

Media Highlights Dr. Gabriel Chiu



Dr. Gabriel Chiu –Plastic and Reconstructive Surgeon Founder of Beverly Hills Plastic Surgery, Inc.



About Dr. Gabriel Chiu – Plastic and Reconstructive Surgeon

Founder of Beverly Hills Plastic Surgery, Inc.

Dr. Gabriel Chiu, founder of Beverly Hills Plastic Surgery, Inc. in Beverly Hills is a renowned, board certified plastic and reconstructive surgeon specializing in customized aesthetic procedures and highly advanced techniques combined with a unique artistic perspective and surgical precision. Known as “the curve creator,” Dr. Chiu is sought by international celebrities, royalty, athletes moguls and moms for his uniquely bespoke and ‘couture’ contouring techniques.

Dr. Chiu offers a full range of face, body and male-specific surgeries as well as non-surgical procedures highlighting the latest advances and technologies in the field. While he perhaps is best known for flawless body sculpting and contouring and customized integrated aesthetic body surgeries, his breast and facial procedures delivery exceptional outcomes and flawless finish, revealing a most natural and restorative beauty.

About Beverly Hills Plastic Surgery, Inc.

Located in the heart of Beverly Hills, Beverly Hills Plastic Surgery, Inc. offers a variety of surgical and non-surgical cosmetic procedures that can achieve rejuvenating and natural-looking results. Staffed and equipped for a luxurious VIP experience for all distinguished guests, some of their more popular services include breast augmentation, liposuction, and rhinoplasty. The philosophy at BHPS is centered on expertise, integrity, dedicated staff, safety first, patient confidentiality, advanced products, state-of-the-art equipment and techniques, and creating an unparalleled experience for all patients. At the forefront of all operations is their most esteemed plastic and reconstructive surgeon, Dr. Gabriel Chiu, who offers patients an incredible, customized experience with the utmost in personal care. For more information, visit <https://www.beverlyhillspasticsurgeryinc.com/>.



Is it any surprise, then, that plastic surgeons report large increases in business since confinement hit? There's nothing wrong with surgical twiddling, per se, but one hopes to be coming from a balanced place before going under the knife. Gabriel Chiu, M.D., founder of Beverly Hills Plastic Surgery, reports that he's seen two types of patients since the "Zoom boom." "There are those who have a bucket list of body work they want to have done since they can recover at home in sweats and no one is the wiser," he says. Opportunity has come in the form of built-in downtime for popular procedures like boob jobs, tummy tucks, and liposuction, since you're able to hide everything below the shoulders in the comfort of your own home and still "show up at the office." All good. "Then there are those who are seeing the little imperfections of their faces being exaggerated by the fish-eye effect of computer and phone cameras," he continues. Cue the Botox and fillers, procedures with less downtime, meaning you can be camera-ready the same

A friend of mine just sent me a timely invention: Lapstick™, his \$14 cardboard laptop stand that pitches your computer camera so that it shows you head-on, erasing the fish-eye distortion that happens when you do video conferences while perched over your camera from above. With its sloping design, the thing renders your device almost unusable, but the tech lords with more than one keyboard love it. And I do too, because when I'm Zooming, it turns out that looking good is more important to me than taking notes. It's terribly narcissistic, this negative self-absorption that happens when we appear in the same frame as the people we're talking to over and over and over. But what do we expect of ourselves when we're all nervously tele-working via a fish-eye lens from our bedrooms, hoping the company won't go under and that no one is noticing the laundry or our hair (none of us) at the same time?

Along with this period of no-chill comes heightened self-scrutiny, and we are our own worst enemy. "We all have an inner critic," says Barbara Markway, Ph.D., a psychologist and author of *The Self-Confidence Workbook*. "It's actually there to protect us. We're biologically wired to be part of a group, and that means wanting to be liked and accepted. If we're feeling exposed or vulnerable, a lot of people are on those Zoom calls, we'll overestimate the amount of attention given to our perceived flaws. But even if others are noticing imperfections, noticing them doesn't necessarily equal judging them." No, that honor goes to you.

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day. Dr. Chiu needs to talk some of these patients off a ledge—the urge to top up too soon can mess up your whole face. He starts with better lighting and regular face-to-face conversation in his office away from screens to give some patients distance from their fixations. "I'll have them look in a mirror in my office, and they realize they look better already," he says. If they still want surgery, there are protocols in place at doctors' offices and medi spas. Everyone is masked, and waiting rooms are very rarely crowded, so business is operating at full speed.

Life as we used to live it before long periods of confinement was much more contextualized. We had different hair, outfits, and makeup for different occasions and people. Now we relate to the outer world through the same frame: same backdrop, same angle, same jerry-rigged desk lighting that even a tiny lipstick can't always live up to. (Worth noting: The crazier the color, the better, since computer cameras tend to dull bright hues. Or pop on one of those fancy ring lights that come in warning tones to take away the pallor.) Lipstick can only do so much, same with goofy hats and outfits. If you're certain your entire face is sliding off and nothing will connect you otherwise, at-home treatments that lift with very little risk are the sweet spot. No one can see your fine lines, but deep creases look even worse on camera, so micro-needling gadgets like the NuFACE device—handheld zappers that tone facial muscles and stimulate plumping collagen—are worth a try. Lately I've taken to jazzing up social calls by using Zoom's bet-a-beard feature, which superimposes facial hair. You get about a dozen choices, most of them tightly managed to the back of the head. One time, though, I forgot to disconnect it after a Sunday night virtual cocktail party and took a walk call the next day in full A2 mode before I frantically found the toggle. Thankfully, it was a good-humored colleague.

Perhaps we need to go a little deeper, it may be the only way out any way. "Before you sit down for your next Zoom call, take a few minutes to connect with your values," says Markway. Meaning, you should assess what you appreciate about your abilities and the exchange you're going to have. "Not some hollow pick-me-up like, 'I'm the best! I look great!' Connect with what's important to you. Your work ethic, your family."

And if that doesn't help, Markway suggests giving your inner critic a name and putting her in place. "Hey, Marjorie!" (Hi, Marjorie was my idea.) Nice to see you. Why don't you hang out here while I do this meeting? I know you're trying to help me, but I've got this. Now, if only Marjorie could handle the laundry. ■

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Dr. Gabriel Chiu of Netflix's 'Bling Empire' says these cosmetic procedures remain popular during pandemic

Dr. Gabriel Chiu of Beverly Hills Plastic Surgery explained why the treatments are trending Lights, camera, [Zoom!](#)

The pandemic has slowed (but not stopped) show business, and Hollywood's hottest stars want to stay ready for their close-ups, according to one celebrity [plastic surgeon](#).

Dr. Gabriel Chiu, who runs [Beverly Hills Plastic Surgery](#) in the heart of the entertainment enclave, recently explained to Fox News how a societal shift toward virtual events has impacted trending treatments. Chiu, who also stars in Netflix's "[Bling Empire](#)," recently renewed for a second season, further claims that some of these procedures will always remain popular — pandemic or not.

FOX NEWS: How have virtual events have impacted plastic surgery trends for 2021?

Dr. Gabriel Chiu: Since we opened back up [in May,] we've seen patients be more diligent about their treatments. It's interesting. Because they're doing things distant on Zoom and such, you'd think that they wouldn't be as concerned because they're able to work from home, but it's given people an opportunity to be more critical of themselves. So, instead of waiting until next week, or next month, to go get their Botox treatment, they want it regularly because they don't know when they will have that important meeting coming up, and they just consistently want to look their best.

