

5 Kinky Places To Make Love... At Home!

24 Hours To A
Flat Stomach

JANUARY 2003

Womans Own

reaching the
**5 Top
Sex Highs**

For Women Who Haven't
Been Able To Yet

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63 Spots You Can
Hook Up With
Hot Bachelors
A CITY-BY-CITY GUIDE

You Have
**7 Possible
Soulmates**

How Many Have
You Met So Far?

You Naughty Girl!

15 Make-Him-Sweat
Moves From
A Lap-Dancing Lolita

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But Your Sex
Styles Differ...

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ASHLEY:
"I wanted fuller, bigger lips"
QUICK FIX: COLLAGEN
PROCEDURE TIME: 20 MINUTES

BEFORE

Complaint: Thinning lips, lines around mouth, eyes and nose
Discomfort level: Relatively painless: Numbing cream is applied prior and injectable

collagen does contain lidocaine for additional patient comfort

Rewards: Fuller lips, smooths out lines and wrinkles

Risks: Bruising; infection; allergic reaction

Price: Approx. \$350 per cc

Touchups: Every 3-4 months

No longer just for the rich and famous, plastic surgery has become almost as popular as going to the hair salon. In 2001, over 8,000,000 people nationwide elected to have some form of cosmetic surgery. For those who dream of improving their appearance—but aren't prepared physically or financially for more invasive procedures—quick fixes are becoming increasingly popular. "Quick fixes are low risk with very little downtime and relatively low cost," says Dr. Frank Ryan, a renowned Beverly Hills plastic surgeon. "They enhance certain features and diminish others, leaving you looking more youthful and refreshed," says Dr. Garth Fisher, also a prominent Beverly Hills plastic surgeon, "and it can all be accomplished on your lunch break." Here are four women who were able to do just that.

ASHLEY: "I wanted fuller, bigger lips because I have huge eyes"

Full lips are definitely attractive and in vogue, as evidenced by movie stars like Angelina Jolie and Jennifer Lopez. For that reason, younger people are literally putting their money where their mouth is. Ashley Wind, a 20-year-old cosmetologist, would tear out pages of women with full lips in fashion magazines. "I wanted fuller, bigger lips because I have huge eyes," expresses Ashley.

"If you're in your 20s, you're doing it more to achieve a look," says Jodie Emery, a R.N. and collagen specialist under the supervision of Dr. Garth Fisher, whose own 45-minute educational videotape, *The Naked Truth About Plastic Surgery*, is available on his website ([**Got a Lunch Hour?**](http://garth-</p></div><div data-bbox=)

Get a Face Fix!

Quick plastic surgery treatments that don't cost a pretty penny!

BY KATHY DULIAKAS

fisher.com). "It's for fun, it makes them feel sexy." However, over time, collagen, a part of the natural support structure of our skin, begins to thin due mostly to aging, but pollution, health, heredity and lifestyle also play a role. Without enough collagen, lips get smaller and lines start to form. "Injectable collagen acts as filler to plump creases or lips," says Dr. Fisher. "It's useful in crow's feet, smile lines, vertical lip lines, the lip border, and acne scars."

The results are immediate, yet temporary, and can be done in about 20 minutes (including 10 minutes for the numbing cream to work). "It's easier than getting your ears pierced," describes Ashley. "You feel a little stick, not much pain." Since three percent of the nation is allergic to injectable collagen, an allergy test is required 30 days prior to treatment. New fillers awaiting FDA approval, such as Restylane and Perlane, are now widely used in Europe and don't require allergy testing.

MARIA: "I used to smoke and my teeth got yellow"

"In the last couple of years, the ultimate fashion accessory has become the smile," says celebrity dentist Dr. Marc Lowenberg of Drs. Lowenberg and Lituchy. "Everybody wants a smile like Julia Roberts."

Maria Paz Vergara, a 22-year-old student, wanted that too. "I used to smoke and my teeth got yellow," says

MARIA: "I used to smoke and my teeth got yellow"

QUICK FIX: TEETH WHITENING

PROCEDURE TIME: 60 MINUTES

Complaint: Dull, gray or yellow teeth due to age, smoking, coffee or tea drinking

Discomfort level: Mild

Rewards: Cleaner, whiter, brighter teeth

Risks: Possible sensitive teeth and gums, lasts 24 hours

Price: \$550 for teeth whitening procedure; NiteWhite take-home kits range from \$200-\$500

Touchups: Every 2-3 years for procedure; at home bleaching treatment recommended periodically for additional brightness



BEFORE



Maria. "Having bright teeth makes you more presentable as you go out to pursue your career."

In about one hour, BriteSmile (800-BriteSmile), a light activated whitening technique turns yellow or stained teeth an average of eight shades lighter. "Our teeth darken every 10-15 years," says popular Los Angeles dentist Dr. Steven V. Doria. "Teeth whitening is one of the greatest procedures out there. It's simple, affordable, there's no risk and it gives you instant results."

