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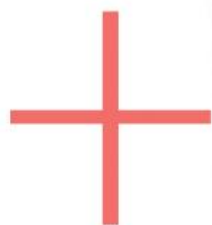
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ALPHABET

MIND-BODY
CONNECTION

TREAT YOURSELF TO
A MEDITATION RETREAT



ELEVATE
EVENTS RECAP

ENJOY THE HIGHLIGHTS
OF BEAUTY SECRETS
REVEALED

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TRUTHS
ABOUT DRY
SKIN

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THE TIME FOR
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TORONTO COSMETIC CLINIC

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enhance

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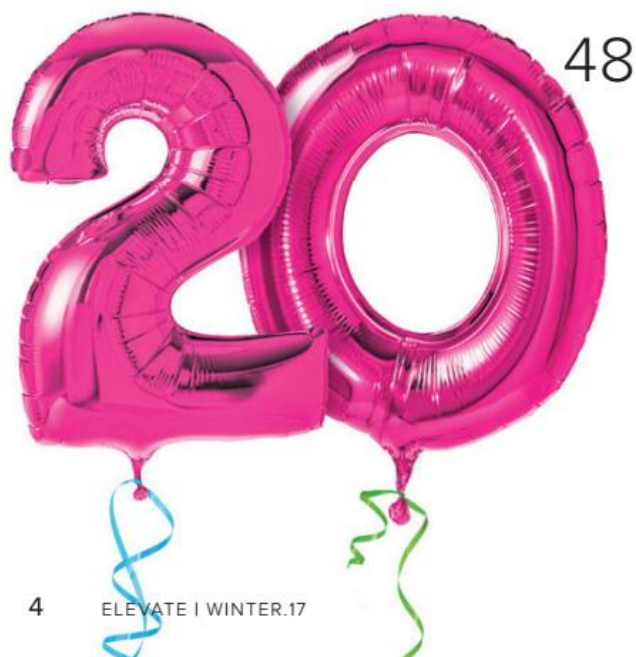
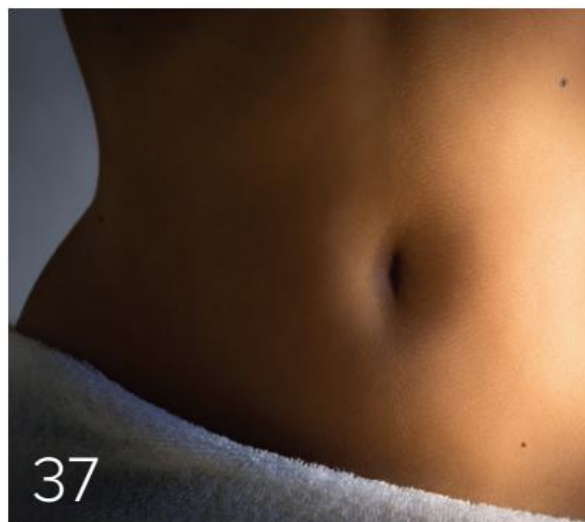
We're celebrating Restylane's 20th anniversary by taking a look at the latest innovations and what makes this filler so effective.

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PHOTOS: THINKSTOCK



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- Have skin that is still recovering from a cosmetic procedure, such as a chemical or mechanical peel, or laser resurfacing; and
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Talk to your doctor for more information about Clear + Brilliant, and see www.clearandbrilliant.com for additional details.

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Alvaro Goveia

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Diana Carreiro

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Oribe Hair Care

MODEL:

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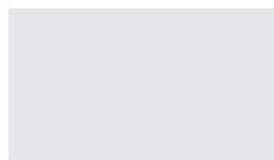
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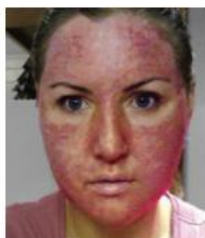
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ELEVATE EDITOR'S LETTER



NURTURE YOUR **TEMPLE!**

I'm a strong believer in the saying "My body, my temple" because it's up to us as individuals to take care of our bodies on both the outside and the inside. We can do just that by empowering ourselves with the best in beauty, anti-aging and wellness rituals and resources. To help you attain the full potential of your body, this issue we'll give you the tools and knowledge to look and feel your best. We begin by helping you decipher the latest body contouring procedures (p. 37) so you can work towards that hourglass figure. We will also arm you with a foundation of enhancement knowledge in our anti-aging alphabet so you can feel confident while making decisions about skin care, beauty and in-office treatments that help you look good on the outside.

As always, we offer up insider information on essential skin (p. 26 and 40), body (p. 22) and makeup (p. 20) products while reminding you how to maintain your immune system (I'm officially done with this crazy flu season) and core strength (p. 56). Finally, I challenge you to rediscover the mind-body connection by trying out our favourite wellness retreat (p. 58). As always, please let us know how we're doing and what you love about *Elevate* by reaching out to me at amanpreet@elevatemagazine.com. I can't wait to chat with you!

Stay beautiful,

AMANPREET DHAMI
EDITOR-IN-CHIEF

GET SOCIAL WITH US!

#ELEVATEBODY #LOVEYOURBODY

We all hate something about our bodies, but at *Elevate* we embody and encourage self-love and acceptance. (Experts always advise their clients to embrace confidence and a solid sense of self before even considering enhancements.) Share what you love about your body with us on Instagram @ElevateCanada, Twitter and Facebook @elevatemagazine using the hashtags #ElevateBody and #loveyourbody

PHOTOGRAPHY: ALVARO GOMEZ, HAIR & MAKEUP: DIANA CARREIRO



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MARCH

WIN A PRIZE PACK OF IDC SKIN CARE

Pamper your complexion with a full anti-aging skin-care regimen courtesy of Canada's IDC (available at beautyboutique.ca). IDC uses patented Regen-16 technology to target 16 factors of skin aging with a high concentration of active cosmeceutical ingredients. The winner will treat her skin to the Ideal Multi Correction Instant Lifting Serum + Continual Integral Correction, which lifts, firms, restores and tones skin, and the Ideal Eyes Anti-Fatigue Integral Serum, which corrects signs of skin aging in the eye contour, such as fatigue, dark circles, crow's feet, loss of firmness and puffiness. The Integral Hydrating Hydra-Seal Cream targets the three mechanisms of skin hydration and locks in maximum moisture. At night, you'll be able to try the award-winning Ideal Multi-Correction Overnight Repair CreamMask to replenish and visibly repair skin while you sleep (value \$298). *Contest runs from February to April 2017.*



APRIL

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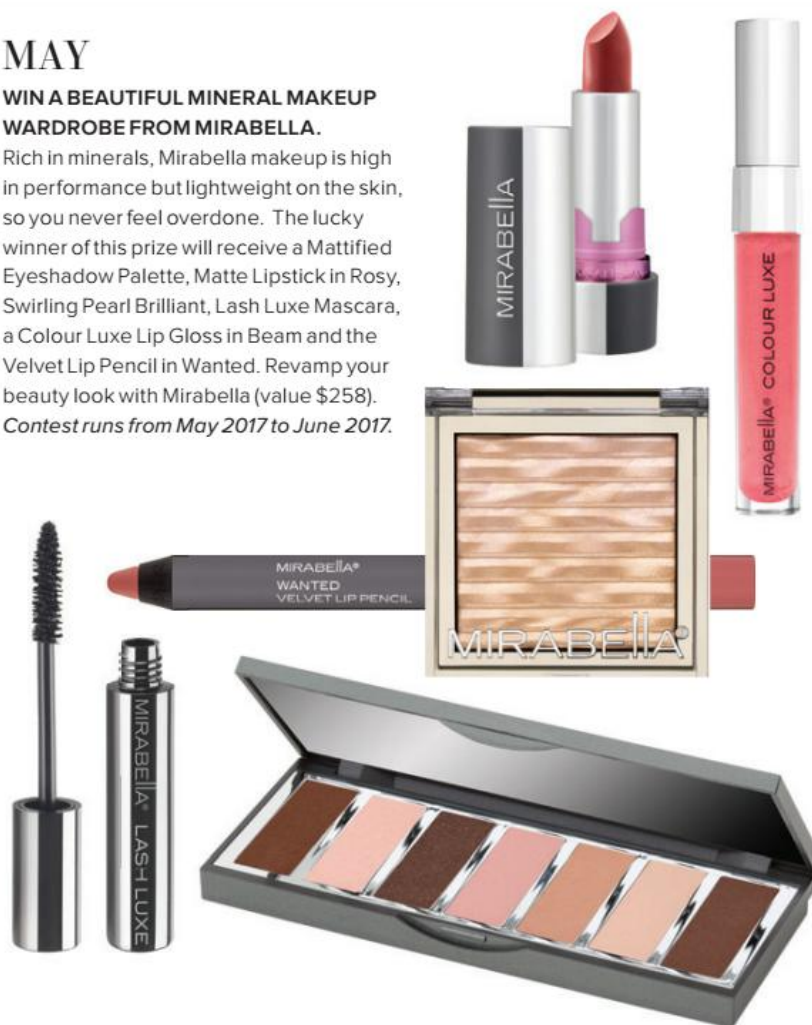
Illumalift Cream Foundation and Brightening Cream helps you achieve that no-makeup look with its buildable coverage formula enriched with Matrixyl 3000. The winner of this prize pack will receive an Illumalift Cream Foundation and Brightening Cream in colour-matched shades, alongside a Boxx Cosmetics Travel Foundation Brush and Boxx Cosmetics Travel Concealer Brush. Get fresh-faced with Illumalift (value \$101). *Contest runs from April to May 2017.*



MAY

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Rich in minerals, Mirabella makeup is high in performance but lightweight on the skin, so you never feel overdone. The lucky winner of this prize will receive a Mattified Eyeshadow Palette, Matte Lipstick in Rosy, Swirling Pearl Brilliant, Lash Luxe Mascara, a Colour Luxe Lip Gloss in Beam and the Velvet Lip Pencil in Wanted. Revamp your beauty look with Mirabella (value \$258). *Contest runs from May 2017 to June 2017.*



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LET'S TALK DIGITAL

If you follow us online (and you really should!), you may have seen my name or face (or swatch-lined arm) pop up here and there, but let me officially introduce myself: I'm Erin Torrance, digital editor, coffee addict and makeup hoarder. It's nice to meet you!

You may have noticed that this issue is our first of 2017. Moving forward, we have a bit of a different plan for *Elevate*, but it's all good news. You can still expect to see print issues, but we'll also be upping our digital game, so get ready for more online-only content including reviews on the latest products to hit our desks.

As well, we'll be keeping our experts busy answering your tough beauty and anti-aging questions, so send them our way on social using **#ElevateAnswers** or email them to me at erin@elevatemagazine.com.

I'm so excited to take this journey with you! Reach out to me any time at erin@elevatemagazine.com or give me a little wave on social. See you online, lovelies!

xo Erin

#ELEVATEANSWERS

We're always checking in with the top health experts to ensure that you're getting the most authoritative advice you can trust, but it can be difficult to cover everything. That's where you come in. We want to answer your top questions, so tweet us, Facebook us, Instagram us, whatever you choose—just send us your questions tagged with **#ElevateAnswers** and we'll get our experts on them!

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FEELING **SHY?** Email your question to erin@elevatemagazine.com



MARCH

SPRING CLEANING FOR YOUR MAKEUP DRAWER

It's coming around to that time of year when we need to purge. Over on the dot-com, we'll be offering up tips on what to toss, what to clean and what to store.



APRIL

GO GREEN FOR THE PLANET

Eco-beauty finds, anti-aging superstars with natural ingredients and planet-friendly brands will be at the forefront as we put Mother Nature first for Earth Week.

MAY

NOT YOUR AVERAGE MOTHER'S DAY GIFT GUIDE

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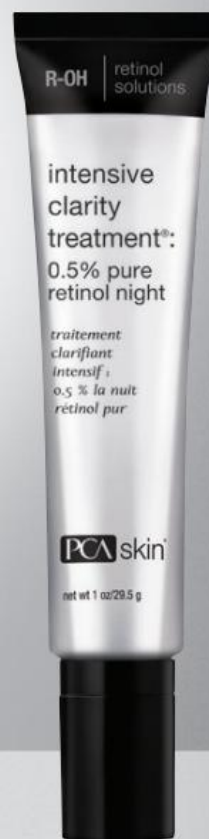
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STAR *radar*

WHAT'S **KENDALL'S** SECRET?