I think we want to try to have some grasp on a normal lifestyle again, and one of the things that makes us feel good is when we go ahead and pamper ourselves... People are looking at this as an opportunity, or maybe even a necessity, for their wellness and state of mind, to pamper themselves a little bit more. So they're being more regular about their injections and treatments, and I've noticed it in that the "regulars" are being very adamant when they want their treatment. And I see more people becoming regulars, as far as that goes.



Fox News: Do clients specifically request procedures to enhance their appearance over online video platforms?

Chiu: People still want to look great, and feel better for themselves, if nothing else. Here in L.A., a lot of patients who are regular with these treatments have a very regular need to interact, for whatever they do for work.

There's various reasons [for plastic surgery] and the interesting thing is that the pandemic actually increased the need for it, because when you're doing an interaction on these high-definition cameras – the "[Zoom boom](#)" – people want to make sure they're looking their best for these things.

We don't see [demand] changing. Everyone's reporting that virtual events and virtual work is going to be here to stay. Like Elton John announced, he's going to have virtual pre- and post-parties for the Oscars this year.

FOX: When is there usually the most demand for these treatments in Hollywood?

Chiu: In the past, there would be a hiatus before the gala season, or awards season. Patients would get their little quick nips and tucks done at the beginning of the hiatus, heal through the hiatus, and be ready for their red carpet moments. Now that things have changed, I saw patients come in earlier.

In other words, without filming and with a lot of Hollywood being on hold... I've been accommodating more of those patients earlier than their typical time period so they have a little extra time to go ahead and do things. With regards to more "in the moment" preparations, clients coming in for rejuvenation and treatments... they're looking for a game plan. They have more time and flexibility, as opposed to having meetings to go to, or readings to do.

The great thing is that technology and treatments [in this industry] have only gotten better. It hasn't stopped for us. A lot of new treatments, machinery and products have come out this past year. As a matter of fact, I think the companies probably recognized or anticipated that this [demand] may be the case, and thought, "What the hell, let's do it."



FOX: What treatments, specifically, are clients requesting lately?

Chiu: In the past we would do a chemical peel to rejuvenate the skin — shrinking the pores, tightening the lines a little bit. Chemical peels that have relatively low downtime, if any at all, because of course [the clients] couldn't afford that if they were doing their readings and everything else, trying to go for parts during their hiatus.

Now, we can do deeper peels and other kinds of treatments. There's a new treatment called the Forma facial, and it's very similar to another product called Clear + Brilliant, but I guess you can say more advanced. A new term that's come about for this type of treatment is the "Zoom facial." Its radio-frequency energy being applied to your skin, cause a little plumping of the skin immediately. Long-term, it reduces the looks of fine lines, wrinkles and shrinks your pores — all the similar things that you hope over the long term that facials will do.

Microneedling is also a long-term thing for improvement, because you are looking for your tissues to be stimulated and rejuvenate. But there are microneedling treatments — for instance, Morpheus 8 — where the microneedles also give off a radio frequency. The technology is new. It's really radiating from the tips, and going back into the tips. It's definitely a different form of radio frequency treatment, and what it's doing is stimulating the tissues to tighten up.

The Morpheus 8 gives a permanent tightening and lifting reorganization of the collagen of your skin, and the immediate effects that you see are pretty long-lasting. That's when, for instance, you're using it under the chin, or on your body, and again it has nice long term improvements for the skin itself and tightening of the skin.

All the different things we would do in the past — mild to medium chemical peels, the light laser treatment, LED light treatments, Botox, fillers — all these things are still being done, but clients are wanting a game plan of multiple modalities in order to attack the concerns from various treatment levels, and of course, this will give them a better result in the long run.

A board-certified surgeon specializing in plastic and reconstructive surgery, Chiu is a graduate of the University of California Berkeley and Western University of Health Sciences.

TOWN&COUNTRY

Botox vs. Fillers? Which Injectable to Get and Why

Two plastic surgeons explain the difference between the injectables and what they can do for your face.

When it comes to injectables it can be hard to know where to start. If you're looking for a non-invasive cosmetic boost, a quick trip to the doctor can prove just the ticket. But whether you want to treat fine lines and wrinkles, or maybe just want a little plumping and smoothing, do you go for Botox or do you get a filler? Well, the answer could be both, or one and the other, depending on the region of your face that you want to treat.

Here, Dr. Gabriel Chiu, Plastic Surgeon and founder of [Beverly Hills Plastic Surgery Inc](#) and [Dr. Dara Liotta](#), double board certified Facial Plastic Surgeon in New York City, give us the rundown on Botox, fillers, and how the injectables can be used to augment your appearance.

What's the main difference between Botox and Filler?

At their most basic, Botox and neuromodulators like it relax muscles, while filler adds volume to areas of the face.

TOWN&COUNTRY

Where does one typically get Botox on the face?

According to Dr. Chiu, the most
common areas for Botox use are

forehead frown lines and crow's feet. "This has been the case even more so lately for millennials as they scroll online and for individuals on camera at home more often than normal." Less commonly treated areas include turkey neck, square jaw, smoker's lips, and depressor anguli oris muscles (corners of mouth frowning), he explains.

How long does it take to see results from Botox injections in expression lines?

"The results from Botox can start to take effect and be noticeable in 1-3 days and are in full effects in 7-10 days after injection," says Dr. Chiu.

Where are the most common places to inject filler?

The classic areas where people have filler injected, according to Dr. Chiu, are intuitive. "the lips, nasolabial folds (your smile lines), and cheeks are all common—and which you probably most often see celebrities taking part in. Recently, injection along the jawline and chin have become very popular, especially as we're all staring at ourselves on Zoom more. These are all areas where aging causes changes in volume. Adding volume by dermal filler injections to the cheeks, lips, nasolabial folds, and jawline generally creates a more youthful and stronger appearance. Filler can also be used for under-eyes too to help eliminate hollow bags aka "tired-looking eyes."



Is it time to turn our cameras off at work? The reality of Zoom fatigue and how to combat it

'The Zoom Boom'

Dr. Gabriel Chiu, founder and plastic surgeon at [Beverly Hills Plastic Surgery Inc.](#), has also seen an increase in appointments. He believes more availability in people's schedule for recovery time has contributed to the increase.

His patients' most common Zoom-visible requests include treatments for bags or lines under the eyes, acne scars, wrinkle lines and large pores.

He also doesn't see the trend changing anytime soon, saying he thinks it's because video conferencing is "likely here to stay."

ELLE

Racism Against the AAPI Community Is a Beauty Industry Problem

AS HATE CRIMES AGAINST ASIAN AMERICANS SPIKE, ELLE TURNS TO KEY MAKEUP ARTISTS AND BRAND FOUNDERS FOR A ROUNDTABLE DISCUSSION ON WHAT THE BEAUTY INDUSTRY CAN DO TO SUPPORT THE VERY COMMUNITIES OFF OF WHICH THEY PROFIT.

Dr. Gabriel Chiu, Founder/Plastic Surgeon, Beverly Hills Plastic Surgery Inc.



