



MODEL WEIGHT

In Victoria, Australia, models may face weight checks to ensure they're not too thin before they can work. The initiative was inspired by a similar bill being debated in Israel that aims to ensure models are a healthy weight. The goal in Victoria is to reduce stress put on teenage girls to strive toward unrealistic and often unhealthy body sizes. To calculate a healthy weight, the Body Mass Index is used. A BMI of 20-25 is ideal.



sweat talk

Liposuction is the latest remedy for excessive sweating. Toronto-based plastic surgeon Dr. Sandra Voise says ultrasonic liposuction is a "simple, quick procedure" and offers a long-term solution rather than the temporary results from Botox injections. During the 45-minute procedure, a tiny cannula inserted into the armpit destroys the apocrine glands responsible for wetness. The procedure ranges from \$2,000-\$3,000, which is more expensive than Botox injections (about \$1,500). Although the procedure is 75 to 80 per cent effective three years after treatment, Toronto plastic surgeon Dr. Trevor Born says you'll still need to wear antiperspirant or deodorant. Risks include burning, bruising and permanent numbness, and you'll have a minimal scar afterward. Laser hair removal should be performed three to four months before and after surgery. If you have an underlying medical condition that causes you to sweat excessively, some doctors may refuse to perform liposuction as a treatment. — May Georgina DeLory



Editorial sources:
 Dr. Trevor Born, 416-921-7546, drborn.ca
 Dr. Sandra Voise, 905-851-7701, cosmeticurgeryhospital.com

SPF IS NOT ENOUGH

Slathering on sunscreen will protect you from UVB (the burning rays), but will offer you no protection against UVA (the photoaging rays that can attack your skin even through your car windshield). What to do? Look for products that provide "photoprotection" — a measure of a product's ability to protect against both UVA and UVB rays.

TRY THIS!

SkinCeuticals C E Ferulic.
 The brand's original product C+E Serum offered eight-fold photoprotection. With 0.5 per cent Ferulic acid, the serum not only stabilizes vitamins C and E (necessary for efficacy), but it doubles photoprotection to eight-fold — the highest UVA protection level on the market. To buy SkinCeuticals C E Ferulic, call 1-800-811-1660 or go to skinceuticals.com.



FAT TRANSPLANT

It's what women dream of: taking fat from one part of your body (thighs! butt! stomach!) and transferring it to another area in need. The process, called fat grafting or lipostucture, replaces lost volume — often in your face and a result of aging — with your own fat cells. While you're under local anesthetic, the doctor removes fat from your body with a thin liposuction cannula attached to a syringe. The healthy concentration of fat cells are then injected into deep folds and wrinkles in the face and hands. The results are dramatic and long-lasting with very little downtime. "Fat that survives will last forever," says Dr. Atul Kesarwani, so there is no need for maintenance or additional procedures.

Editorial source:
 Dr. Atul Kesarwani, 416-449-9983

ARTICLE HIGHLIGHTS

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