Victor Henao, director of global makeup design for Estée Lauder and Kendall Jenner's MUA, shared it with us!

Celebrities' signature beauty secrets often come from the makeup pros who work with them. We chatted with Victor Henao, Kendall Jenner's official MUA and director of global makeup design for Estée Lauder, who revealed how Jenner manages to always look rejuvenated.

"Drinking lots of water, moisturizing and using a sheet mask before applying makeup always makes everything look better," says Henao. "Kendall is a big fan of the Estée Lauder Advanced Night Repair Concentrated Recovery PowerFoil Mask (\$88, esteelauder.ca). She also always asks me to add a little bronzer on the crease of her eyes and to brush a little over her cheekbones after contouring for a natural fresh glow."



THERE'S MORE WHERE THAT CAME FROM!

Discover more beauty tips from Henao and insider makeup looks worn by Jenner herself at elevatemagazine.com.

STRONG *beauty*

Actress Priyanka Chopra joins Pantene's roster as global brand ambassador.

We're smitten with Pantene's newest global brand ambassador, Priyanka Chopra. The stunning Bollywood actress, philanthropist and leading lady in the thriller drama TV series *Quantico* has broken glass ceilings over the past couple of years with her rising global popularity. Chopra's climb demonstrates her talent and strength, making her the perfect fit for Pantene, a brand that stands by its tagline "Strong is beautiful."



Chastain turns 40!

HAPPY BIRTHDAY **JESSICA!**

The actress who emanates pure class with her effortless look and dazzled us with her onscreen performances in *The Help* and *Interstellar* turns 40 on April 14. All we have to say is, 40 looks good on you, Jessica! Chastain has been known to lie about her age; in fact, in 2012 she claimed she was 30 when she was actually 35. What we don't get is why Chastain lied in the first place because she has always looked amazing! If Chastain is a clear example of what it looks like to be 40, then I'm looking forward to it. Cheers to aging with grace!

—AMANPREET DHAMI

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YOUR *skin*

LIFE-CHANGING SKIN CARE

Amanpreet Dhani speaks with iconic L.A. skin expert Kate Somerville.



"As a child, I struggled with eczema, so I know first-hand what it feels like to be uncomfortable in your own skin," says Kate Somerville. "Whether it's the emotional turmoil caused by acne or the anxiety associated with aging, skin can affect your self-esteem and life."

Fast-forward to today and Somerville now has her own skin care-line and clinic on Melrose Place, all developed with 20-plus years of hands on experience working with esteemed plastic surgeons and dermatologists and treating clients' skin both before and after surgery. She is also the go-to skin-care saviour for many celebrities who frequent her clinic in L.A.

SOMERVILLE'S #1 BEAUTY TIP:

"Exfoliate! One of the most common mistakes I see my clients making is not exfoliating enough. To get glowing skin, you need to exfoliate regularly (two or three times a week, depending on your skin type). If you're not exfoliating, your skin will look dull and dry, your wrinkles will look deeper and pores will look larger. As we age, our skin metabolism slows and exfoliation keeps that metabolism going, giving you a healthier glow in the long-term."

TRY

ExfoliKate Intensive Exfoliating Treatment (\$29, sephora.ca). This bestseller is used in every treatment at Somerville's clinic and provides both chemical and physical exfoliation to lift and dissolve dead skin cells.



DO THE TIME!

Before you swap out your new anti-wrinkle cream for a new one because you aren't seeing results, make sure you've given it a fair chance! According to the American Academy of Dermatology (aad.org) it can take at least six weeks for changes to occur in the skin because of a product and, in some cases, up to three months. Do the time—we promise it's worth it!



ABOVE: Kate Somerville's infamous spa located on Melrose Place in Los Angeles.



DISCOVER MORE OF KATE'S SKIN SECRETS at elevatemagazine.com as we share more of our chat with her and what we thought about her book, *Complexion Perfection*.

DID YOU KNOW

humans lose 200 million skin cells every hour? That means that during a 24-hour period, a person loses almost five thousand million skin cells.

OUT, **DARN** SPOT!

Decipher and tackle pesky skin spots with our at-home guide. BY NICOLE LIPPAY

We've all had those moments, often in harsh lighting, where you catch a glimpse of your reflection and wonder when those unsightly spots cropped up and, more pressingly, how you can get rid of them ASAP. Here are our top spot-busting picks.

PIMPLES

Don't pick at these painful bumps (leave extractions to the professionals) or you'll spread the infection. Instead, try **MaskerAide Spotted Anti-Blemish Clear Spot Patches** (\$25, maskeraide.com). The killer combo of salicylic acid and tea tree oil dries out the excess oils while calming inflammation.



DARK SPOTS

Dark spots or age spots stem from a buildup of melanin in the skin caused by too much UV exposure. Try **Institut Esthederm Esthe White Brightening Youth Serum** (\$99, esthederm.ca), which brightens spots for a more even complexion



COMEDONES These small bumps, also known as blackheads or whiteheads, result from built up dead skin or oil trapped in pores. Use **Rodial Super Acids X-treme Pore Shrink Cleansing Pads** (\$48, Murale) to exfoliate your skin each morning while removing impurities and trapped debris. Bonus: Azelaic acid, a key antibacterial ingredient, prevents new bumps from forming.

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Amanpreet's
Fave



ÉNERGIES ET PURETÉS DE CHANEL MAKEUP COLLECTION,

Les 4 Ombres 292 Jardins Eclatants (\$68, chanel.ca and beauty counters): If I was only allowed one eyeshadow palette, this would be it! This pearlescent quad of shadows from the spring collection features two darker earth tone shades and two lighter shades of rose and peach that are reminiscent of spring flowers in Asian gardens. It's perfect to create both a bright day look and a sultry copper smoky eye!

BEST IN BEAUTY

All you need for the perfect all-day,
everyday makeup look.

BY AMANPREET DHAMI AND
ERIN TORRANCE



THE GLAM-GIRL STEAL

Kiss Lash Couture Faux Mink Collection in Boudoir (\$8, Walmart): With 10 wears and a mink-like appearance, these falsies take you from day to night while being friendly on your wallet. The knotless lash band and tapered ends provide a natural look that blends seamlessly with your own lash line.

THE ESSENTIAL FACE BASE

Illumalift Brightening Cream and Cream Foundation (\$26 and \$29, illumalift.com): Chock full of real nutrients for your skin, including vitamin E, Matrixyl 3000, ceramides, peptides and botanical extracts and exemplifying clean beauty ideals in its formulation, this duo improves your skin's texture and tone while providing breathable coverage all over your face.



PHOTOS: PAUL CHMIELOWIEC

**HOT
PICK**



LIVE YOUR FACIAL DREAMS!

Aveda's Tulasara skin experience will transport you to bliss.

Enter a world of complete relaxation with an Aveda Tulasara facial treatment (\$150 for 90 minutes or \$95 for 60 minutes, Civello Salon & Spa, civello.com). Complete with a customized skin consultation, a dreamy facial massage, an exfoliation, a mask and head-to-toe touch therapy in a treatment room that immediately unplugs your mind, there's nothing this facial leaves out. Using high quality skin care products from the Aveda Tulasara line based on your personal skin-care concerns and Aveda aromatherapy and pampering rituals chosen just for your needs. You'll feel like a new person. For the best results with your skin opt for monthly treatments or as recommended by your skin therapist.

e INDULGE YOURSELF
Continue the ritual at home with Aveda Tulasara Wedding Masque Overnight (\$65) and Aveda Tulasara Wedding Masque Eye Overnight (\$55, Aveda salons and spas). Discover the Indian bridal tradition that inspired this line's results at elevatemagazine.com.



FEMALE HAIR LOSS HAS A SOLUTION

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HAIR & SCALP CLINIC

For your private complimentary consultation, contact us at: 905.821.1092
www.trulyyou.ca



YOUR *body*

BIGGER BREASTS SANS SURGERY

Increase your cup size without going under the knife.

BY NICOLE LIPPAY

If you want more voluminous breasts but don't want invasive surgery, Nutribreast might be your answer. Nutribreast capsules (beginning at \$210 for a three-month system, nutribreast.com), a daily oral supplement, are made of natural ingredients—including saw palmetto, fenugreek and dandelion root—that stimulate the growth of new foundation breast tissue by triggering changes in the levels of estrogen and progesterone hormones.

HOW LONG DOES IT TAKE?

"One cup size is normal when on the system for nine months," says Rebecca Powley, CEO and founder of Nutribreast, "but fullness occurs in as little as three months." Nutribreast is safe for anyone but pregnant and breastfeeding women. "Unless the woman is allergic to one of the ingredients [all ingredients can be reviewed at nutribreast.com], there are no side effects, but many women enjoy clearer skin, better hair and nails and easier periods and menopausal symptoms," explains Powley.



ELEVATE LOVES

Sympli supports The Looking Glass Foundation (lookingglassbc.com), a group of mothers who help youth facing eating disorders. Through their donations, Stimpson hopes Sympli will be able to help grow the foundation to raise awareness and increase resources available to those in need.

FIND YOUR CONFIDENCE

With clothing that fits your body, you'll feel amazing

In winter, many of us try to whittle our waists with complicated gym routines and gruelling diets that take a toll on our confidence. Instead of trying to squeeze into a sample size, why not love our bodies and seek out clothing that's beautifully made to flatter any shape? Sympli (visit sympli.com for retail locations), a Canadian-made clothing line, empowers women to feel comfortable, confident and sexy knowing that their clothing fits well. Jan Stimpson, creator of the brand, says, "It was really important to accommodate most of the women out there who don't have a perfect form and who aren't a size two." It's easy to fall into the trap of feeling down about fashion sizing, but it's also important to remember that the industry changes these numbers even when your body stays the same. "I found that I couldn't even go shopping for things I used to enjoy because now I was termed an extra-large and I used to be a size 10," explains Stimpson. "I just found that really depressing. A lot of acquaintances and friends around me were having the same problem."—NL





**HOT
PICK**

GET GLOWING

Flaunt that all-over, healthy glow with a no-fuss sunless tanner!

No one wants to look pasty, but with the dark winter months, sometimes it's inevitable. At-home tanning products provide a subtle faux glow to your skin while improving your skin's health. We love **Vita Liberata Ten Minute Tan** (\$49, Sephora) because it's just so easy to use! Slather on the lotion pre-shower and leave it on for 10 minutes (if you want a deeper colour, wait an extra 10 minutes). I applied this first thing in the morning and went about my routine of brushing my teeth and taking my clothes out for the day. Shower as you would normally and, over the course of



the day, your tan will gradually deepen. No need for a mitt or messy mousse that stains clothing! Plus, Matrixyl 3000 and rose-hip help boost collagen to keep your skin looking youthful all over.

UNDERSTANDING **DHA**

Dihydroxyacetone—it's a mouthful, we know—is a colourless sugar and the main ingredient in sunless tanner responsible for your faux glow! The sugar interacts with the dead cells on the top layer of your skin, causing a temporary change in skin colour.

5 REASONS TO **LOVE** ELEVATEMAGAZINE.COM



1 Discover why you should attend our new and exclusive anti-aging & beauty **EVENTS!**

2 **SIMPLER NAVIGATION** gets you the latest anti-aging, beauty and plastic surgery news faster!

3 Read *Elevate Magazine* **ANYWHERE** with **ISSUU**. Android users rejoice!

4 Get the **FACTS** about cosmetic procedures with the improved **PROCEDURE DIRECTORY**.

5 Locate a doctor for your next treatment in the **FIND A DOCTOR** section.

ELEVATE
ANTI-AGING • ENHANCEMENT • WELLNESS

YOUR *smile*

SHOW YOUR *lips* SOME LOVE

The cool months call for extra lip TLC. Toss your dehydrating chap stick to the wind and invest in these three essential lippies.



1 Jouviance Restructiv PlumpFX Lip Serum (\$32, Shoppers Drug Mart): Lip plumpers usually cause an unpleasant tingling, but not this one! Peppermint and ginger boost microcirculation for instant volume, while hyaluronic acid and other nutrients improve your lip's moisture levels, texture and lines. It's great worn as a base under lipstick or alone.



2 Lise Watier Rouge Intense Suprême (\$27, Murale and Shoppers Drug Mart): This bullet packs a pigment punch while keeping lips soft from the minute you apply it to hours later. The long-wear formula comes in 15 shades and features Labrador Tea extract, an antioxidant that keeps the skin's elastin fibres intact.