DR. GABRIEL CHIU

"When I was a resident in general surgery, before I went into plastic surgery, there was another resident who would regularly show up late, and there was a point where I kind of got fed up with doing most of the work. And one day, this resident came in late again, and when he got there, I said, 'Okay, I saw just over half of the patients and stuff. Here's the other half for you to do. Let me go ahead and tell you about these patients.' He looked at me like I was crazy and said, 'Wait. Aren't you going to round with me on them?' And I said, 'You came in late. I've already rounded on most of these patients.' And basically told him that he needs to pull his own weight. So he pulls me behind closed doors and he said, 'Look, you slant-eyed ass.' I said, 'Excuse me?' And he was taken aback a bit. And he probably saw my face starting to really get upset. And it's not something that happens to me usually, but I have to admit I started to cry. And I told him, 'Don't you ever fucking call me that again.' And I started to walk. And he got in my way and said, 'Where are you going? Where are you going?' I said, 'I'm leaving here. Don't you touch me.' Because he was going to stop me. My hands were balled up in a fist. And he got in front of me again, I said, 'Step aside or else try to stop me.' And so he stepped aside and I walked on out.

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[NBC News](#)

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Pandemic plastic surgery: More people work to improve physical appearance





Haute Couture for Men Is Flourishing: Here's Why

Clients say they are drawn to the experience, craftsmanship and individuality couture offers.

Dr. Gabriel Chiu, a plastic surgeon in Beverly Hills and star of the Netflix [reality series "Bling Empire,"](#) once attended a Chanel couture show in Paris with his wife, Christine — and a men's coat on the runway caught his eye.

"When I asked about it, I was told only the runway sample was available and otherwise there were no plans to make it in another size," he lamented.

But in 2016, a year after attending his first [Dolce & Gabbana](#) Alta Sartoria men's couture show, Chiu took the plunge and ordered a three-piece suit in ivory Mikado silk with rose-shaped cutouts whose edges were hand-embroidered in the same color.

"Before I realized it had gotten a hold of me. I started getting more couture items, like a one-off watch made by Louis Vuitton's La Fabrique du temps that is registered in Geneva as The Dr. Chiu," he related.

Chiu said his first brush with couture shows involved "seeing the new trends and applying them to my work as a plastic surgeon" and then he started to appreciate the detail and craftsmanship, in addition to the artistry of the designers.



Celebrity Plastic Surgery and Beauty Treatments During COVID-19, Ahead of Virtual Award Shows

Dermatologists and plastic surgeons to the stars share today's go-to facials, devices and cosmetic procedures.

That is certainly the case for Dr. Gabriel Chiu, a Beverly Hills-based board-certified plastic and reconstructive surgeon.

"I'm seeing double or triple what I usually see at the same given time for the year, and instead of having a wish list of things that they want to chip away at, they are giving me a bucket list," he said.

"People want it all," he continued. "Not only do they want it all, they want it all at once....It's not that patients want to look overdone, but more is more in terms of how much they want done and how invasive they're willing to go, because now they have more time to recover. People are willing to push the envelope whereas before they wanted to be much more careful and make sure they could recover in time and that others wouldn't notice."

Celebrities now have the time to hide away for a significant period of time as they recover from plastic surgery procedures.

"In the past, patients in that [Hollywood] environment would have to wait until a hiatus in order to take care of something major," said Chiu.

The latest plastic surgery statistics report shows that the top two most popular cosmetic surgical procedures of 2019 were breast augmentation and liposuction, according to the American Society of Plastic Surgeons. Liposuction has the number-two spot at 265,209 procedures, which is up 3 percent from 2018.

"They are doing lipo around the jawline to sharpen it and taking fat into cheeks," said Chiu.



Dermatologists and plastic surgeons noted the rise of post-procedure devices. For example, after stomach liposuction, clients are now using tools like EMSculpt, a body-contouring treatment that causes muscle contractions.

“It’s to get defined ab muscles,” said Chiu. “It’s a shortcut to having to train with a trainer for months.”

“That is a domain that is actually improving and changing quite rapidly,” said Idriss of body-tightening and muscle-contraction devices. “I think that is an area that is intriguing and exciting.”

Morpheus8, a device that combines microneedling with radiofrequency technology using longer needles, is another standout, since it not only tightens tissue but also melts fat, said Chiu.

Two neuromodulators expected to enter the market this year may disrupt the space, however: Daxi provides results in three days and lasts up to six months, while EB-001 takes effect within 24 hours and lasts four weeks.

“That may be a game changer for somebody who needs a quick fixer, like going to an award show,” said Chiu.



Botox and anticovid vaccine, are there risks for people with cosmetic procedures?

Several cases of reactions to Moderna's vaccine have been reported in patients with facial fillers, but the American Society for Dermatologic Surgery states that it is safe to get vaccinated.

At the end of January, three cases of adverse reaction had been reported in people who have dermal fillers such as botox, according to data from the Food and Drug Administration (FDA for its acronym in English).

These side effects manifested as swelling of the face and lips in three people who had injected facial fillers months before. So many patients who have undergone such cosmetic treatment wonder if it is safe to get vaccinated against covid.

We spoke with Dr. **Gabriel Chiu**, plastic surgeon and founder of the Beverly Hills Plastic Surgery Inc. clinic, to answer all the questions related to this type of cosmetic procedure and its possible reaction to the vaccine.

What adverse reactions have been seen in patients with botox or facial fillers?

There is no relationship between botox and the virus vaccine. What has been seen in hyaluronic acid fillers is that three individuals out of 30,000, in the third phase of trials of Moderna's vaccine, experienced inflammation in the area of the face where they had received the injections.

Have all patients with facial fillers suffered the same reaction?

Although it can be a harrowing experience, inflammation can easily be treated with oral steroids and Benadryl. In fact, one of the subjects who had lip filling said that he had already had the same reaction with a flu shot. This is a rare reaction to Moderna's vaccine, although it is not known if 99.99% had used some type of injectable filler in the past.



What should patients who experience such a reaction to the vaccine do?

If you experience any type of reaction, you should notify it and go to your provider of facial fillers or the provider of the vaccine.

People with facial fillers, should they be concerned or refuse to get the vaccine?

No, individuals who have received botox or fillers should be vaccinated, but they must be aware of the reaction it can cause, and return to the doctor's office if they experience any type of inflammation in the face.

People who have already been vaccinated, can they receive treatments with botos or dermal fillers?

The risk of a reaction is extremely rare and has not been reported in individuals who have already been vaccinated.

Can a vaccine interfere with or be affected by cosmetic treatments like facial fillers or plastic surgery?

In addition to the potential for facial swelling in people with hyaluronic acid fillers, there has been no negative interference with plastic surgery or cosmetic treatments.

Are there any contraindications specified in the new vaccines to undergo this type of treatment?

No risk has been identified that would cause doctors to warn against getting vaccinated against COVID.



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Are LED Light Therapy Face Masks The Secret To Clear Skin?

“Models in medi spas, which cover the whole face, are effective, and usually the treatment takes half an hour, making them good add-ons with a facial,” says Gabriel Chiu, M.D., a Beverly Hills-based plastic and reconstructive surgeon. That said, even light therapy treatments administered by pros don’t offer instant results, notes New York-based dermatologist Joshua Zeichner, M.D. “It takes several weeks of continuous use to achieve skin improvements with light-based treatments,” he says.

