



When you want more than a facial but aren't ready for the scalpel, check out T.O.'s top spots for beauty work.

surface appeal

Once kept private as an embarrassing secret, going for Botox, wrinkle fillers and laser skin treatments is now becoming the talked-about norm. From medical spas to clinics, the number of facilities in Toronto offering noninvasive and minimally invasive (anything involving a needle) procedures has exploded, thanks to the growing demand for youthful beauty maintenance sans surgery and the technological advancements in the field. A word to the wise: if you're a medspa virgin, don't expect it to be like a relaxing trip to a day spa. These treatments focus on the cosmetic outcome, not on pampering, and involve some degree of discomfort, from the bright-red flashes of light during an intense-pulsed light treatment to the strong smell of chemical peel. You may not enjoy your visit, but the results are worth it. Here are FLARE's picks of Toronto's medical spas and clinics.

Dr. Trevor Born

Cosmetic plastic surgeon Dr. Born is perhaps best known for creating the nonsurgical eye lift with his wife, New York-based dermatologist Dr. Lisa Airan (it's Dr. Airan who's the go-to gal for NYC socialites, too). You can expect a strict post-treatment at-home regimen from Born that gets results. "Within two treatments, I've often been able to provide the results [patients] were looking for - not only correcting superficial damage but also improving the quality of their skin." For those times you can't risk post-microdermabrasion redness, Dr. Born's Vibraderm treatment uses stainless-steel paddles, instead of the more common spray of crystals, to gently slough off skin. The result? Zero irritation, just one glowing complexion.

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