3 Know Cosmetics No, My Lips Are Sealed Lipstick Topcoat (\$25, Shoppers Drug Mart):

Never fret about reapplying lipstick again! This non-sticky topcoat applies effortlessly over any lip colour and dries down to ensure there's no transfer on your coffee cup or anyone else for that matter. —AD



BUTT OUT!

Did you know that tobacco users are four times more likely to develop gum disease than non-smokers? Just another reason to kick the habit.

—CANADIAN DENTAL ASSOCIATION



BATTLE OF THE BLUETOOTH BRUSHES

We compared two leading connected toothbrushes and their apps. BY ERIN TORRANCE

Oral-B Genius Pro 8000

(\$269.99, amazon.ca)

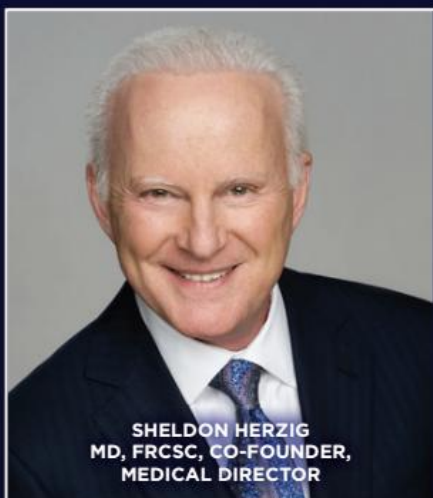
- Comes with three round brush head options.
- Six brushing modes, including tongue cleaner and gum care.
- The app uses position detection and motion sensors via your phone's camera to offer feedback while you brush for the best clean.
- Export your brushing history to your dentist to personalize your brushing program.
- Phone dead? Brush sans app and receive real-time feedback via the handle's 360 SmartRing light, then sync your sessions later.



Philips Sonicare FlexCare Platinum

(\$199.99, amazon.ca)

- Brush head features gel sides to reduce pressure on gums.
- Three brushing modes and intensity options for a total of nine combinations.
- The app tracks technique, pressure and location via brush sensors for personalized feedback.
- On screen alerts tell you how to correct your technique.
- Miss a spot? The touch-up feature shows you where you need to go back to get a complete clean.



SHELDON HERZIG
MD, FRCS, CO-FOUNDER,
MEDICAL DIRECTOR

SEE CLEARLY WITH THE EVO VISIAN ICL AT THE HERZIG EYE INSTITUTE

Committed to providing patients with the most proven, approved technology available today, the Herzig Eye Institute's goal is to help you achieve your best possible vision in a safe, comfortable environment.

For patients who are not candidates for Laser Vision Correction, the Herzig Eye Institute can provide other safe options such as **Refractive Lens Exchange (RLE)** and **Intraocular Collamer Lens (ICL)**. The ICL is a solution for patients with high levels of nearsightedness (myopia) or astigmatism that are too extreme for Laser Vision Correction, and for whom Laser Vision Correction on the cornea is not safe. The ICL is a very thin intraocular lens designed to rest in front of the eye's natural lens, just behind the iris.

The **EVO Visian ICL** is the new generation in vision correction that can give you the freedom to see clearly without the hassles of contacts and glasses. This implantable lens works with your natural eye to correct your vision and is Health Canada approved.

"The key benefit of EVO Visian ICL surgery is that it can provide patients with extreme levels of nearsightedness or astigmatism who are not candidates for Laser Vision Correction with a better quality of vision than they can get with glasses or contact lenses," states Dr. Herzig, Co-founder and Medical Director, Herzig Eye Institute.

The **EVO Visian ICL** is made of Collamer®, a collagen co-polymer that contains a small amount of purified collagen which is proprietary to STAAR Surgical; the remainder is made of a similar material to that found in soft contact lenses. Containing an ultraviolet light filter, the **EVO Visian ICL** is biocompatible and will not cause a reaction inside the eye.

Before inserting the lens, the eye is made numb using anesthetic eye drops, and there is very little discomfort associated with the procedure. The surgery typically takes 10 to 15 minutes to perform, and both eyes can be treated on the same day. The patient will need someone to drive them home on surgery day. Some eye drops or medication may be

prescribed and a follow-up visit is usually scheduled the day after surgery.

To determine which procedure is right for you, a comprehensive assessment is conducted utilizing state-of-the-art technology. Based on the thorough diagnostic assessment, your surgeon will tailor a treatment plan to match the right procedure for your unique vision needs. For more information or to schedule a consultation, please visit herzig-eye.com or call **888.782.8000**.



PUT A
smile
IN YOUR EYES!

Our mission at Herzig Eye Institute is to transform the way you see by providing you with your best possible vision. By combining exceptional surgical skill with the most advanced and proven vision correction technology available, we aim to give you vision that is better than you can achieve with glasses or contacts. Your eyes are priceless and deserve the best care possible. **Contact us today for your complimentary consultation.**

CALL 888.782.8000
HERZIG-EYE.COM

HERZIG
EYE INSTITUTE

YOUR *hair*

COLD-FRONT SAVIOURS

With winter weather comes heat on full blast and unruly manes. Here are our seasonal must-haves!



1 INVISIBOBBLE (\$20 for a pack of 3, salons and invisibobble.com): With the extra dryness in the air you need to be careful with your hair when throwing it up in a top knot or pony, luckily Invisibobble's no-tear and traceless design will allow to create chic styles while keeping the health of your hair intact.

e LOOKING FOR DIY HAIRSTYLING INSPIRATION?

Look no further, visit elevatemagazine.com to learn how to create easy but professional looking styles with the help of Invisibobble.

2 CONAIR IONIC STRAIGHTENING BRUSH (\$90, conaircanada.ca):

This isn't an ordinary paddle brush at all! The ceramic and silicone bristles, paired with the ionic technology of professional-grade straightening irons, mean that heat distributes evenly across your hair for easy, frizz-free styling. Get smooth-as-silk hair in a pinch with the 30-second heat feature and three heat settings.



3 KEVIN. MURPHY LEAVE-IN. REPAIR (\$32,

professional salons, locate a salon at kevinmurphy.com.au): Dry winter weather means split ends and brittle strands. Curtail the damage toll with the help of this leave-in treatment enriched with rose geranium to promote scalp health, enriching clove leaf oil, fortifying bamboo extract and hydrating jojoba seed oil.



4 MAUI MOISTURE STRENGTH & ANTI-BREAKAGE AGAVE SHAMPOO AND CONDITIONER (\$11 each,

drugstores and mass retailers): Made with handcrafted ingredients reminiscent of tropical islands, such as agave nectar, hibiscus oil and pineapple oil, this sustainable shampoo and conditioner duo helps repair, hydrate and strengthen chemically treated hair.



Enjoy life without Varicose or Spider Veins!

Treatment Options:

- **Varicose Veins:**

- * Endovenous Laser Therapy (EVLT)
- * Sclerotherapy
- * Ambulatory Phlebectomy

- **Spider Veins:**

- * Surface Laser Therapy
- * Sclerotherapy

- **Facial Vein Therapy**

- **Hand Vein Therapy**

- **Medical Compression Stockings**

S Kundu MD, RVT, RPVI, DABR

Certified by the American Board of Phlebology
Fellow of:

Royal College of Physicians & Surgeons of Canada
American Society of Angiology
Interventional Society of Europe
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clean & GREEN

As an ode to Pantone's greenery, we've rounded up our top nine eco-conscious skin and beauty essentials emanating Mother Nature's hue and essence.

BY AMANPREET DHAMI

PHOTOGRAPHY BY PAUL CHMIELOWIEC



1. Ole Henriksen Find Your Balance Oil Control Cleanser (\$30, Sephora and olehenriksen.com)
2. Ole Henriksen Counter Balance Oil Control Hydrator (\$42, Sephora and olehenriksen.com)
3. Ole Henriksen Balancing Force Oil Control Toner, (\$34, Sephora and olehenriksen.com)
4. Juice Beauty Stem Cellular Resurfacing Micro-Exfoliant (\$69, Sephora, Holt Renfrew and Murale)
5. Kat Burki Rose Hip Revitalizing Serum (\$182, Murale)
6. Éminence Apricot Calendula Nourishing Cream (\$78, thefacialroom.ca)
7. Tata Harper Clarifying Moisturizer (\$145, beautymark.ca and Murale)
8. Davines Momo Shampoo (\$26, at professional salons and davines.com)
9. Pacifica Natural Skincare Future Youth Enzymatic Resurfacing Mask (\$18, pacificabeauty.com)

“THE MOST LIBERATING THING ABOUT BEAUTY IS REALIZING THAT YOU ARE THE BEHOLDER. THIS EMPOWERS US TO FIND BEAUTY IN PLACES WHERE OTHERS HAVE NOT DARED TO LOOK, INCLUDING INSIDE OURSELVES.”

— SALMA HAYEK

enhance

RELIVE THE *glamour...*

of Elevate Events Beauty Secrets Revealed

BY AMANPREET DHAMI

On November 17, 2016, *Elevate* hosted a wonderful evening celebrating anti-aging, beauty and cosmetic enhancement at the Four Seasons Hotel Toronto. At this third edition of Elevate Events, the 200 attendees enjoyed an upscale evening of cocktails and hors d'oeuvres while checking out activation stations and listening to an exclusive expert panel. In case you missed the evening or perhaps want to relive the event, take a look through our favourite snapshots of the evening. Finally, stay tuned for details on our next event which will take place this spring!





BE OUR GUEST!

Event attendees enjoyed snapshots on our step and repeat throughout the evening!

LEFT: Groups of guest pose at the step and repeat throughout the night showing off their swag bags.

THIS PAGE: RIGHT: Expert panellists Dr. Ladha, Dr. Bendago, Tricia Misener and Sonia Yarkhani smile for the camera. Blogger Brianne Call of Sincerely Bri and Dr. Jennifer Pearlman of Toronto. Attendees listen to the expert discussions and more amazing Elevate Events fans pose for us.



OUR BEST **BEAUTY SECRETS** JUST FOR YOU...

Here are our favourite expert tips and candid moments from our live expert panel from our gold sponsors and event partners.



ON VENEERS:

"With porcelain veneers, you can change the size, colour and shape of your teeth. There is a bit of preparation of the tooth structure when you apply them, but with advances in dentistry today, it's minimal."

OH HOW A HEALTHY SMILE IMPROVES SELF-ESTEEM:

"Our mental health, our smiles, our lives are so tightly woven into how we feel about ourselves and our feelings of self-worth and self-esteem. I have patients who haven't been able to smile for 20 years. So many things are available at different price points, so there's something for everybody out there. You can be happy with your smile."

—DR. NAILA LADHA, HBSC, CAGS, DDS,
DAWSON DENTAL, GOLD SPONSOR



ON MAKING YOUR COLOUR LAST LONGER:

"Baby lights add lightness to the hair. Add fine highlights to problem areas through the top and sides. This helps your colour last longer so your roots won't show as often."

—SONIA YARKHANI, CO-OWNER, EVOLVE HAIR
STUDIO, EVENT PARTNER



ON FAT TRANSFERS:

"When it first started in North America, it focused on the face to rejuvenate the skin, tear troughs, nasolabial creases and cheeks and to improve blemishes and skin darkness. Some women prefer to use their own fat instead to reshape the breasts and even the butt. You can also use fat to improve scars. Fat cells also improve the surrounding tissue by making it look younger."

ON THE BRAZILIAN BUTT LIFT:

"The science has improved and there is a lot of demand. The butt lift is about sculpting the body. Everyone has fat, so we can always find fat to create a nice waist, butt projection and sculpted breasts."

—DR. MANSOUR BENDAGO, MD, FRCSC
PLASTIC SURGEON, TORONTO COSMETIC
CLINIC, GOLD SPONSOR



ON FACE OILS:

"People with oily skin think they can't use products with oil. Oils attract oils and will help break down the sebum sitting on the surface of the skin and replenish your skin with healthy oils."

—TRICIA MISENER, VICHY CANADA,
EVENT PARTNER



PHOTOS: TOM SANDLER PHOTOGRAPHY



LEFT FROM TOP: Jody Kezar of Evolve Hair Studio styles a guest's hair; a member of the Vichy team tests a product on a guest; Dr. Naila Ladha presents a prize to a raffle winner; Dr. Mansour Bendago in deep conversation with an attendee. THIS PAGE (CLOCKWISE FROM LEFT): Dr. Bendago provides a consultation to a patient; The Evolve hair team strikes a pose; The Vichy Canada team at their activation area: Sonia Yarkhani of Evolve Hair Studio with attendee Dr. Philip Alves; Alina Tsymbalarou of Toronto Cosmetic Clinic mingles with two event guests at their station; Tricia Misener of Vichy Canada shares skin secrets and tips with guest; Dr. Ladha poses with Lisa Carcasole, a team member from Dawson Dental and Daniela Giacco, associate publisher of *Elevate*; Dr. Ladha chats with a guest.