Both doctors stress that LED masks for at-home use are typically less powerful, and therefore less effective than what you might get in office. “For LED light therapy to work, it has to be applied for at least half an hour over any area,” says Dr. Chiu. The catch? Many of the at-home devices are made to be used just 10 minutes at a time. “Realistically, at-home devices are not being used for the proper amount of time to be effective,” Dr. Chiu confirms.

SPA & BEAUTY *today*

CELEBRITY PLASTIC
SURGEON DR.
GABRIEL CHIU
FROM "BLING
EMPIRE" REVEALS
BEAUTY AND SKIN
CARE SECRETS

If you're a fan of Netflix's *Bling Empire*, you've been introduced to the glamorous lives of the Los Angeles socialites featured on the show. The show offers a glimpse inside the lives of its stars including Christine Chiu and Dr. Gabriel Chiu. The couple owns Beverly Hills Plastic Surgery Inc., a medspa and plastic surgery center that offers surgical and non-surgical cosmetic procedures.

It's no secret that celebrities and influencers often get professional help in order to look so perfect. Sometimes achieving their gorgeous appearance goes beyond having a great makeup artist and hairstylist. At times, Botox, fillers, lip injections, and even plastic surgery have played a role in enhancing their look.

Before the pandemic, we visited [Beverly Hills Plastic Surgery Inc](#) in Beverly Hills, California to learn about the latest skin care techniques and non-invasive procedures. We had the chance to ask Dr. Gabriel Chiu, the renowned celebrity plastic and reconstructive surgeon who appears on *Bling Empire*, about celebrity beauty secrets, do's and don'ts for first-timers, and more. Here's what he revealed:

KPIX-TV (CBS San Francisco, CA)

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The Zoom Boom: How Close-Up Conference Calls Are Fueling a Rise in Plastic Surgery



Courtesy of Subject

Beverly Hills Plastic Surgery's waiting room.

Christine Chiu, who co-founded Beverly Hills Plastic Surgery Inc. alongside her husband, Dr. Gabriel Chiu, also attributes the flood of requests to TikTok's rise as the go-to stay-at-home pastime.

"While Zoom has forced many to look at themselves with unfavorable lighting and at awkward angles — highlighting fine lines and wrinkles — TikTok features an already young generation using advanced beauty apps," she says, thereby creating a dramatic discrepancy between how people view themselves and what they are seeing others look like online.

"We see teenagers who are tiny and have abs and perfect skin and then, on top of that, are using beautifying filters," Chiu says.



Christine Chiu says that when her office was shut down in April and May, the practice lent out aesthetic machines to some of its famous clients, allowing them to do ultrasound therapy and use Emsculpt machines (which cause muscle contractions, via electromagnetic pulses, to firm sagging areas) from home. Doctors provided over-the-phone guidance. "It's as if they borrowed a medical-grade gym," says Chiu.

"Ironically, celebrities have been more concerned with physical appearances without the existence of red carpets and personal appearances than with," she continues. "My speculation is that without the help of a glam squad, the focus is now on what Mother Nature gave you."

Though women typically account for the vast majority of cosmetic procedures (92 percent in 2019, per ASPS), Talei has seen a trend of men coming in for hair transplants and face-lifts.

And Chiu says that although her practice does not offer the procedure, she's heard from colleagues about the increased demand for a \$6,000 nonsurgical penile-enlargement procedure. Pointing to the popularity during the shutdown of X-rated subscription service OnlyFans (where many influencers have been dipping in to being virtual sex workers during the pandemic), Chiu says, "A lot of people are making money in that way, so you would have to enhance your moneymaker."

And while many in the country have been hit by unemployment and the ongoing financial crisis amid the pandemic, doctors say they haven't seen penny-pinching have an effect on their (largely upper-class) patients' willingness to spend thousands on a procedure — or multiple.

"Clients have saved elsewhere because of quarantine — they're not going on that big trip, they're not buying designer stuff, they're not going out to eat," Chiu says. "So they're investing that money in themselves."



Dr. Gabriel Chiu Shares His Favorite Things About Los Angeles

Dr. Gabriel Chiu, founder of Beverly Hills Plastic Surgery, Inc. and the Anti-Aging Institute of Regenerative Medicine in Beverly Hills is a renowned, board-certified plastic and reconstructive surgeon specializing in customized aesthetic procedures and highly advanced techniques combined with a unique artistic perspective and surgical precision. Known as "the curve creator," Dr. Chiu is sought by international celebrities, royalty, athletes moguls and moms for his uniquely bespoke and 'couture' contouring techniques. He took a break to discuss his favorite things about Los Angeles.



How long have you been practicing in your market?

17+ years

Market (area):

Beverly Hills/Los Angeles

Best hidden gem:

Yamakaze- Invitation only Omakase Japanese restaurant with a very limited seating

[Haute Living](#)
August 15, 2019
UVPM: 500,000
(2/2)



Best fine dining restaurant:

Providence

Best place for a power business meeting:

Craig's Steakhouse

Best hotel for out of town guests:

The Beverly Wilshire- you are right across the street from Rodeo Drive, the world's most famous street for shopping, and half a block from my world-famous office!

Favorite shopping venue/boutique:

Neiman Marcus – with the TVs and bar on the men's floor and the private luxury man-cave in Bloom's Room, you can't go wrong

Favorite charity event:

The Art of Elysium, the night before the Golden Globes. We have been attending for almost a decade and have co-chaired for 2 years ago honoring Stevie Wonder.

Favorite cultural event:

Any weekend at the Hollywood Bowl, but especially when there is a musical. We have a box in the pool circle and the performers usually carry the singing and dancing along the ledge of the pool circle, essentially surrounding you with the performance!

Favorite cultural institution:

MOCA, LACMA, Getty Villa

Best museum/exhibit:

Cayton Children's Museum in Santa Monica- the Let's Help wing. We privately funded the wing. It's dedicated to brave first responders and we had it named after our son, Gabriel Christian Chiu III.

Best weekend getaway/staycation:

Malibu- so close yet you feel so far away from the rat race!



Beverly Hills Plastic Surgeons React to Breast Implant Recall: "Don't Panic"

Dr. Gabriel Chiu of star-loved Beverly Hills Plastic Surgery Inc. says his office uses about 99 percent Mentor breast implants (only when the patient already has Allergan implants from another clinic does Chiu use Allergan replacements under warranty). Since Chiu's work is almost entirely cosmetic, he doesn't often use textured breast implants, which are mainly reconstructive, he says.

The FDA does not recommend people with the recalled breast implants get them removed unless symptoms arise. If swelling or redness develops, the patient can consider removing them and replacing them with smooth implants, Ip says. "If they want them out, that's their prerogative," Cohen adds. Chiu was told by an Allergan rep that removal or replacement would be the financial responsibility of the patient.



Breast implants linked to rare form of cancer, but FDA declines to ban

“The incidence of BIA-ALCL is very rare, between one in 3,800 and one in 30,000. Still, the concern is great enough with textured implants for France, Australia, and New Zealand to ban their use. Unfortunately, the link between cancer and the textured breast implant is still unclear and further studies need to be done to find a definitive answer,” noted Dr. Gabriel Chiu of the Beverly Hills Plastic Surgery. “Doctors and scientists are focusing on implant texture, bacterial contamination, and geographical location.”



