

BEAUTY WORLD ■ SKIN

## Freeze & Blast

High-tech, anti-aging treatments have gone mainstream. So, what are they really like, and when can we get more?

**W**hen Botox first hit the market, it was strictly for the early adopters, the brave beauty gals willing to take it between the eyes. But by 2002, it was so widespread that it's now a common sight in the beauty world. Suddenly, cocktail parties were filled with women who looked as if they'd been hit by a lightning bolt. Women are lining up for the works, with "no-downtime" as the industry buzzword, and experimenting with a variety of treatments, from laser to microdermabrasion. Then, at celebrity beauty parties, there's the big unveiling: a laser treatment, New York, 2002, hit fashion, drawing thousands of the masses keen to fight aging at all costs. We know it was time to get our faces looking like late 20s, not 40s.

So I grabbed columnist Lynn Crosbie to reveal, just and probably, who really is the most beautiful and we signed on for some juicy, uncut truth about the top, we were hooked out by her wit, insight, and glowing eye for the beauty world.

I went to Dr. Trevor Born of the Toronto Institute of Aesthetic Plastic Surgery, for the Botox. Born, known on the social tour as Dr. Handsome, has done up at least 1,000 clients (he now averages 30 Botox treatments a week); he is also a hotshot plastic surgeon, and he's big on the new injectable fold fillers like Artecoll.

I went through a course of six microdermabrasion treatments at the Goldworking Institute for Advanced Skincare. Actual retail prices: \$675 for Botox; \$1,180 for six microdermabrasion sessions. Crosbie tried out Dr. Stephen Mulholland, another celebrated plastic surgeon with a large social following in Toronto. He's rocky and gives good sound bite. Mulholland's fall-into-skin, Spafacial, was where Crosbie took her high-frequency ultrasonic peeling session. The big thing at Spafacial is Pan-G, a 10-week reconditioned and personalized treatment series of Dr. Mulholland's devising. Pan-G may include Botox, injectable fillers, advanced peels and the proprietary myofascial, which deep stimulates muscles. All total, Pan-G costs \$2,999 to \$3,999.

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What follows are excerpts from a small but round between Crosbie and me over the six weeks. See our sidebar for recommended practitioners across the country. For more on this, visit us at [fashionmagazine.com](http://fashionmagazine.com) and take part in our on-line survey (and comment) on the subject. Highlights will be published next month.

**From:** Lynn Crosbie [lynn@llyncrosbie.com](mailto:lynn@llyncrosbie.com)  
**Date:** May 10, 2002 11:42 AM EDT  
**To:** Leanne Delap [leanne@fashionmagazine.com](mailto:leanne@fashionmagazine.com)  
**Subject:** Dr. Born to a doctor

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by Lynn Crosbie & Leanne Delap

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### A Cross-Canada Guide to Plastic Surgeons and Cosmetic Dermatologists:

**ONTARIO**  
**Dr. Stephen Mulholland,** Spafacial, 66 Avenue Rd., Toronto, 416-922-2808.  
**Dr. Trevor Born,** The Toronto Institute of Aesthetic Plastic Surgery Inc., Toronto, 416-931-7346.  
**Dr. G. Daniel Schochter,** Institute for Advanced Skincare, 199 Avenue Rd., Toronto, 416-962-0001.  
**Dr. Loren M. Tarchis,** The Institute of Cosmetic Surgery, 11 Alton Ave., Toronto, 416-976-8122.  
**Dr. Robert Slightholm,** Brampton Cosmetic Surgery & Laser Clinic, 145 Queen St. E., Suite 409, Brampton, 905-451-9855.  
**Dr. David Ellis,** Toronto's Centre for Facial Cosmetic Surgery, 167 Sheppard Ave. W., 416-228-1050.  
**Dr. David Nalberg,** Rejuvenate Facial Cosmetic Surgery Centre, 2030 Lawrence Ave. E., Scarborough, 416-438-6265.

**QUEBEC**  
**Dr. Arthur Swift,** Aesthélise, The Centre for Laser & Plastic Surgery, 4111 Sherbrooke St. W., Montreal, 514-933-2153.  
**Dr. William Papanastasiou,** 1131 Sherbrooke St. W., Montreal, 514-933-3009.  
**Dr. Gaston Schwarz,** 1306 St. Pie, Montreal, 514-932-8261.  
**Dr. Robin Bittick,** Jewish General Hospital, 3755 Lacombe St., Montreal, 514-380-8272.

**BRITISH COLUMBIA**  
**Dr. Haaref Alibhai,** Vancouver Laser and Cosmetic Surgery Centre, 1010 Mainland St., Vancouver, 604-331-1777.  
**Dr. Alastair Carruthers,** Carruthers Dermatology Centre, 941 W. Broadway, Suite 820, Vancouver, 604-734-0222.  
**Dr. Frances Jang,** Dr. Jang's Skincare Laser Clinic, 1618 West 1st Ave., Vancouver, 604-737-7100.

For a complete list of practitioners see [www.wrinkle.ca](http://www.wrinkle.ca).

### ARTICLE HIGHLIGHTS

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> Discover I am eerily cold-blooded as Born lets me watch him work. Follow him through his offices, which are one up like a tasteful New York hotel lobby. Can't take my eyes off an Artecoll injection, a little violent but so stunningly, instantly effective. Peek at an eyebrow lift, a nice reminder that all this repositioning of bits is a gory pursuit.

> I need about 13 needle pokes worth of botulinum toxin to soften the vertical crevice in my corrugator muscles (the name of the nasty little set of muscles on the brow, which in my case have been arranged into a persistent worry line in photos since before I could hold up my head on my own). Humiliatingly, my brows already sag, so Born can't get rid of creases that run across my forehead as the treatment might make my eyebrows fall into my cheekbones. I ask if the needles hurt, and he absent-mindedly jabs an empty syringe between this thumb and forefinger. And he tells me he injected his own corrugators the previous weekend.

> Did so not hurt, Took five minutes! I went home and gave a dinner party for 10. Dr. Born said only one patient had ever had a flu-ey symptoms. He thinks it may take a couple of treatments to get rid of "a crease that deep."