TREAT HAIR LOSS AND THINNING

Truly You Hair & Scalp Clinic
empowers you to stop hair loss.

Truly You Hair & Scalp Clinic, a silver sponsor, offers solutions for hair loss, including hair loss prevention, high-end hair replacement, tailor-made programs for cancer patients (such as wigs, head coverings and scalp treatments) and hair transplant consultations, says Caroline Ruggiero, a trichologist and president of the clinic. "A healthy scalp is like soil," she explains. "When nourished with proper care, it will yield beautiful crops. With a trichotest, clients get an in-depth look into the state of their scalp health to analyze sebaceous gland activity, hydration and skin pH," says Ruggiero. Each client gets a custom program, including topical treatments, home care and in-clinic work.



TRY MEDICARD FOR FINANCING

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want done now!

Medicard, a silver sponsor, provides 100 per cent financing for procedures with monthly payments. Since Medicard preapproves patients at no cost, you'll know how much you have available as you seek out the best choices for cosmetic services. Finally, you can be approved for any cosmetic procedure, as Medicard doesn't ask patients what they are considering. The service provides convenient financing with more than 15,000 medical and dental clinics across the country.



THIS PAGE CLOCKWISE FROM TOP:
Caroline Ruggiero, Amalia Ruggiero, Cathy Bossio
and Margaret Travassos of Truly You Hair & Scalp
Clinic; Colin Stainton and Ross Dow of Medicard;
event guest at the Medicard station; Amalia Rug-
giero founder of Truly You Hair & Scalp Clinic with
an event attendee; Colin Stainton of Medicard
poses for the camera; Margaret Travassos of Truly
You Hair & Scalp Clinic chats about hair secrets
with a guest.



Haven't had enough of
Elevate Events Beauty Secrets
Revealed? No worries! Check out
our expanded event photo gallery
and video recap of the evening at
elevatemagazine.com/events.

ALL GLAMMED UP

Event attendees enjoyed manicures and makeup touch-ups from our event partners, CND Vinylux and Boxx Cosmetics!



PHOTOS: TOM SANDLER PHOTOGRAPHY

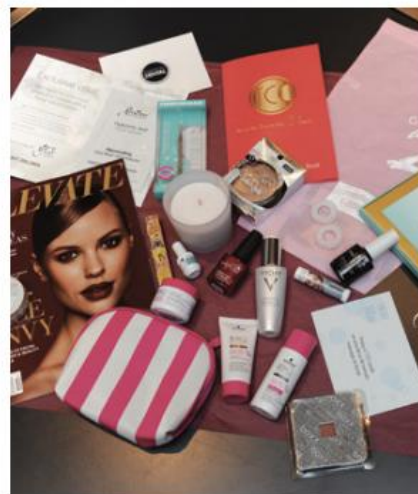
STAY TUNED!

Elevate Events will return soon with a spring edition. Visit our events hub at elevatemagazine.com/events and follow us on Instagram @ElevateCanada and Twitter @elevatemagazine for the big reveal!

THE GIFT BAG

Each attendee received a swag bag filled with beauty and skin-care goodies and spa and service discounts valued at more than \$3,000. Here's what everyone took home!

1. November/December 2016 *Elevate* Face issue and subscription offer.
2. Vichy Liftactiv Serum 10 Supreme
3. Vinylux polish and topcoat and CND RescueRx Daily Keratin Treatment
4. Boxx Cosmetics lip and cheek stain
5. Truly You Hair and Scalp Clinic gift card
6. Toronto Cosmetic Clinic scented candle and VIP coupon book
7. Evolve Hair Studio DIY hair cards
8. Nip + Fab Glycolic Fix deluxe cards
9. Benefit Cosmetics Ka-Brow! Cream-Gel Brow Color with Brush deluxe sample
10. Tweezerman tools
11. Invisibobble hair ties
12. Physicians Formula Super BB #Instaready Filter #BB Bronzer
13. Princess Skincare Green Tea and Hyaluronic Acid Masks
14. Schwarzkopf BC Color Freeze Travel Set
15. Four Seasons Spa gift card
16. Dawson Dental lip balm and gift certificate for dental exam and x-ray
17. iFinance notebook and totebag





ELEVATE

EVENTS

SPRING 2017

Just in time for spring, enjoy a luxe evening
out with your girlfriends!

Beauty by the Decades

...COMING SOON

Whether you're in your 30s, 40s or 60s, discover
the right procedures, skin care and beauty tips for
your anti-aging and enhancement goals.

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Your best body now

A guide to navigating the latest innovations in body contouring options.

BY VAL MALONEY

Body contouring is among the most requested procedures at Canadian cosmetic surgery clinics, and winter is a great time to get started if you're thinking of a change. With many procedures it may take a few months for full results to be seen so, the colder months are the perfect time to visit a professional and build your plan so you'll be ready for summer.

To arm you with information on the latest procedures before you visit a clinic, we talked to industry experts and rounded up details about the most coveted body contouring procedures right now. ►

PHOTOS: THINKSTOCK

RADIO FREQUENCY CONTOURING

CRYOLIPOLYSIS

LIGHT BASED

	BODY FX BY INMODE	MAXIMUS (POLLOGEN)	COOLSCULPTING	SCULPSURE
 HOW IT WORKS	<p>BodyFX uses radio-frequency energy in the form of a high-voltage electrical pulse, says Dr. Peter Bray, MD, MSc, FRCSC, a cosmetic plastic surgeon in Toronto. That energy damages the fat cells, causing them to become "leaky" and die. Dr. Bray says the treatment is comfortable, comparing it to the feeling of being "gently pricked by a finger," and doesn't require any anaesthetic or pain medication.</p>	<p>Pollogen's Maximus uses radio-frequency to heat the skin and subdermal area to stimulate collagen production and tighten the skin, says Dr. Ihab Matta, MD, a cosmetic physician in Brampton, Ont. Dr. Matta says the procedure gives a sensation of muscle twitching when it is underway.</p>	<p>CoolSculpting works by applying controlled cooling to pockets of fat, says Dr. Frank Lista, MD, FRCPC, a Toronto-based plastic surgeon. During the procedure, the controlled cooling applicator is directly applied to the desired area using rounded paddle applicators to freeze away fat cells, which then die off and are eliminated.</p>	<p>SculpSure uses laser technology to destroy fat cells in targeted areas, says Dr. Sean Rice, BA, MD, MSc, FRCSC, a Toronto-based plastic surgeon. The machine has four different hand pieces that can work together on one part of the body or on multiple areas during one treatment.</p>
 TREATMENT PROTOCOL	<p>A single area that's about the size of two hands takes about 20 minutes to treat. Dr. Bray adds that most patients choose to have several areas done at once, typically lasting one hour. A full course consists of six treatments, each about one week apart, he says. Most patients benefit from a maintenance program, with one additional treatment every four months.</p>	<p>Treatments are usually done weekly for eight weeks, with each session lasting an average of 30 minutes, according to Dr. Matta. He adds that clients like to maintain results with quarterly sessions.</p>	<p>Dr. Lista says it often takes a few treatments to get optimum results but has seen clients get what they're looking for in one visit. The latest version of CoolSculpting takes 30 to 45 minutes per session.</p>	<p>Dr. Rice typically recommends two treatments. Generally, he says patients lose 24 per cent of fat in the treatment area. After the procedure, he says there may be bruising and aches similar to those felt after a strenuous workout.</p>
 RESULTS	<p>The results take about three months before they appear in full, says Dr. Bray.</p>	<p>Improvements in cellulite are typically seen after the first or second treatment, says Dr. Matta. It takes three to six months to see noticeable results for skin tightening.</p>	<p>It usually takes two months to see complete results, says Dr. Lista. He adds that the body will continue to flush out fat cells for up to four to six months after the treatment.</p>	<p>It takes about six weeks for the body to remove the fat deposits after the procedure, with full results seen after about two months, says Dr. Rice.</p>
 COST	<p>Prices vary, but Dr. Bray says a full treatment course for a single area like the lower abdomen is typically about \$1,500 to \$2,000, plus tax.</p>	<p>Between \$175 and \$225 per treatment.</p>	<p>Typically ranges from \$2,000 to \$4,000, depending on the number of areas being treated.</p>	<p>Between \$1,000 and \$1,500 per area.</p>

ULTRASOUND BASED CONTOURING

VACUUM MECHANICAL MASSAGE

FOTONA TIGHTSCULPTING

The treatment simultaneously reduces fat and tightens skin using two different lasers, says Dr. Ashraf Badawi, MD, PhD, a laser consultant based in Oakville, Ont. The Nd:YAG laser targets fat, and the Er:YAG tightens the skin.

The two-step treatment takes about 11 to 15 minutes per area, with eight minutes to target the fat and three to five minutes to tighten the skin, says Dr. Badawi. He recommends four treatments, each spaced one month apart.

Most patients notice immediate tightening, followed by a gradual contour as fat breaks down, says Dr. Badawi. Full results can be seen in about three months.

Varies according to area, but Dr. Badawi says a full midsection would be about \$2,500.

VASER LIPO

The ultrasound-based treatment begins with adding fluid to tissue that's sucked up with a liposuction machine, says Dr. Julie Khanna, a plastic surgeon based in Oakville, Ont. She says it feels very much like liposuction, with localized freezing prior to the treatment so there isn't any discomfort.

The treatment only takes one visit, says Dr. Khanna, with the time it takes depending on the area of the body being treated. Under the chin would be about 20 minutes, while the whole abdomen would take about 2 ½ hours.

Results take a few months to appear in full, says Dr. Khanna.

Vaser Lipo ranges between \$4,000 and \$7,000 for a single treatment area.

THERMITIGHT

The procedure uses a tiny probe that gently heats specific tissue to tighten skin and melt fat, says Dr. Renier van Aardt, MD, a Halifax-based cosmetic medicine practice owner.

Treatments are painless because they're done with the use of local anaesthetic, says Dr. Van Aardt. Thermitight typically requires just one treatment.

Full results take about six months to a year to show and last between three and five years, says Dr. Van Aardt.

Typically ranges between \$2,000 and \$4,000.

STARVAC

The treatment is based on vacuum mechanical and lymphatic drainage massages, says Marina Vashkevich, a Toronto-based skin-care therapist.

Each session lasts 45 minutes, with clinical trials done after clients receive 15 treatments. Vashkevich says that users look to Starvac for different results, including cellulite removal and detoxing.

Those looking to lose inches typically require 10 to 13 treatments before seeing results.

The cost is a maximum of \$150 per treatment.

KEEP IT UP!

A healthy lifestyle is the key to maintaining and enhancing the results obtained through body contouring procedures. Michelle Dukowski, a partner and fitness manager at Red Leaf Fitness in Toronto tells us how.

1 The key to seeing results is doing movements that cause the body to continue burning fat even during rest, like high-intensity interval training.

2 In addition to exercising, Dukowski says that eating and sleeping well 80 per cent of the time will help people achieve and maintain results.

3 "Don't worry about being perfect 100 per cent of the time," she says. "Consistency is key."

PHOTOS: THINKSTOCK

DRYNESS DRAMA

Why you need to take your skin's moisture levels more seriously. BY AMANPREET DHAMI

Winter is when skin dryness becomes most acute because of the cold and dry weather outside and the dry air from heating system indoors. But in reality, skin dehydration is a concern all year round that spans all ages for both women and men. It's easy to ignore itchy skin—and for those of us who have it worse, flaking red skin—for just an irritation that doesn't have any real implications, but we enlisted two experts to help you understand why you need to take your dry skin a bit more seriously.

4 THINGS YOU DIDN'T KNOW ABOUT DRY SKIN

1 DRY SKIN ACTS LIKE AGING SKIN.

"In addition to being a cosmetic concern," says Dr. Katie Rodan, MD, a Stanford University trained dermatologist and co-founder of Rodan + Fields who also has a practice in the San Francisco Bay area, "dry skin behaves like old skin. When skin is dry, cell turnover slows down, causing a build-up of dead cells in the stratum corneum [the outer, most layer of our skin]. This negatively impacts the skin's barrier function. Moisture leaks out of the skin and irritants have an easier time gaining access, causing inflammation, and the vicious cycle perpetuates. Dryness by itself sets up this cycle. Changes in specific protein markers in dry skin are similar to those found in aged skin."