Dr. Chiu Shares 5 Benefits of Ultherapy

Designed to lift, tighten and tone sagging skin on the face and around the eyes as well as on the neck and chest, Ultherapy is a skin-tightening treatment that uses high-intensity ultrasound energy to deliver heat deep into the skin. According to plastic surgeon Dr. Gabriel Chiu of Beverly Hills Plastic Surgery, "This heat helps existing collagen contract and prompts the body to naturally produce more, which results in a visible lift and improvement in skin laxity, crepey appearance, fine lines and wrinkles without affecting the surface of the skin."

Dr. Chiu explains, "This non-invasive treatment is ideal for younger patients who desire facial rejuvenation but aren't quite ready for a facelift, and those who want to put off or avoid surgery." Each Ultherapy treatment takes less than an hour for the full face, about a half-four the cheeks or neck, and approximately 10 minutes for brow area or around the eyes. Patients report feeling slight discomfort that can include the sensation of heat or pricking during treatment. Although anesthesia is not necessary for patients who undergo Ultherapy, some opt to take oral medication beforehand to optimize their comfort.

"One Ultherapy treatment often delivers the skin-tightening improvement that patients are looking for, but some may require two session spaced six weeks apart for optimal results," says Dr. Chiu. "Combining Ultherapy with other non-surgical treatments like injectables and laser resurfacing helps provide comprehensive rejuvenation without incisions."

Benefit #1: Ultherapy is non-invasive

Any surgery comes along with some degree of risk. "Ultherapy can provide significant improvement in sagging skin without the potential side effects of anesthesia or unforeseen complications associated with post-procedure healing," Dr. Chiu shares.

Benefit #2: Ultherapy is customizable

"A wonderful feature of the Ultherapy treatment is that its ultrasound imaging allows the doctor visualize the lower layers of the skin. This means the heat can be directed to the precise locations that are in most need of improvement," explains Dr. Chiu.

Benefit #3: No downtime

Although the skin may appear red or flushed immediately after Ultherapy, patients can get back to their usual schedule immediately without activity restrictions. Slight swelling, tingling or tenderness may persist in the treated areas for about one week after the procedure, but most patients say these side effects are mild—if they occur at all.

Benefit #4: Natural-looking results

"Since Ultherapy results gradually become apparent within the first month after treatment, there's no dramatic 'reveal' that tells the world you had something done," Dr. Chiu explains adding, "Final outcomes are generally visible three to six months after Ultherapy."

Benefit #5: Long-lasting improvement

The skin-tightening results achieved with Ultherapy are due to rejuvenating collagen deep within the skin. According to Dr. Chiu, "This treatment basically pauses the aging process in treated areas, and most patients' improvement lasts for about two years."

As with other rejuvenating treatments and procedures, it's important to understand that Ultherapy is technique-dependent, which is why it's essential to choose a doctor who has experience using the technology. Dr. Chiu has also found that proper at-home skincare before and after Ultherapy can enhance results. "At the very least, using a vitamin C antioxidant serum in the morning and a retinoid at night both before and after Ultherapy can help optimize the skin's collagen production and yield even better outcomes."



Fat Transfer: Improve Your Breasts and Buttocks Naturally

COSMETIC TREATMENTS, DOCTOR'S TALK, FEATURE STORIES, HAUTE MD November 29, 2018 Dr. Gabriel Chiu

The breasts and buttocks are two of the most common spots that prompt women to seek the help of a plastic surgeon, yet implants aren't the only option for enhancing the shape and size of these areas. Dr. Gabriel Chiu of Beverly Hills Plastic Surgery explains how fat transfer works, and why it may be the ideal natural way to boost your body's appearance.

Fat transfer has advanced greatly in recent years, and a patient's own unwanted fat can be an effective way to improve the appearance of a variety of body areas, including the breasts and buttocks. The advantages of using fat instead of implants include minimal risk of rejection, smaller incisions and improving the appearance of "donor" sites in addition to achieving the desired results in the "target" sites. Fat transfer can offer results that last longer than other injectable fillers, and it can be used on its own or following other surgical procedures to refine the final outcomes.

Regardless of where fat is being transferred to, all fat transfer procedures begin with removing unwanted fat from another area of the body (usually the abdomen, hips, thighs or back) via liposuction. The removed fat is then processed to isolate the components that will be transferred to the "target" area, such as the breasts or buttocks. The liposuction incisions are closed with sutures and patients are usually instructed to wear a compression garment for a specific amount of time to help the skin conform to the new contours of the areas where fat was removed. The incisions that are used to harvest the fat are strategically placed so they are virtually undetectable once healed. A few additional advantages of fat transfer (versus implants) are natural looking and feeling results, smaller incisions, reduced recovery time and no risk of rejection.

Fat transfer to the buttocks

Also known as a Brazilian butt lift, fat transfer can be used to enhance and reshape the buttock area while improving the appearance of loose, sagging skin caused by weight loss or aging. After liposuction is performed and the fat is processed, the fat is re-injected into specific areas of the buttocks layer by layer through small incisions that are well hidden by clothing and barely visible once healed.

It's important to keep in mind that recovery after fat transfer to the buttocks takes time, since this area is affected by sitting, standing and walking. Patients should avoid sitting for at least seven days after surgery, and are advised to sit on a specialized pillow for at least four weeks or more to avoid placing direct pressure on the grafted fat and optimize the amount of fat that "takes." Any pain or discomfort should begin to improve within a few days after surgery, bruising and swelling for the first few weeks is common, and it can take up to six months to see the true results.



Fat transfer to the breasts

Women who desire a modest increase in breast size or correction of minor size disparity between the breasts may be able to achieve their goals with fat transfer rather than implants. Although there are limits to the degree of augmentation that can be achieved with fat alone, in some cases fat transfer can provide the subtle boost a patient desires or enhance symmetry between the breasts. The ideal patient for fat transfer to the breasts is generally happy with her starting breast shape and has good skin elasticity. Fat transfer can also be used after breast augmentation with implants or in conjunction with reconstruction to refine results and help achieve the optimal outcome.

Advanced techniques have made it possible for the maximum amount of transferred fat to "take" and theoretically remain for life, although it's important to maintain a healthy lifestyle that includes proper diet and exercise to maintain final outcomes. In the proper patient with realistic expectations, fat transfer is a viable body-contouring option that can provide the long-lasting enhancement a patient desires.

COVETEUR



Everything You Need To Know Before Going For Plastic Surgery

We visited a top Beverly Hills plastic surgeon for some real talk.

Even if it seems like half the girls you went to high school with got nose jobs, there can be a bit of mystery about what exactly happens in a plastic surgery office. One thing we *do* know: Cosmetic surgery can have life-changing consequences for the good or not so good, depending on the doctor you choose and the knowledge you go in with. To get a better look behind the curtain, we flew out to L.A. to visit Beverly Hills plastic surgeon Gabriel Chiu. Chiu not only has a stellar reputation, but we also love that he can speak to how fashion influences his practice (just ask him how he got his Louis Vuitton x Supreme wallet). In fact, his wife and business partner, Christine Chiu, who was on *Real Housewives of Beverly Hills*, is a regular at couture.

