



beauty SKIN GUIDE

TORONTO

By Sandra Meredith (as told to Karen Kwan) While I've picked up my mother's love of fashion, I haven't been fortunate enough to inherit her flawless complexion – and she merely uses a warm washcloth and mild soap to cleanse. Meanwhile, I turn 42 this year and I have an increasing number of pesky spider veins around my nose and I still get breakouts. Not to mention the sorry state of my skin after biannual overseas flights and the irregular hours that come with business travel: my skin gets zitty, oily in the T-zone and yet completely dehydrated. So I make it a habit to drink as much water as possible and I am strict about wearing SPF 15 every day, especially since I love the outdoors.

AT THE COSMETIC SURGEON'S OFFICE

Although Dr. Trevor Born suggested a few injectable options, I feel like that would be like only nibbling on bread at a Jamie Oliver restaurant. If I want to shave 5-10 years off my age, he recommended eyelid surgery for my tired peepers. With an upper blepharoplasty, Dr. Born would make a few tiny incisions parallel to the orbital line (whereas a lower blepharoplasty's incisions are internal as well as along the eyelashes). Next, he proposed a micro fat-grafting procedure (the fat is usually taken from the tummy, flank and thighs) to fill the hollowness around my eyes (bye-bye, dark circles!) while also adding fat to my jaw and cheeks to give them more prominent shape. And a little Botox in the brow, chin and neck will make me look like a fresher version of me.

The prescription:

Upper blepharoplasty (to remove excess, droopy skin at the upper eyelid): **\$4,475**

Lower blepharoplasty (to remove extra skin and fat pads in the lower eyelid): **\$6,050**

Facial micro fat grafting (to add volume and shape to eye sockets, cheeks and jawline): **\$4,975**

Botox (to relax the muscle tension in the brow, chin and neck and prevent deep wrinkles): **\$875**

TOTAL COST **\$16,375**