When the barrier function is compromised," adds Cristina Ramirez, an RVB Skinlab Canadian Master Trainer and director of Gina's College of Advanced Aesthetics, "it's more susceptible to damage—in other words, the skin is more prone to wrinkles and aging when it is dry. Dry skin causes premature aging."

2 MOISTURIZER DOESN'T WORK AS WELL ON DRY SKIN.

"The drier skin is, ironically, the less able it is to take in hydration," explains Dr. Rodan, because the buildup of dead skin cells in the stratum corneum makes it thicker and less able to absorb topical ingredients. "Think of dry skin like a dry sponge. Add a little water to the surface and it just sits there. Add a little water to a wet sponge and it goes right in."

"Dry skin has dead, flaky cells at the surface that will prevent product absorption," says Ramirez. "Exfoliate with a sugar scrub to remove the dead cells at the surface so that moisturizing products can penetrate and rehydrate the skin." Try RVB Skinlab Jelly Scrub, an effective exfoliant with sugar crystals to slough off skin cells, organic dandelion nectar and orange blossom that are rich in iron, Vitamin C and antioxidants. These added ingredients nourish and revitalize the skin, unlike older generation cosmetic exfoliants that stripped the skin of moisture, explains Ramirez. "Your moisturizer will also work better if you apply it immediately after the shower," adds Dr. Rodan.

3 DRINKING WATER DOESN'T MOISTURIZE YOUR SKIN.

Contrary to popular belief, "It's a myth that drinking eight glasses of water a day will enhance your skin's moisture levels," says Dr. Rodan. "Instead ambient humidity in your environment plays a huge role. In dry climates, using a humidifier in your house will make a significant difference." Dr. Rodan also recommends switching to a heavier moisturizer and eye cream when the weather is crisper and drier.

Dry skin lacks the natural hydrolipidic film (a.k.a. good oils) and natural barrier on the surface that prevents transepidermal water loss (basically water loss through the epidermis). "To rehydrate, we need to limit transepidermal water loss using ingredients that form a protective layer on the surface and reinforce the lipid barrier," says Ramirez. Ramirez recommends looking for ceramides in your products. These natural lipids attract water and bind it to the skin for hydration. This stimulates the skin to produce more moisture-retaining substances with ingredients like the hydra-gene complex found in RVB Skinlab's moisturizing treatment protocol. "This produces lipids, sugars and components essential to binding water to skin, so your skin can hold onto more moisture."

Ingredients that Dr. Rodan touts as ultimate hydrators are peptides, glycerine and hyaluronic acid. "High

concentrations of glycerine in a product provides the most effective hydration," she says. This is also the hero ingredient in the new serum for Rodan + Fields.

4 YOUR DRYNESS COULD BE SYMPTOMATIC OF A DEEPER ISSUE.

Although dryness is common, it's important to decipher regular dermatitis from other medical skin conditions. "Dry skin can also be associated with an underlying medical condition called atopic dermatitis," says Dr. Rodan, "also known as eczema, for which there is a genetic component."

"Skin diseases such as eczema, atopic dermatitis and psoriasis are not curable by cosmetics and require medical treatment," says Ramirez. But some precautions to take if this is the case include using dermatologically tested products to prevent allergy and irritation and use only pure products. What do we mean by "pure"? This means products free of parabens, paraffin, mineral oil, ethylene glycol, phthalates, triclosan, heavy metals, solvents, fillers and other ingredients that could be skin irritants. Finally, Ramirez says, "maintaining the skin's hydration levels is important to preventing further flare-ups." By nurturing the skin with skin-safe ingredients that are normally found in healthy skin, you can manage these diseases and live a healthy life. ©

OUR CELEBRITY SKIN CRUSHES

These leading ladies show us that, no matter what your age, beautifully hydrated and plump skin is an attainable beauty ideal.

RIHANNA, 28



20s

JESSICA BIEL, 34



30s

CATE BLANCHETT, 47



40s

HALLE BERRY, 50



50s

MERYL STREEP, 67



60s

PHOTOS: THINKSTOCK, SHUTTERSTOCK



DRY SKIN DO'S AND DON'TS!

Get a cheat sheet of expert tips on how to make your skin hydrated and remain radiant all year long at elevatemagazine.com.

PAMPER YOUR FACE WITH MOISTURE!

Revamp your skin regimen to prevent further moisture loss and increase your hydration levels. Abolish dryness with these high-performing products.

MOISTURIZE YOUR WAY!

Moisturizers come in different formulas based on your preference. As well heavier moisturizers protect the skin barrier better in drier months, while gels and lighter products work great.



- RejudiCare Synergy Emolia Moisturizing Cream (\$79, doctors offices)
- Belif The True Cream Moisturizing Bomb (\$47, thefaceshop.ca)
- Clarins Hydra-Essentiel Cooling Gel (\$46, department stores, clarins.com)



CLEANSE THE SLATE

- Cliniderm Hydrating Milk Cleanser (\$20, Shoppers Drug Mart)
- RVB Skinlab Jelly Scrub (\$38, salons and medical spas, call 1-888-263-4333 to locate one near you)

HYDRATION UPPERS

To help rehabilitate dehydrated skin, add these invigorating steps to the regular cleanser, toner, moisturizer and SPF steps.

- RVB Skinlab 24 Hour Active Cream (\$65, salons and medical spas, call 1-888-263-4333 to locate one near you)
- Rodan + Fields Active Hydration Serum (\$125, rodanandfields.com/ca and Sephora)
- Dermalogica Phyto Replenish Oil (\$103, spas and dermalogica.ca)



TREAT YOURSELF!

Add any of these hydrating masks to your regimen once or twice a week as a relaxing ritual.



- Skincode Cellular Extreme Moisture Mask (\$69, medical spas)
- MasqueBar Sleeping Face Mask with Lavender (\$20, Shoppers Drug Mart)
- Charlotte Tilbury Instant Magic Facial Dry Sheet Mask (\$27, charlottetilbury.com)

YOUR BODY HYDRATION ARSENAL

We tend to forget that the skin south of our necks deserves just as much care as our faces. Keep your skin smooth and soft from head to toe with these essential body-care products.



Dr. Teal's Foaming Bath with Pure Epsom Salt (\$9, drugstores)



Moroccanoil Shower Milk Hydrating Body Wash (\$32, salons and spas)



Kiehl's Creme de Corps (\$38 kiehls.ca)



Bioderma Atoderm Ultra-Nourishing Anti-Irritation Shower Oil, (\$19.90, drugstores)



VMV Hypoallergenic Boo-Boo Balm (\$16, kirschcosmeticstudio.com)



The Body Shop Almond Milk & Honey Soothing & Restoring Body Lotion (\$15, The Body Shop)

YOUR A to ENHANCEMENT GUIDE



Arm yourself with the basics of anti-aging, cosmetic and beauty knowledge.

BY NICOLE LIPPAY

A

AMINO ACIDS

Amino acids are at the foundation of everything our bodies do, from storing and transporting nutrients to the function of our metabolisms. We can only obtain essential amino acids through our diet, so make sure that you're eating plenty of healthy, whole foods.



B

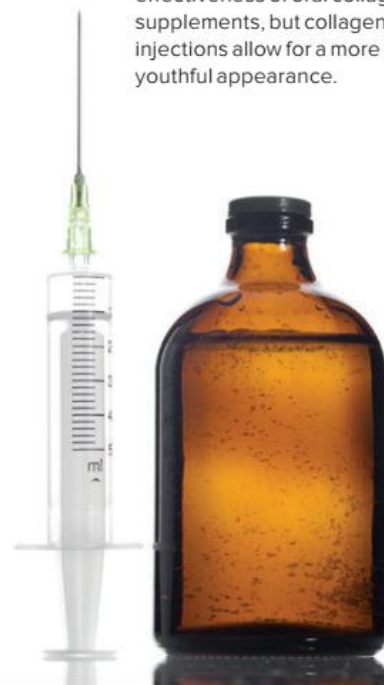
BLEPHAROPLASTY

This invasive procedure corrects droopy eyes by removing excess sagging skin from the upper lid, lower lid or both lids. "The recovery time is one to two weeks and patients experience minimal swelling, with sutures removed after a week post-operation," says Dr. Philip Solomon, MD, FRCSC, otolaryngologist a head and neck surgeon practising facial plastic surgery at the Nasal and Facial Surgery Centre in Thornhill, Ont. An upper blepharoplasty costs approximately \$3,000, and a combination of upper and lower blepharoplasty costs \$6,000 to \$7,000.

C

COLLAGEN

The main structural protein in the skin, natural collagen depletes as we age, making this ingredient highly sought after. There's little scientific evidence to support the effectiveness of oral collagen supplements, but collagen injections allow for a more youthful appearance.



G

GLYCOLIC ACID

This alpha-hydroxy acid and anti-aging superhero exfoliant treats acne, fine lines and wrinkles. Try NeoStrata Glycolic Renewal Anti-Oxidant Smoothing Serum (\$49, Shoppers Drug Mart): The high dosage of acid is effective, but the serum's soothing quality prevents irritation.

H

HYDROQUINONE

This controversial anti-aging ingredient lightens the skin. Dermatologists can properly prescribe skin-care regimens that harness its brightening power safely, so just make an appointment and learn about how to incorporate it into your routine instead of trying any risky over-the-counter lightening treatments.



I

ILLUMINATE

Look for luminizers in your makeup to literally brighten your face. By reflecting light, your skin looks more youthful because wrinkles and unevenness diminish. For a little help with creating the glow, try Benefit Cosmetics Watt's Up! cream-to-powder highlighter (\$39, Sephora), which allows for both a more subdued look or a dramatic effect due to the buildable formula.

D

DOWNTIME

If there's one time to be patient with your body, it's after surgery! While you may be anxious to see results, remember that your body needs time to recover and you'll experience swelling, bruising and discoloration after any major surgery. Take the time to rest and eat well to ensure that your body gets the energy it needs to heal.



E

EYESIGHT

Maintain your eye health! What's the point in applying creams or seeking treatments if you're constantly squinting and furrowing your brow from poor vision? Visit your optometrist regularly and keep your prescriptions up to date. Also, be sure to wear sunglasses on bright days to protect your eyes from harmful UV rays.



F

FRACTIONAL LASERS

There are two kinds of fractional laser treatments—ablative and non-ablative—used in skin rejuvenation. Ablative lasers vaporize the skin at high temperatures, penetrate deeper into the skin and call for more downtime, as the skin often reddens and crusts over after treatment to boost collagen. Non-ablative lasers resurface the skin by creating microscopic wounds while still leaving the skin intact, so they're considered gentle and suited for those with hyperpigmentation.

J

JUVÉDERM

A popular hyaluronic acid filler, Juvéderm is injected into problem areas to correct fine lines and wrinkles around the eyes and nasolabial folds or to add lost volume around the cheeks. Treatments have little to no downtime and begin around \$500, depending on the clinic.



K

KERATIN

Hair is made up of a protein called keratin, that diminishes as we age, leaving our hair porous and prone to frizz and breakage. In-salon keratin treatments help restore dry, brittle hair by filling in the gaps where we lack natural proteins. These treatments work well for summer, when humidity and frizz are at an all-time high.

L

LIPOSUCTION

Liposuction is a tried and true cosmetic surgery, but did you know that you can get liposuction done for your neck? "Neck liposuction fees are approximately \$2,500 to \$3,000, and the recommended recovery time is one week," explains Dr. Solomon.



M

MOISTURIZE

To keep your skin supple, seek moisture! Lycogel Breathable Tint (\$112, lycogel.ca) provides lasting, even coverage while nourishing and reinforcing the skin's natural barriers to retain that valuable H₂O.



N

NEUROMODULATORS

"Neuromodulators work by freezing the activity muscles in the face and we're looking to freeze the ones that cause wrinkles," explains Dr. Philip Alves, MD, practises facial cosmetic medicine at Bloor Village Cosmetic Medicine in Toronto. The most popular treatment area? "Often, these are the wrinkles in the forehead, the elevens, which are in the middle between the brows, giving that angry look," says Dr. Alves. The results of neuromodulators can be seen almost immediately and last between three and four months. The cost is \$200 to \$300 per treatment area.