One of the most surprising things we learned from Dr. Chiu was about what to avoid. “A red flag would be [a surgeon] having an operating room in the back of their office,” says Chiu. “It’s usually not to the same calibre as a standard operating room. [Offices that have an operating room in back] will also use that room for Botox and lasers, but the problem is every time you do that, you’ve broken the sterility. It’s not best practice.” And that’s just tip of the iceberg when it comes to what you need to know.

One of the most *important* things Chiu talked to us about was about the current state of getting work done. “Whether it is for body or mind self-improvement, support and acceptance seem to have replaced stigma,” he says. “Personal or business, restorative or transformative, we do not find that plastic surgery needs to be something whispered or verboten anymore. The art of improving looks and self-esteem, or even more specifically, correcting and revising deficits, deformities, or discrepancies, creates incredible changes not just physically, but emotionally and mentally [improves] one’s quality of life. To me that is not something to look down upon—it should be celebrated.” In other words: women doing whatever the eff they want in 2017.

Here’s exactly what goes down in a plastic surgeon’s office, from a first appointment all the way through recovery, plus everything a patient can do to make sure they end up with a look that feels right.

Coveteur

October 19, 2018

UVPM: 500,000

(2/2)

COVETEUR



1 / 13

“Find somebody who doesn't just say, ‘Yes, let's do it.’ A good surgeon should explain to you the pros and cons. Say someone comes in with a bump on their nose; I have to teach them that you have to look at the rest of the face. If you get rid of the bump, you might have to do corrections elsewhere for balance, to get the most natural look to fit your face.”

In Dr. Chiu's office.

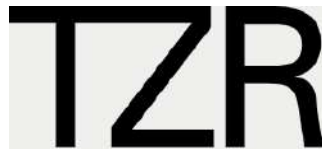


I Tried A "Space Suit" To Lose A Few Inches And Here's What Happened

As editors, we receive a lot of crazy emails and even crazier pitches, but when one pops into your inbox with a subject line that promises a non-invasive way to contour your body and drop a dress size, you read it. And you respond, "Sure, I'll come." Such was the email that found its way to me a couple of weeks ago. The treatment was offered by Beverly Hills Plastic Surgery, which I'll admit felt a *little* intimidating because "surgery" is in the office title, but when I asked about downtime and they said there wasn't any, I decided to forge ahead.

The email detailed how this magical slimming would happen, explaining all about the Ballancer Pro, an FDA-approved "space suit" that gets results by stimulating the lymphatic drainage system, leading to weight loss and potentially even a size reduction. One week of treatments every other day could lead to dropping an entire dress size. (It's also effective for post-surgery patients and serious athletes who need to get rid of lactic acid.) If that weren't enough to convince me, the email went on to say the Ballancer Pro can also stop cellulite from forming on the hips, thighs, abdomen and butt. I was officially intrigued.

I book an appointment to go one morning before work. When I arrive to the impeccably appointed office, I am ushered into a room in which I get to choose between something that looks like a motorcycle jacket or a gigantic Marshmallow Man suit I would have to crawl into. I am told the suit focuses on the stomach and thighs, two places I certainly wouldn't mind shrinking, so I opt for that one. I then remove my pants, keep on my sweater and awkwardly make my way into the suit by literally crawling onto the table in front of the doctor, a couple of assistants and the Ballancer Pro expert. Slightly mortified, I settle in and make myself comfortable.



That's when the assembled group starts to tell me about the contraption, which they assure me is already quite popular in Europe as well as among professional athletes. They explain that the suit will simulate a massage of my lymphatic system. Considering I'm the type of person who wakes up swollen after an evening of sushi or wine, I'm excited to learn that it helps you shed water weight. They tell me it's perfect for post-drinking and post-flying—two things I do often—as it pushes the fluid up and back into circulation so it leaves the body. They also promise it will make me feel more energized and tone my skin. I'm sold.

They start the machine. The first ten minutes are a pre-treatment that gets the body used to the process before they turn up the pressure. The highest level is 80 millimeters of mercury. While they tell me some people don't like that amount of pressure, I find I actually kind of enjoy it. It's like a massage that starts at my feet and moves its way up my body in a wave-like formation. At the 80 pressure mark, there's a moment when my upper stomach is squeezed so tightly it feels like it might be too much, but as soon as I think I can't take it, it's over and starting again at my feet. All the while, I keep in mind that the machine is draining my lymph nodes and pushing unnecessary fluids out of the body, and that keeps me calm and focused. I'm doing my body good. And, truth be told, the sensation is a little like several people giving you a massage at once, which—unsurprisingly—is great.

I almost fall asleep a few times, but 45 minutes later it's over, and I awkwardly crawl out of the suit. Any soreness I had from yesterday's workout is indeed gone, and I feel like I have definitely helped get things moving in my body. Sadly I don't go every other day for the next week so I remain my regular dress size, but loss in circumference or not, the experience was enjoyable. Hours later, I do feel oddly energized as they promised.

Takeaway: At \$200 per session, the Balancer Pro isn't cheap but it also isn't completely cost prohibitive. And with no pain or downtime, it could be worth the full-week commitment if the potential result is going down an entire dress size. But if pricing is an issue for you, it's definitely worth the one-time splurge when you're feeling particularly bloated, been traveling a lot, or are seriously sore from working out. No matter how you cut it, kicking your lymphatic system back into gear is a good thing. Even more importantly, it *feels* good, regardless what size jeans you fit into once it's over.



Hollywood Beauty Doc: "Everyone wants their dimples!"

Celebrity cosmetic surgeon Dr. Gabriel Chiu can hardly save himself from so many inquiries about the dimples of Duchess Kate. Has the aristocrat set a new trend in Hollywood?

Having artificial dimples conjured up is not entirely new, but in the past few months the demand in the dream factory has tripled.

Duchess Kate is Hollywood's favorite

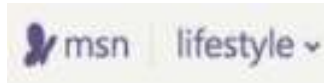
"I can hardly believe it myself, but more and more patients want dimples like [Duchess Kate](#)," explains plastic surgeon Dr Gabriel Chiu, who has been running a prosperous practice in Beverly Hills for 15 years, "the people here are enthusiastic about her. The dimple trend has never been so hot. "

Dimples don't suit every face

He performs this procedure, also known as "dimpleplasty", five times a week, but it is very selective. "Dimples do not fit every face, so I first check the symmetry and smile so that the customer is not disappointed afterwards," says the beauty doc.

The less fat, the better the effect

And how exactly are the sweet, small hollows created? "Everyone has their own method. I make a small incision on the inside of the cheek and then sew it together with a special seam. Of course, everything is anesthetized beforehand and the patient is immobilized. The less fat you have on your face, the better the effect," reveals Dr Chiu.



'Dimpleplasty' — Plastic Surgery to Create Dimples — On The Rise For Those Wanting To Smile Like Stars

He's not the only one catering to dimple wannabes. Beverly Hills Plastic Surgery Inc.'s [Dr. Gabriel Chiu](#), whose patients include a top studio exec and known chef, has also noticed the phenomenon. "With the younger selfie set, not everyone wants to look any older, overdone or plumped, and an effective [anti-aging](#) treatment and a great way to look youthful, playful and sometimes whimsical can be to create a dimple to punctuate the smile."

He adds that dimples can add a sweetness and approachability to the face - think Jennifer Garner, who Dr. Chiu says "is over 40 but has an instant youthfulness that is considerably younger when she flashes her gorgeous smile" - and are also often seen as sexy. Dr. Jones says some cultures consider them a sign of good fortune.