After your gums and mouth are protected with isolation materials, the BriteSmile whitening gel is professionally applied and after a series of three 20-minute applications, the results are whiter, brighter teeth.

There are many other lightening treatments available, including Rembrandt's One-Hour Whitening Procedure (800-433-6628), Zoom! (zoomnow.com), and Nite White (800-348-8806), which is dispensed by a dentist and applied at home. "I never realized how much better my appearance would be just by having my smile brighter," says Maria, who had the treatment in Dr. Doria's office and is 100 percent satisfied with her smile.

TERRI: "My job is so erratic that it just adds stress to my skin"

As a flight attendant, Terri Rodriguez observed her complexion at times looking less than perfect. "Our schedules are so erratic that it just adds stress and havoc to our skin," says Terri. "I like to get facials and I heard that derma-



BEFORE

TERRI: "My complexion needs a boost"

QUICK FIX: DERMAPLANING

PROCEDURE TIME: 15 MINUTES

Complaint: Tired and sallow-looking skin, uneven skin tone

Discomfort level: None

Rewards: More vibrant, smoother, healthier-looking skin; even skin color; improved pigmentation; mild acne scarring; stretch marks

Risks: Possible nick during dermaplaning but highly unlikely

Price: \$50 - \$275

Touchups: Once a month





BARBARA:
**"I have
 frown lines"**
QUICK FIX: BOTOX

PROCEDURE TIME: 10 MINUTES

Complaint: Wrinkles, crow's feet, looking tired

Discomfort level: Minimal and brief

Rewards: Temporarily eliminates the appearance of frown lines, crow's feet and wrinkles, leaving a relaxed, refreshed and youthful look

Risks: Eyelid droopiness, flu-like symptoms, nausea, numbness, bruising (all temporary)

Price: \$300-\$500 per injection site

Touchups: Every 6 months



BEFORE

planing gives you a much deeper facial."

Dermaplaning, a unique face shaving technique using a scalpel, "exfoliates the top layer of dead cuticle so healthier skin can shine through," informs Tara Keene, L.V.N., who works with Dr. Brent Moelleken, a prestigious plastic surgeon in Beverly Hills. Keene adds a variation to the treatment by following dermaplaning with micro dermabrasion and a three-step enzyme mask. "An extra benefit is hair removal," continues Keene, "which allows makeup to glide on easier and products to absorb better." The procedure itself is relaxing, and your hair grows back as fine as before. "My skin looks great and feels incredibly soft," remarks Teri.

"Your skin is your business card to the world," comments Ronit Falevitch, an aesthetician for 15 years, who was listed as one of the

top 25 beauty pros by *W* magazine. "Ronit's signature" deluxe facial is an

intense 75-minute skin treatment that includes a skin brightener using fresh oranges and has such stars as *E!* Entertainment's Jules Asner singing her praises. "My best beauty advice," says Falevitch, "is to keep the skin clean, never sleep with makeup, wear moisturizer with glycolic acid and always wear sunscreen."

BARBARA: "Botox will keep me in the running in my career"

Barbara Nemeth, 38, who works in public relations, started noticing lines on her face from years of smiling and squinting. "I decided to do something now so that maybe in 10 years, I won't look as wrinkled as I would have if I didn't do anything," says Barbara.

Continued on page 82



botox party
WANT A "SHOT"?

Atop a private balcony in L.A., a dozen young and already beautiful men and women gather

all waiting for their shot. No, not at stardom, but of Botox. This particular balcony, attached to plastic surgeon Dr. Garo Kassabian's Beverly Hills office, serves as a "waiting room" where patients can mingle while sipping on juice or Perrier and light snacks.

Botox "parties," extremely popular a few months ago, still exist but under strict and highly scrutinized guidelines. The appeal of these gatherings is that they provide an environment where friends can share the experience and act as moral support. "They're fun and it's nice because it's a good way to network and actually makes the process a little less threatening," says Nathalie du Mortier, a 26-year-old gym owner and kickboxing instructor.

"I would only do it in my office, where patients are informed, consented, and treated individually and where absolutely no alcohol is being served," says Dr. Kassabian. Beverly Hills plastic surgeon Dr. Brent Moelleken agrees: "Botox should always be done in a medical setting where emergency equipment is available," he says. "Botox parties in a hotel room or shopping center are not acceptable. If someone had an allergic reaction, it would be unforgivable."

Hollywood Face-Off:
Who's Got "It" for 2003

For the last five years, surgeons-to-the-stars Dr. Richard Fleming and Dr. Toby Mayer (310-278-8823/bevhills.com), have issued their annual "Hollywood's Hottest Looks" survey. "For years people have come in using a well-known celebrity to describe a physical feature that they'd like," says Dr. Fleming. "Our surveys help us determine which features patients most likely will be asking for." Results are released each April (around Oscar time), but Dr. Fleming gave us an exclusive sneak peek of who he believes will top the facial feature list for 2003:



CHARLIZE THERON



JENNIFER CONNELLY



REESE WITHERSPOON



KATE HUDSON



JENNIFER LOPEZ



SALMA HAYEK