O

OILS

Get on board with oils, trust us! Oils are great vehicles for anti-aging ingredients and nutrients due to their ability to blend seamlessly into the skin. Just remember to pat oils into your skin rather than rub them in. Try Palmer's Cocoa Butter Formula Skin Therapy Oil (\$9.99, walmart.ca).



S

SHEET MASK

Include sheet masks in your home skin-care routine to kick your daily skin ritual up a notch and remove the guesswork—you know you're getting the right amount of product evenly distributed onto your face. Treat yourself to Magicstripes Hyaluronic Intensive Treatment Mask (\$54, thenaturalcurator.com). The cooling hydrogel instantly puts you into a zen-like state when applied to the face, as hyaluronic acid and other actives go to work to fill wrinkles and lines, firm and improve skin elasticity.



T

TAKE TIME

Think about your anti-aging long- and short-term goals so that you can have an informed discussion with your dermatologist or health care provider. Invasive surgeries are both emotionally and financially draining, so think through your decisions clearly.

U

UNDO DAMAGE

Spent too much time in the sun without adequate protection in your younger years? Help reverse the damage with Olay Regenerist Luminous Tone Perfecting Cream (\$25.99, Shoppers Drug Mart). Niacinamide, a key ingredient, speeds up cell turnover to give you healthier new skin.



V

VENEERS

"Veneers are thin coverings for the front of your teeth that are like false nails," explains Dr. Vasant Ramlaggan, DDS, a dentist at Midtown Dental Centre in Toronto, Ont. Veneers can be used to provide a more uniform colour or to change the shape of a tooth. "The best candidates do not grind or clench their teeth, as this can cause damage over time," says Dr. Ramlaggan. Veneers can cost upwards of \$800 per tooth, depending on the dentist and level of experience.





P

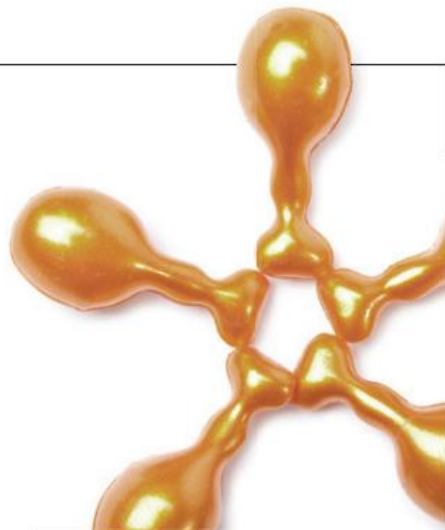
PERIORBITAL LINES

Many people feel insecure about periorbital lines, the wrinkles found around the eyes. "I've noticed in older patients who have a lot of elasticity loss and volume loss in conjunction with the neuromodulators, we also now start with non-surgical rejuvenation along the upper cheekbone. This creates and uplifts all of the facial tissues to create a support structure and will help to smooth out the lines," explains Dr. Alves. Adding volume helps to create natural-looking results. Costs vary, and begin at \$1,000, depending on how much neuromodulator is needed and the treatment area size.

Q

QUIT PICKING!

It's not too late to make a beauty resolution, and banishing acne picking is definitely on the to-do list. To keep acne at bay, use a high-quality cleanser twice daily to rid your skin of toxins. Try IDC+ Integral Moisturizing Micellar Cleansing Milk and Makeup Remover (\$25.99, beautyboutique.ca). It's gentle enough to use around the eyes but effective at removing stubborn makeup.



R

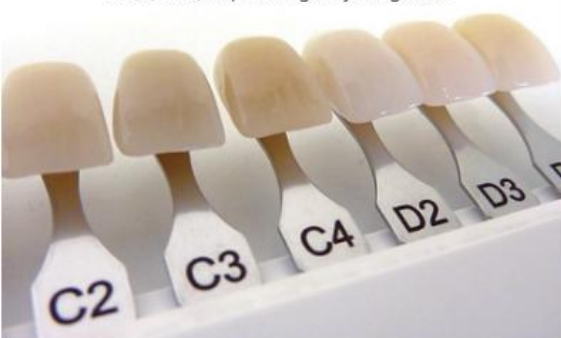
RETINOL

The queen of anti-aging ingredients, retinol slows collagen breakdown while increasing the production rate of new skin cells. It also works great for acneic skin. But be careful: Retinol is unstable and reactive to light, so let this skin saver work its magic at night.

W

WHITENING

Whitening your teeth dramatically impacts your appearance, giving a more youthful look. While there are an array of whitening options on the market, if you want the best treatment, Dr. Ramlaggan says that "in-office can sometimes be shorter and more effective with less sensitivity. Results depend on the colour and health of your teeth: "Types of stain, such as surface versus intrinsic from childhood, will alter results as well," says Dr. Ramlaggan. In-office treatments can range anywhere from \$300 to \$1,000, depending on your goals.



X

EXTRA-STRENGTH

Some active ingredients, such as retinol or salicylic acid, can pack a powerful punch, and cosmetic companies may boast high contents to suggest efficacy. Always make sure that there are cushioning ingredients, such as chamomile or cucumber, to soothe the skin and act as a counterbalance.



Y



YOUTHFUL NECK

Nurture your neck! Whether it's blending your foundation a little past your jawline or giving it some moisturizing TLC, your neck is an extension of your face, so keep it looking equally refreshed.

Z

ZERO

The number of people you should compare yourself to. Your anti-aging journey is as unique as you are, and you should seek treatments that make you feel like the best version of yourself. ☺

20 YEARS YOUNG

We never say no to a good party! That's why we only see it fitting to celebrate the 20th anniversary of one of our favourite facial rejuvenation tools, Restylane. But instead of a gift of china, we'll take a syringe or two of dermal filler, pretty please. BY MIRANDA VOTH

It is hard to believe that it's been 20 years since doctors' offices around the world were introduced to Restylane.

Even if you haven't had facial fillers, you've probably heard of Restylane. It's an injectable dermal filler made of hyaluronic acid. Developed in Europe in 1996, Restylane was designed to reduce lines, folds and wrinkles, create fuller lips and enhance contours and facial volume. To celebrate Restylane's anniversary, let's look back at how it changed the anti-aging aesthetic game.

It used to be that the only way patients could erase the signs of aging was to get a surgical facelift because dermal fillers in the '80s and early '90s were not what they are now.

Bovine collagen and injectable silicone were among the first fillers on the market. Bovine collagen, made from animal products, was known to cause allergic reactions, and injectable silicone was not approved for cosmetic purposes.

Dermal fillers were only for the risk takers until hyaluronic acid fillers were created.

Hyaluronic acid is a substance occurring naturally in the human body that attracts and binds water molecules to add volume to the face. Hyaluronic acid fillers last longer than bovine collagen, and are safe to use, and the body is able to break it down naturally.

Restylane was the world's first stabilized non-animal hyaluronic acid dermal filler. It gave patients the freedom to refresh their look without the known complications of past fillers. It's no wonder that since Restylane was introduced, 28 million treatments and counting have been recorded in more than 90 countries.

Twenty years later, the Restylane brand continues to grow.

In 2016, the Restylane family welcomed the Emervel collection of specialized hyaluronic acid fillers to the range.

Renamed as Restylane Refyne, Restylane Defyne, Restylane Volume and Restylane Kysse, these products will give doctors and injection nurses the tools to customize facial rejuvenation to every patient. ©

SKIN-CARE RECOMMENDATIONS

AFTER FILLER SKINCARE RX

Dermal fillers smoothen lines and add that contour to your cheeks, but they won't change the condition of your skin. Here are some of our favourite products to pair with your next injection appointment.

1 One of the minor side effects of injectables is bruising. That's why we love **Glo Minerals Corrective Camouflage Kit** (\$30.50, gloprofessional.com) which contains "a range of colours to help cover redness or bruising as skin goes through the stages of healing," says Emily Schultz, RN. Glo Minerals contains vitamins and nutrients to soothe and repair skin.

2 **Skin Medica TNS Essential Serum** (\$281, medical spas) is an all-in-one rejuvenating serum that contains growth factors, peptides, soluble collagen and antioxidants to enhance skin texture and tone. While fillers treat wrinkles from the bottom up, this product addresses areas of concern from the top down, says Schultz.



3 Retinol paired with injections gives you great skin! **Retinol Reform by Resurface** (\$178, medical spas) by Shani Darden is the retinol of choice by Kim Kardashian and Jessica Alba to help reduce wrinkles, pore size and photo damage. "Retinol remains a gold standard anti-aging ingredient when delivered in medical grade strengths," says Schultz. "It improves fine lines, texture, tone and resilience."

KNOW THE FACTS ON RESTYLANE

INJECTION SITE	DERMAL FILLERS WILL HELP...	RESTYLANE PRODUCT TO USE	DOWNTIME	HOW MANY SYRINGES ARE REQUIRED?	HOW LONG WILL IT LAST?
FOREHEAD	Soften horizon lines	Restylane Refyne	May swell for a couple of days	1	12 months
BROW	Soften permanent lines between brows	Restylane Refyne	Minimal	Less than 1	Over 12 months
TEMPLES	Fill temple hollows and smooth contours	Restylane Defyne or Volume or Perlane	Minimal	1-2	Over 12 months
UNDER EYES	Soften hollows for a more rested look	Restylane or Restylane Refyne	Can bruise for several days	1	Over 12 months
CHEEKS	Add volume for a lifted, more youthful look.	Perlane or Restylane Volume or Restylane Defyne	Minimal	1-2	12 months
LAUGH LINES	Smooth lines that extend from the nose to the mouth	Restylane or Restylane Refyne	Minimal	1-2	12 months
MARIONETTE LINES	Smooth lines that extend from the corner of the mouth to the jawline.	Restylane Volume or Restylane Defyne or Perlane	Minimal	1-2	12 months
LIP LINES AND VOLUME	Add volume to enhance definition, fullness and shape	Emervel Lips (a.k.a. Restylane Kysse)	Minimal	1	6-12 months
NOSE	Smooth bumps or unevenness of the nose	Restylane Perlane Restylane Defyne	Minimal	1	12 months
CORNERS OF THE MOUTH	Add volume for lifting effect at corner of the mouth	Restylane Restylane Defyne	Minimal	1	12 months
SCARRING	Smooth out texture by adding volume to sunken or scarred skin	Restylane	Minimal	Depends on amount of scarring	Over 12 months
JAWLINE AND CHIN	Add volume to add definition	Restylane Defyne or Perlane or Restylane Volume	Minimal	1-2	12 months

Stop. Smell the roses. Listen to the tweeting of birds, not just who you follow on Twitter. Reach out with a phone call instead of a text message. Leave the email it can wait. Eat lunch with your coworkers instead of at your desk. Enjoy the moment without interrupting it to Instagram. Laugh out loud instead of LOL. Make time for your friends - not just on Facebook. Turn off the TV at dinner. Take a walk without your headphones. Stop substituting emoticons for emotions. Unplug, unwind and rediscover the magic of everyday life.



The pedicure station is ready for you!

TREAT YOURSELF

RITUAL HAIR
 SKIN BEAUTY
 571 Wellington Street
 West, ritual.ca
 Twitter and Instagram:
 @ritualtoronto

Ritual's storefront is both contemporary and feminine.



Take time for you at Ritual, Toronto's head-to-toe beauty bar and glam haven. BY AMANPREET DHAMI

Ritual, an upscale hair, skin and beauty bar located in the heart of King West in Toronto, was the passion project of Maria Cristina Bruno, co-owner and brow and makeup artist, and her partner, Bruno. "We bartended together and wanted to start our own business that combined our love of beauty and people," she says.

The feminine and clean design of Ritual is based on a black and white colour scheme with hot pink punches. It features 23 treatment areas, including eight hair stations, six mani-pedi stations, three makeup stations and six treatment rooms. After clients

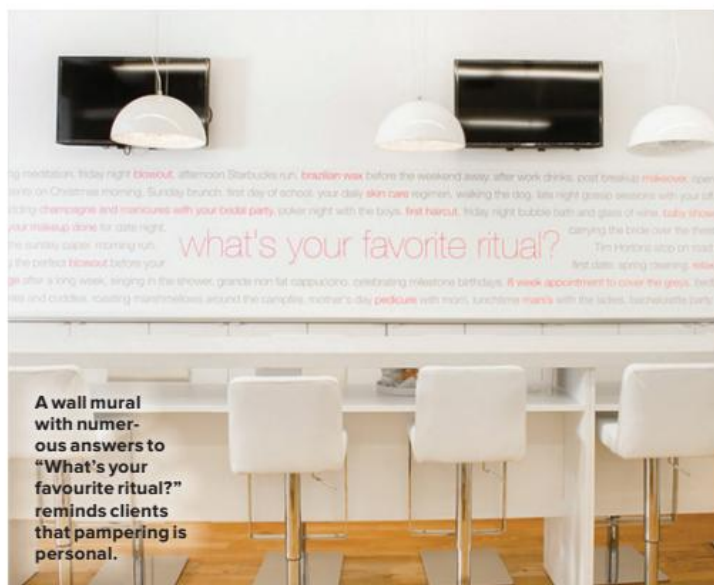
pamper and beautify themselves from head to toe, they can browse the well-stocked retail area, which features professional-level hair, makeup and skin-care lines and unique jewelry designers.