Dr. Chiu has even begun performing the dimple procedure on the chin, creating a cleft look (which coincidentally men used to have filled in) a la Ben Affleck, Patrick Dempsey, Demi Lovato, Fergie and

Sandra Bullock. He's also regularly doing the dimpleplasty procedure on just one cheek, since it can be difficult to match both sides symmetrically due to the way facial muscles pull. The slightly more invasive buccal fat reduction procedure is another way to create dimples with more contouring and cheek chiseling in the process.



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Dimples are great, yes, but the idea that someone would go under the knife to get them is a bit surprising. That said, the procedure (which starts at \$800) is minimally invasive and done under local anesthesia in the doctor's office in just 30 minutes, and there are no external cuts or bandages involved. There is an incision made inside the mouth where a defect is created in the cheek muscle, and then attached to the undersurface of the skin so the dimples are seen when the face moves but not when it is relaxed, explains Dr. Jones, who says 90 percent of patients for the procedure have been female, mostly millennials at a middle to high socioeconomic level. Dr. Chiu says fat can be removed to further customize, deepen or contour the dimpling. Once swelling goes down, there is no visible scar or sign of the procedure.



Dimpleplasties are on the rise, Dr. Jones believes, simply because people find out they're possible. "Most patients have a friend or relative with dimples they've admired for years — I believe the tipping point for them is simply learning it can be done." Princess Kate Middleton is another whose picture-perfect pout and dimples are in high demand, says Chiu, who says he's seeing a surge in male requests for dimpleplasties to look like Styles and Usher.

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A dimpleplasty can be reversed, but may leave the cheeks with an unnatural appearance, says Dr. Jones, so he warns patients to consider the risks and benefits before committing to the trending procedure. That said, "With almost no downside due to minimal downtime and relative cost, and huge upside of a dramatic but widely loved look, dimpleplasty is growing into the next big thing," says Dr. Chiu.

The Hollywood Reporter
December 2015
Circulation: 11 Million
(1/2)

STYLE
VIP FYI



A GENIUS FOR GIFTS
If it's more than a bottle of wine you're looking for, Simone LeBlanc's namesake company hunts down the rare and refined, from last family heirlooms to woolly mammoth tusks from the Black Sea. "My job is to stand behind my client and let them shine," says LeBlanc, who handpicks offerings that have been received by Amy Poehler, Samuel L. Jackson, Harvey Weinstein, Robert Downey Jr. and David Geffen. simoneleblanc.com

IVY LEAGUE FIXERS
College-bound students get the ultimate guidance counselors in IvyWise, a bespoke education consulting company geared toward admissions (fees start at \$1,000 and can range well into the six-figures for counseling and tutoring services throughout high school). In 2015, 92 percent of IvyWise students gained admission to one of their top three schools. "We can read a student's application and spot the red flags immediately," says Dr. Kat Cohen, who founded IvyWise in New York City 17 years ago. (Ten percent of their clients are L.A.-based; they can request in-person, video or online portal tutoring.) "The team has worked at some

of the most prestigious schools, which means we know what each school is looking for, down to the words, themes and attitudes to express in a personal essay statement to get into one Ivy League school versus another," she adds. "[Kat] developed a winning strategy," says entertainment attorney Matt Johnson of Ziffren Brittenham. "Our daughter was thrilled to be accepted to her first-choice school, Duke University." ivywise.com

YOUR OWN PRIVATE SOMMELIER
Whether in the market for a customized wine cellar or a last-minute handpicked wine list for a dinner party, writer-producer Scott Silveri (*Friends*), Gathr Films founder and CEO Scott Glosserman and a handful of tight-lipped heads of motion-picture studios all rely on The Cellar Manager's Matthew Goldfarb. A certified sommelier and former private chef, Goldfarb has spent the last nine years catering to his A-list clients' every wine-related whim. "I received a phone call at 1 p.m. indicating that my client's private jet would be landing within the hour. On board were

30 cases of some of the most sought-after wines in the world from one of their homes," he says. "A temperature-controlled vehicle delivered them to their Bel Air cellar on the same day. We were done before the table was set and the dinner guests arrived." thecellarmanager.com

ON-CALL PLASTIC SURGEON
Traveling with a hairstylist and makeup artist may no longer be an extravagance, but flying one's own personal plastic surgeon is. For a starting fee of \$50,000 for a half day, Dr. Gabriel Chiu of Beverly Hills Plastic Surgery Inc. will fly his team and equipment anywhere for customized treatments, including injectables and nonsurgical augmentations of the face and body. "About 50 percent of private fly-to patients are on a highly personalized anti-aging regime," says Chiu. "The clientele that requests the most services are from the entertainment industry. Usually, it's due to ridiculously tough schedules, remote shooting locations or avoidance of the public eye. Most, if not all, have extreme expectations and no budget." bhpsinc.com



Downey



Howard



Hastings

LUXURY DRIVES ON DEMAND
A car enthusiast and former commercial banker, Joe Finci founded his car brokerage in 2002 and has since become a go-to for industry players who want a new BMW but don't want to deal with a dealer. Finci arranges for a test drive, negotiates a good price, handles the paperwork and has the car delivered to your driveway. Finci's clientele — 60 percent of whom work in the industry, including agents at CAA, WME, Paradigm and UTA and executives at Sony, Universal, Fox, Paramount and CBS — favor expensive, profitable cars. This helps dealers increase their allocation of hard-to-get models, such as Porsche's red-hot Macan SUV (Finci has two on order). He's seen his share of business-manager interventions, including one with an actor who wanted to terminate his Land Rover lease to buy a new Mercedes S-550 plug-in hybrid. Laughs Finci: "Even if it's a drop in the bucket for them, it's still great to have a new car." 818-623-8148

A RED-CARPET READYING ATELIER
Stylist services are taken to a

new level at The Albright Fashion Library, New York City's most extensive fashion archive with 20,000 pieces and counting, including every Saint Laurent, Tom Ford and Balmain piece from the last five years. The Library recently opened its by-appointment Beverly Hills atelier, run by mother-and-daughter team Irene and Marina Albright. It's \$250 to walk into this megacloset, beloved by top costume designers like Patricia Field and Empire season two's Paolo Nieddu as well as Hollywood stylists such as Karla Welch (Elisabeth Moss). The final look typically runs \$1,000 and up for garment and accessory rentals and styling. Whatever red-carpet looks they don't have, the Albrights and creative director Patricia Black will find. All pieces can be tailored to each client and shipped overnight anywhere in the world. Says Irene: "We handle every woman's personal event — her wedding, her son's bar mitzvah or a red carpet." albrightnyc.com

YOUR PERFECT DOG, DELIVERED
A self-described canine well-being expert, Hollywood Pet Mom's Lexi Beermann is on speed dial throughout Hollywood for a handful of

high-profile dog owners who turn to her for all of Rover's training needs. These services include her round-the-clock Puppy Nurse program (one month starts at \$8,000; six months, \$36,000), in which Beermann lives with the dog either in the client's guest house or at her home to deliver a perfectly behaved pet. She says one client asked her to train his dog to sit on a chair at the table during family dinner and eat off a plate: "I did manage to teach her to stay until the last plate was cleared." Other services include a boot camp for behavioral emergencies (starting at \$3,700 for five days), for which an owner once flew her pup on a private jet to Beermann from Chicago. hollywoodpetmom.com

