total well-being at risk.”

PLASTIC SURGERY
**DR. JULIUS W.
FEW**


DIRECTOR OF THE FEW INSTITUTE FOR AESTHETIC PLASTIC SURGERY

“Darker skin has inherent protection against the sun but still needs sun protection. While the skin may not change as much, there is volume loss and changes in the positioning of the facial anatomy with aging. The bottom line: Injectables, cosmetic surgery and less invasive procedures are ideal for darker skin.”

**What should
patients know
about facial fillers?**
DERMATOLOGY
**DR. FREDRIC
BRANDT**


DERMATOLOGIST AND FOUNDER OF THE EPONYMOUS SKIN-CARE LINE

“Facial fillers should be performed only by a qualified physician using FDA-approved materials. A patient should always know what is being injected into his or her face. We see too many problems from patients receiving unlicensed fillers injected by unlicensed personnel.”

**HAIR
RESTORATION**
**DR. CRAIG L.
ZIERING**


RENOWNED HAIR TRANSPLANT SURGEON

“The extreme heat and chemicals in many hair-straightening treatments burn the cuticle and strip moisture, making hair dry and brittle. Keratin treatments are the only safe choice to straighten hair without permanently damaging it. It targets the holes in your hair that cause it to appear frizzy, resulting in straight and soft hair.”

**PLASTIC
SURGERY**
**DR. JASON N.
POZNER**


CO-FOUNDER OF SANCTUARY MEDICAL AESTHETIC CENTER

“In regards to facial mapping, 3-D imaging is the wave of the future, and mapping facial features with this will be the norm.”

**COSMETIC
DENTISTRY**
**DR. RONALD
GOLDSTEIN**


COSMETIC DENTIST AND AUTHOR OF CHANGE YOUR SMILE

“The exciting news in dentistry today is that many times we can predict the future esthetic and health of your smile by a video exam. Then you can take the essential steps to make sure your smile will look good not only for the short term but hopefully throughout your life.”

HAIR COLOR
**BETH
MINARDI**


NEW YORK CITY HAIR-COLOR SPECIALIST

“Using a high-quality boar bristle brush to gently brush hair helps hair shine like crazy! Brush once daily and gently to move the natural lipids from the scalp down the hair shaft to nourish and protect the cuticle layer.”

Shinier, Smoother Tresses
By now, most of us have heard of—or experienced firsthand—the benefits of **Moroccanoil**. Now, the argan oil-infused formula comes in **Moroccanoil Light**, a lighter-consistency version that won't weigh down or discolor fine and fair-colored hair. But users can still count on the same revitalizing and smoothing properties of the original. \$39, moroccanoil.com