"We really want our guests to be able to continue their Ritual experience at home," says Bruno. "Without the professional-quality products, this wouldn't be possible. We wanted it to be very communal and group friendly because we host many corporate and bridal parties, but we also wanted the upstairs to be an urban oasis where you can escape the busy city and partake in a relaxing service in the sanctuary of our treatment rooms."

RITUAL'S BEAUTY PHILOSOPHY

“It’s all about maintenance, rediscovering the magic in everyday life and taking the time to enjoy everyday beauty rituals.”

—MARIA CRISTINA BRUNO,
CO-OWNER AND BROW AND MAKEUP ARTIST



TOP SERVICES TO TRY

1. THE BROW WOW, \$30

A complete red-carpet brow service, including a brow shaping consultation, a wax and custom tinting that gives your arches the look of enhanced fullness and definition.

2. THE EYE GLO FACIAL, \$175

This anti-aging facial uses the Icelandic skin-care line BioEffect, which features epidermal growth factors (EGF) as the main component in its anti-aging formula. This cellular activator stimulates collagen and elastin growth in the skin. The facial leaves skin plump, hydrated and truly glowing.

SERVICE TO ASK ABOUT

"Eyebrow embroidery, also known as microblading, is one of our most popular services, and our brow artists are amazing!" says Bruno. ☺

BABY, IT'S COLD OUTSIDE

Why the whimsical winter months are perfect for going under the knife.

BY DANIEL PILLAI

It is common knowledge by now that getting your bikini body ready in time for summer means that you put in all the work required during the winter months. We have all practised this philosophy in health and wellness for years, but can the same be applied to invasive surgical procedures for the body, too? One would naturally assume that doing surgical reconstruction in winter is beneficial, given that we can hide behind large coats and sweaters and stay indoors more often, but are these benefits enough to deem winter the perfect season for that physical change? We checked with the experts to find out.

“THIS IDEA OF WINTER BEING A GOOD TIME HAS MORE TO DO WITH THE NEW YEAR AND THE NATURAL TENDENCY THAT PEOPLE HAVE TO LOOK FORWARD TO THE THINGS THEY WANT TO DO AND ACCOMPLISH. IT’S A TIME WHEN PEOPLE RE-EXAMINE THEIR LIFESTYLES.”

—DR. WAYNE CARMAN, FRCS(C), DIRECTOR AND FOUNDER OF THE COSMETIC SURGERY INSTITUTE

WHY WINTER?

What makes the bitter winter months such a popular time for invasive surgical procedures? According to Dr. Jerome Edelstein, MD, FRCS(C), head of plastic surgery at Humber River Hospital and founder of Edelstein Cosmetic, winter is just a preference rather than the ideal time. “These procedures can be done all year long, but the reason for doing them during the colder months is really because of timing with regards to the way patients want to look and feel during the summer. There isn’t a big difference in terms of risks or complications.”

For some patients, preference is key. Dr. Wayne Carman, FRCS(C), director and founder of the Cosmetic Surgery Institute, draws a relationship between the preference for invasive surgical procedures during winter and the fresh start patients that feel they get at the start

of the year. “This idea of winter being a good time has more to do with the new year and the natural tendency that people have to look forward to the things they want to do and accomplish. It’s a time when people re-examine their lifestyles.”

TOP COLD-WEATHER PROCEDURES

During the winter months, Dr. Edelstein and Dr. Carman see spikes in breast augmentations, tummy tucks and Brazilian butt lift treatments. Facial rejuvenation is also quite popular during the winter because patients are more socially active during the summer. “I think seasonality is interesting because someone who is a big skier is not going to want to use the winter to do anything,

so it really depends on who you are and what you are looking for. But there is a tight relationship between the seasons and personal priorities for sure,” says Dr. Carman.

STARTING YOUR SURGERY

Having an invasive procedure completed during winter might have you starting your research much earlier. “When you consider the consultation process, the time it takes to plan your surgery, make important decisions, schedule surgery, execute surgery and heal from it. “It all takes more time than you think,” says Dr. Edelstein.

Patients looking to get ready for summer aren’t just encouraged to do their surgeries in winter; they are encouraged to plan ahead with proper timelines in place to make the most of the colder months. Your planning could technically



DO YOUR RESEARCH

Dr. Edelstein encourages patients to do ample research about their surgeon of choice and his/her medical practices to ensure that the chosen surgeon has the certifications needed to perform your procedure successfully.

- ✓ Find a board certified plastic surgeon.
- ✓ Make sure that your surgeon has a strong positive reputation.
- ✓ Research your surgeon’s specialties to know his or her’s focus.
- ✓ Read online customer and patient reviews to gain better insight.
- ✓ Check with the Royal College of Physicians and Surgeons of Canada to confirm your surgeon’s credentials and specialties.
- ✓ Go for a surgeon you have a connection with and whom you feel 100 per cent comfortable around.

start as early as fall. “You don’t want to leave things to the last minute because there is always a delay time between deciding on a procedure, and reaching the point of surgery. It’s a methodical process that needs ample time!” says Dr. Carman.

As a result, patients will recover and heal well before summer, which allows them to adjust to their new bodies and get comfortable once surgery is complete. Proper preparation ensures that patients avoid incision exposure to the sun and excessive sweating as well. ☺

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— MILES J. STANFORD



wellness

YOUR *wellness*



STOP COLDS FAST!

3 cold-season tips to fight the flu.

1 RELIEVE DRYNESS AND CLEAN THE AIR.

Dry indoor air is a breeding ground for everything from sinus dryness to allergies to susceptibility to infections. Although humidifiers increase moisture indoors, most spread bacteria because they don't filter germs from the water. But the Dyson Humidifier's (\$600, major retailers across Canada) UV light technology kills 99 per cent of water bacteria before it can spread in your space. You'll sleep well while also preventing sickness.



2 BREATHE EASY.

Eucalyptus oil, a natural decongestant, alleviates chest and sinus congestion. Inhale the steam from a mixture of five millimetres of Thursday Plantation Eucalyptus Oil (\$9.99, drug-stores) and two cups of hot water to get rid of mucus buildup and headaches.



3 KILL GERMS. Many OTC drugs for colds simply suppress symptoms instead of attacking viruses head on. Cold-Q Oral Spray (\$23.99, coldq.com) is an all-natural immunity-enhancing spray that targets viruses and germs at the back of your throat with natural herbal extracts derived from Chinese medicine.

TRY

the Body Reset Program (\$70 a day, free delivery, thefixandco.com) and see for yourself!



JUICING? NOT ME!

Amanpreet's raw food cleanse experience.

Although trendy juice cleanses may kickstart your body; the idea of only drinking liquids for three days really irks me (I get hangry). I tried the Body Reset Program from Etobicoke's The Fix and Co. (thefixandco.com) instead. "For some, doing a juice cleanse could be extreme and leave people feeling really unwell," explains Adrianna Stadnyk, co-owner of The Fix and Co. "A cleanse gives your body the time and opportunity to heal from the inside out and forces one to remove habits such as overeating, and having too much sugar," she says.

The Body Reset Program features four juices, one nut milk, one soup and one raw-based salad. But be warned, this doesn't mean the cleanse is a walk in the park: The first day, I felt good, yet on the second day I felt horrible due to a horrid headache, a detox symptom. Unlike other cleanses I have tried, all the juices tasted great. Stadnyk and her team test all foods and juices in house for taste, which is a fine departure from the usual, no-pain-no-gain-just-slurp-it-back attitude of most cleanses. By the third day, I got a better handle on my bad eating habits and felt calm. —AD

BYE-BYE BACK PAIN AND STATIC SITTING

This active sitting office chair tackles your posture problems.

BY ERIN TORRANCE



If you work an office job where you're sitting all day, it's likely you suffer from some back issues (about 80 per cent of us do!). Standing all day isn't the best option either, and exercise balls can lead to slouching. Enter the CoreChair.

WHAT IS IT? More than your average office chair, the CoreChair features adjustable resistance (how much the seat wobbles) to toggle between postural support and active sitting. The molded seat and low back are shaped to support the pelvis and reduce pressure on the spine and hips.

WHAT ARE THE BENEFITS?

- Stimulates blood circulation
- Increases cognitive focus
- Activates and strengthens your core muscles
- Burns 20 per cent more calories when used passively
- Improves posture, minimizing back and shoulder pain



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Our members are specialist Plastic Surgeons certified by the Royal College of Physicians and Surgeons of Canada or the American Board of Plastic Surgery in the United States.

We welcome you to visit one of our members when considering cosmetic plastic surgery.

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AN UNEXPECTED JOURNEY

Grail Springs was just the escape I didn't know I needed.

BY HINA P. ANSARI



Clockwise from top left: A gorgeous view from the alkaline-enhanced lake of Grail Springs; a therapeutic horseback riding session; the sacred labyrinth in front of an authentic teepee; the interior of the Great Hall; a luxurious suite; one of the Eco-Tabins.



When this landed on my desk, 10 days before my working trip to Indonesia, I thought “perfect timing.” I had visions of bubble baths,

pedicures and luxurious massages. As someone who has never done a spa retreat before, I was excited about this assignment.

When I arrived in Bancroft, Ont., the colourful foliage that lined my three-hour drive already, put me in a chill mode. I was immediately dreaming of cushy robes, fluffy slippers and cucumber-infused water.

What awaited me at Grail Springs was an opportunity to completely shift my thinking when it came to my overall health and wellness.

I don’t know the difference between chakras and chinos, and I’m not the type who reads self-help books, so I knew this was going to be out of my comfort zone. Grail Springs was ready for me. But was I ready for it?

THE JOURNEY

The 100-acre impeccably designed property is nestled in the scenic hamlet of Bancroft, Ont. Bancroft has the largest quantity of mineral deposits in Canada and is known as the “Mineral capital of Canada,” which makes Grail Springs (and its alkaline-rich lake) all the more magical. The property lends itself to renewal with incredible forests, hiking, a crystal outcrop, wildlife and meditation gardens, creating a unique combination of nature and nurture and making Grail Springs a destination like no other.

It was a long journey for founder and educator Madeleine Marentette, who looked nationwide for a unique space to call her own. Founded in 1993, Grail Springs started out as a bed and breakfast and evolved into a spa. In the 2000s, Marentette recognized that there was a societal shift taking place. Requests for traditional beauty treatments were being ▶

replaced by requests for a more in-depth look at improving one's overall health and wellness. She knew that was where Grail Springs needed to pivot.

Now, the globally award-winning 13-room private estate (all designed by Marentette), along with very cool "Eco-Tabins" that are nestled further into the wooded areas of the property allows for an intimate and inclusive experience perfect for groups, solo travellers and company retreats. Accredited by a number of global health and wellness associations and the only accredited Canadian member of the Healing Hotels of the World, Grail Springs brings forth a very solid global reputation.

THE TREATMENTS

Grail Springs' mantra is about bringing focus to all facets of your life and bringing them in tune with each other. With the retreat's 7 Keys philosophy, the courses and treatments provided are centered on the idea of ensuring that your mind, body and spirit are nourished and recharged.

Your retreat time can range from two to 21 days, depending on your specific goals. I met various people who checked in ready to achieve their own set goals. There were two sisters who were also from Toronto who wanted a seven-day retreat just to replenish themselves. And the only gent who was there from out west was in the midst of his two-week experience as part of his quitting-smoking initiative. You start with the all-inclusive Grail Experience and then add various treatments available to you.

A daily schedule includes an organic and vegetarian breakfast, lunch and dinner cooked by award-winning chefs. (I'm a carnivore to the core, but I have to say the food was yum!). A glass of Austrian Vienna Mud greets you every morning, and shots of some pretty fantastic fruit blends provide the necessary vitamin jolt you need throughout the day. And no coffee—only herbal tea is provided.

Each morning begins with a one-hour calming and stretching yoga session appropriate for all levels. The environment is free from any sense of competition. Everyone is there at their own pace, ready to accomplish their own personal set of goals. Grail Springs provides a nurturing environment absent of any type of judgment.

After the yoga session, there is a daily variety of workshops led by Marentette, issues such as focus, motivation understanding your overall purpose and tips on understanding and achieving your personal goals. By implementing spiritual practices from a variety of cultures, including First Nations and Buddhism, Grail Springs adds a unique layer of self-analysis.



Clockwise from left: One of the many outdoor workshops available at Grail Springs; a hot soaker tub on the grounds; a group yoga class.



MY TREATMENT CHOICES

BODY COLOUR CHART An electronic reading of your energy levels and chakras is monitored. Usually you get one done right at the onset and one done before you leave to show the change in your energy and stress levels. I've never had my energy measured before, so this definitely was an eye-opener.

COLOUR BATH After your chakras (each of your seven chakras is associated with a colour), you are given a colour jet-propelled bath of approximately 15 minutes (the colour chosen is the chakra that needs replenishing). This is simply luxurious.

MASSAGE Thanks to the expert hands of the masseuse, I was able to discuss and figure out the location of my stress points. And yes, it's a massage, which was a bright spot to my already interesting day.

REIKI This is when things got real. I'd never done this before, so I had absolutely no idea what to expect. The reiki expert and I had not conversed at all before the meeting, so she had no idea who I was, what I did and what my personality characteristics were. That made this session all the more intense. With an option to discuss or just be quiet (I wanted to discuss what she found), the session gave me and my fellow Grail Springers a pretty jaw-dropping experience. Without revealing too much, this cynic has been sold. The reiki session alone is worth the drive to Bancroft.

Beyond the treatments, there is plenty of time to explore the property on your own. One of the (many) qualities of Grail Springs, that appealed to me was that I wasn't herded like cattle from one session to the next. You had approximately one or two in the morning and one in the afternoon and you had the option of attending a nightly informational session helmed by a speaker from a specific specialty.

Oftentimes we felt we would get more out of just wandering around the property under the remarkable blanket of stars. We even spent an evening around a fire in a gorgeous authentic teepee.

THE VERDICT

I was there for three full days and, let me tell you my skin felt and looked better and my metabolism was healthier (thanks to incredible food and the newly discovered cayenne pepper, cinnamon, lemon, water and maple syrup mix that I still drink to this day). Because of the natural setting, I felt completely rejuvenated. The environment was free of competition, noise, pollution and the usual everyday stresses. Of course it's a retreat, so reality does have to settle in once you're done. But Grail Springs gives you the tools to help you give pause to your day and focus on yourself. It was ready for me, and I realized I was indeed ready for it. ☺

VISIT GRAIL SPRINGS
2004 BAY LAKE RD, BANCROFT, ON
GRAILSPRINGS.COM

BEFORE & **AFTER**

ELEVATE'S GALLERY OF COSMETIC ENHANCEMENT



PHOTOS: THINKSTOCK



DR. VASANT RAMLAGGAN D.D.S., H.B.SC.
MIDTOWN DENTAL

Dr. Ramlaggan brings almost 22 years of experience, an Internship in Special Care Dentistry, many courses and more to this central Toronto office. He has lectured to dentists and has made internet and television show appearances including ET Canada, CTV News and Out There with Melissa DiMarco. His whole team attends multiple CE courses each year to keep abreast of current concepts in dentistry and in customer service.

Dr. Ramlaggan is experienced in many areas of dentistry including braces AND Invisalign, oral surgery and wisdom teeth removal, implant placement and restoration, gum surgeries, white fillings, all-ceramic crowns and bridges and full smile transformations. He is one of Canada's first Invisalign General Practitioners.

Dr. Ramlaggan recognizes that not everyone needs a full mouth reconstruction. He has always displayed many types of cases from simple fillings to full mouth makeovers. Every issue you will see new and different cases showcasing his attention to each person's individual situation.



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BEFORE



AFTER



ALL CERAMIC BRIDGE LOOKS GREAT! I made this upper bridge without metal to get better tooth shape and colour. Better chewing and aesthetics.

BEFORE



AFTER



INVISALIGN FOR NARROW, CROWDED TEETH. I widened his smile and made room for all of his teeth: No extractions!

BEFORE



AFTER



WHITE FILLING REPLACES LEAKING SILVER. Sometimes a filling will do the trick! I also did an all ceramic crown on the lower tooth due to excessive filling size and cracks.

BEFORE



AFTER



INVISALIGN FOR NO GAP. I widened her smile and closed the gap without extractions! She really loves smiling now!

BEFORE



AFTER



A CROWN WAS THE RIGHT CHOICE. I was amazed that this tooth didn't break with the old filling decay! An Emax crown was a great choice to protect this tooth. Completed in one visit!

BEFORE



AFTER



CERAMIC BRIDGE LOOKS GREAT! I changed this leaking old bridge with metal under it. What a better shape and colour match with strength!

Before-and-after photos represent potential results and are subject to varying outcomes from person to person.



DR. SOL WEISS DMD

THE ART OF DENTISTRY

With over 23 years of experience, Dr. Weiss is a proud member of the American Academy of Cosmetic Dentistry, the Holistic Dental Association and the American Academy of Osseointegration, and former president of the Toronto Academy of Cosmetic Dentistry.

Dr. Weiss continues to upgrade his dental skills by attending courses at the Institute for Advanced Dental Studies (LVI), and the Panky Institute for Continuing Dental Education. He is also an instructor, teaching other dentists on how to improve their skills for cosmetic dentistry.

Dr. Weiss has developed extensive knowledge on facial proportions, proper contouring and individual needs to make his client's smile look beautiful as well as natural.

Dr. Weiss has lectured nationally on cosmetic dentistry, and has mentored many dentists, showing techniques that ensure beautiful, consistent results. As a clinical instructor for Frontier Labs formerly California Center for Advanced Dental Studies, he continues to instruct Dentists as well on live patients!



The Art of Dentistry

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Toronto, ON M5R 2C8
p: 416.927.7677
w: artofdentistry.com

BEFORE



AFTER



VENEERS IMPROVE SMILE. Female in her 50's with extremely short upper teeth, severe wear in her enamel. Porcelain veneers on the upper teeth to lengthen and provide a more beautiful and youthful smile.

Treatment time 2-3 weeks

BEFORE



AFTER



FULL MOUTH RESTORATIVE. Female in her 30's with small teeth and missing teeth, collapsed facial profile, and tetracycline staining. Patient wanted a more beautiful whiter smile and to replace missing teeth. Porcelain bridges and crowns used to achieve a perfect beautiful smile. **Treatment time 2-3 months**

BEFORE



AFTER



FULL MOUTH RESTORATIVE. Male in his 30's exhibits wear on all his natural teeth, which resulted in a collapsed bite and a worn down smile. Full upper and lower crowns to open his bite to lengthen his face and create a masculine smile. **Treatment time 2-3 months**

BEFORE



AFTER



BIGGER, BETTER SMILE. Female, early 30's, has existing bonding. Wanted to improve the overall look and colour. Full tooth bonding on the 6 anterior teeth to make them bigger, longer and more proportional. **Treatment time 2-3 weeks**

BEFORE



AFTER



CROWNS FOR SHAPE & SPACING. Male in his 30's not happy with the shape and spaces in his upper front teeth, interested in improving his smile. Full upper 6 porcelain crowns to help close the spaces, improve his smile and confidence. **Treatment time 3-4 weeks**

BEFORE



AFTER



FULL MOUTH RESTORATIVE. Female in her 50's interested in a bigger, whiter, more youthful smile. Implants were used in the back to replace missing teeth, full porcelain crowns used in all the other teeth to achieve the desired result. This procedure made her look 10 years "younger". **Treatment time 4 months**

Before-and-after photos represent potential results and are subject to varying outcomes from person to person.

These photos are actual patients who have had treatment done.

EXPERT GUIDE CREDENTIALS

MD Medical doctor. Be sure to verify with a licensing body, such as the Royal College of Physicians and Surgeons of Canada, to make sure your MD has, in fact, specialized in plastic surgery.

FRCS(C) Fellow of the Royal College of Surgeons of Canada. After receiving their MD, doctors complete a five-year residency program to be certified as a plastic surgeon. Legally, a doctor must always add the specialty in which certification was obtained (that is, ophthalmology, plastic surgery, etc).

FRCPC Fellow of the Royal College of Physicians of Canada. The certification process is the same for FRCPC as for FRCS(C) but, instead of choosing a surgical specialty, these doctors focus on a medical specialty, such as a dermatologist who uses drugs and medication to treat patients.

FACS Fellow of the American College of Surgeons. Canadian fellows must pass an evaluation of their education, training and surgical competence.

BOARD CERTIFIED In Canada, the only board is The Royal College of Physicians and Surgeons. In the United States, it could be one of a number of organizations, such as the American Board of Facial Plastic and Reconstructive Surgery (ABFPRS), the American Board of Plastic Surgery (ABPS) or the American Board of Hair Restoration Surgery (ABHRS). To get certified, an applicant is subject to peer review and must take exams.

FELLOWS This designates someone who has been certified as an FRCS(C) or an FRCPC. It's also used to designate membership in an academic society, something each surgical and medical specialty usually has. To check on the specialty of a doctor, verify certification or for more information, please use the

Medical abbreviated credentials following a doctor's name are a common sight, but what exactly do these letters mean? The following list explains common credentials in the cosmetic surgery field. Don't hesitate to ask surgeons about their qualifications—a professional should always be willing to discuss his or her training and certification with you.

following contacts: The Royal College of Physicians and Surgeons of Canada, 1-800-668-3740, rcpsc.medical.org; The Canadian Society for Aesthetic Plastic Surgery, 905-831-7750, csaps.ca; The Canadian Academy of Facial Plastic and Reconstructive Surgery, 905-569-6965, www.cafprs.com; The American College of Surgeons, 312-202-5000, facs.org.

DENTAL Any dentist can do aesthetic work, but cosmetic dentistry is not a recognized specialty in Canada. However, a general dentist will have areas of expertise or will refer you to a specialist (that is, an orthodontist, periodontist, etc). Depending on where they've trained in North America, dentists either receive a DDS (doctor of dental surgery) or DMD (doctor of medical dentistry). In addition to general dentistry, they can perform oral surgery, give injections and provide medication. Dental training emphasizes diagnosis, oral medicine, disease prevention and the promotion of dental health. Cosmetic work (crowns, veneers and implants) is also part of their training. Since cosmetic dentistry isn't a recognized procedure, how do these dentists train? Most focus on the area for which they have an aptitude, and there are dozens of courses from which they can choose. Continuing education departments in many dental schools offer ongoing seminars and workshops, or sometimes dentists choose to join professional associations that promote learning opportunities.

To choose the right dentist for your needs, consult your regular dentist or get a referral from friends, family or colleagues. Once you have a dentist in mind, ask for before-and-after photos and have questions ready. This will help you and your dentist determine the best approach. To verify a dentist's certification or for more information, please use the following contacts:

The Royal College of Dental Surgeons of Ontario, 1-800-565-4591, rcdso.org;
The American Academy of Cosmetic Dentistry, 1-800-543-9220, aacd.com ☎

CONTACT THE MEDICAL DOCTORS FEATURED IN THIS ISSUE!

ALVES, DR. PHILIP, MD, practising in facial cosmetic medicine, Bloor Village Cosmetic Medicine, Toronto, 647-347-7516, bloorvillagescosmetics.ca

BADAWI, DR. ASHRAF, MD, PhD, laser consultant, Absolute Medi Spa, Mississauga, 905-897-0772, absolutemedispa.ca

BENDAGO, DR. MANSOUR, MD, FRCSC, plastic surgeon, Toronto Cosmetic Clinic, 416-221-5554, tcclinic.com

BRAY, DR. PETER, MD, MSc, FRCSC, cosmetic plastic surgeon, Toronto, 416-323-1330, cosmeticplasticsurgerytoronto.ca

CARMAN, DR. WAYNE, MD, FRCSC, director and founder of the Cosmetic Surgery Institute, Toronto, 416-322-7108, drcarmanplasticsurgery.com

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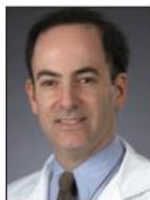
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