Holistic concierge vet Dr. Patrick Mahaney has been making house calls (starting at \$525) and offering VIP in-house pet-sitting since 2006. Mahaney once secured and personally delivered an international health certificate to a Miami billionaire couple in less than 24 hours so that their lapdog could board a flight bound for their \$300 million yacht in Turks and Caicos. "He's always available to consult and is knowledgeable about everything they need to stay healthy and happy," says Jane Lynch, whose two dogs have been under Mahaney's care since 2011. patrickmahaney.com

THE ALL-AROUND CONCIERGE
For Jordan Contratto and Brandon Perkins, transitioning from being Four Seasons Beverly Wilshire concierges for 17 years collectively to their own firm, 8 Panache, in June 2014 was a cinch. "We specialize in last-minute requests, where tensions are high and situations are changing," says Contratto, whose services include the "hotel-in-a-home" concept: sourcing a house for clients, installing furniture to their taste, staffing it and operating it like a luxury boutique hotel. The house concept can apply to glamping at Burning Man or Yacht Week in Croatia. "Even for a small family, it would be difficult to do this for less than \$250,000 a month," he adds. Services also extend to tailored itineraries, both globally and locally in L.A. Says Contratto, "If you're in L.A. or coming here and you want to live like a king — or you are one — call us." 8panache.com

ON-CALL PLASTIC SURGEON

Traveling with a hairstylist and makeup artist may no longer be an extravagance, but flying one's own personal plastic surgeon is. For a starting fee of \$50,000 for a half day, Dr. Gabriel Chiu of Beverly Hills Plastic Surgery Inc. will fly his team and equipment anywhere for customized treatments, including injectables and nonsurgical augmentations of the face and body. "About 50 percent of private fly-to patients are on a highly personalized anti-aging regime," says Chiu. "The clientele that requests the most services are from the entertainment industry. Usually, it's due to ridiculously tough schedules, remote shooting locations or avoidance of the public eye. Most, if not all, have extreme expectations and no budget." bhpsinc.com


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Get Glam!

THE LATEST IN TREATMENTS, FILLERS AND PROCEDURES HELP KEEP YOU BEAUTIFULLY RADIANT—AT ANY AGE. HERE'S THE INSIDE TRACK ON WHAT TO DO, AND WHO TO GO TO, TO PUT YOUR BEST SELF FORWARD.

By Laura Eckstein Jones, Meg McGuire and Beth Weitzman

Thank you to our experts: Dr. Gabriel Chiu, DO; Sonya Dakar, Licensed Esthetician; Shani Darden, Licensed Esthetician; Dr. John Diaz, MD, FACS; Dr. Randal Haworth, MD; Dr. Harold Lancer, MD, FAAD; Olga Lorencin-Northrup, Licensed Esthetician; Dr. Ava Shamban, MD; Jamie Sherrill, R.N.; Kate Sommerville, Licensed Esthetician; Dr. Grant Stevens, MD; Dr. Jessica Wu, MD

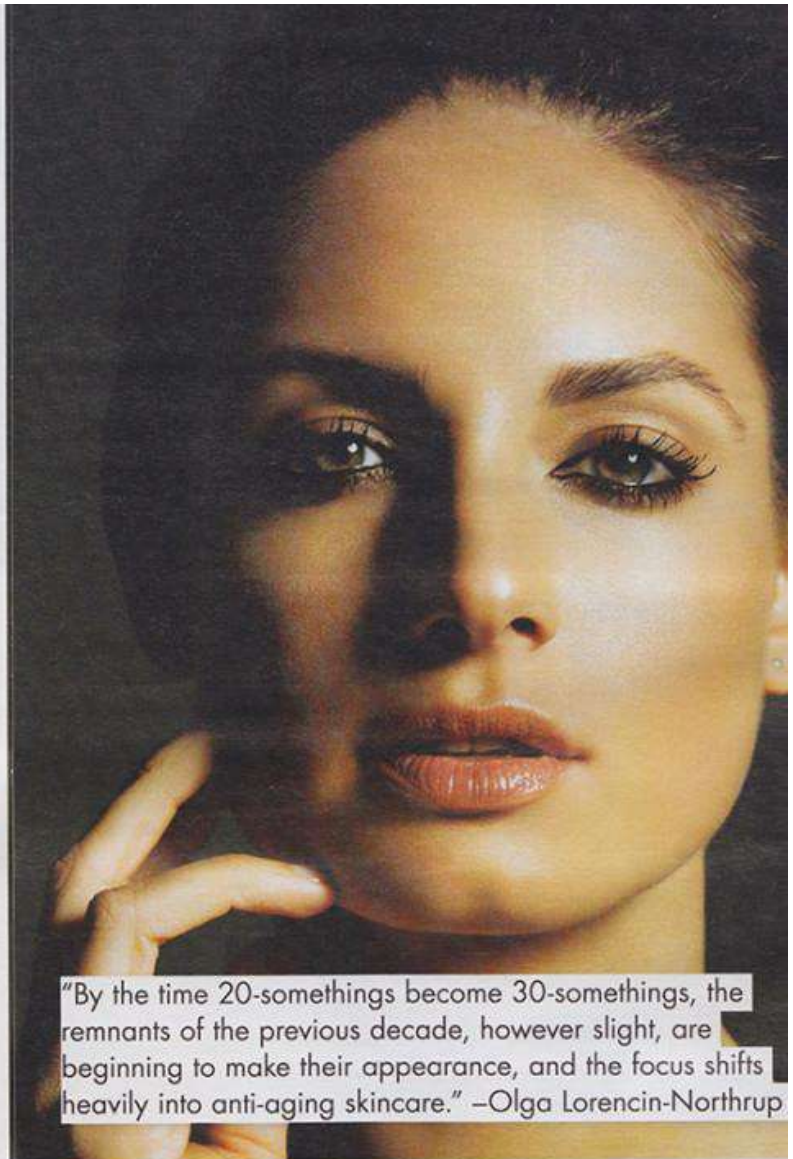
20s

How you care for your skin in this decade determines how extreme maintenance

will be in the years to come. Although many 20-somethings may feel invincible, the effects of late nights out and too many days spent lying on the beach will have lasting consequences. Sun protection and living a healthy lifestyle will help sustain a youthful appearance and minimize future brown spots and fine lines. Now is also the time to treat pesky acne and any lingering pockmarks and scars.

THE MUST-DO

SPF "If you have not started using sunscreen on your face, neck, hands and décolleté by now, then start," says skincare specialist Sonya Dakar (9975 Santa Monica Blvd., Beverly Hills, 310.553.7344, sonyadakarclinic.com), the go-to facialist for fresh-faced celeb clients including Gwyneth Paltrow and Kirsten Dunst. Opt for SPF 30+ to reduce the early onset of lines, wrinkles and dark spots. Murad's just-launched Invisiblr Perfecting Shield SPF 30 (\$65, Murad, 8207 W. 3rd St., L.A., 323.413.2350, murad.com) is an advanced formula that treats visible signs of aging, blurs imperfections and protects against UV damage. To tackle early signs of sun damage, try Skin Laundry's 10-minute light-therapy treatments (\$75, 8798 Beverly Blvd., L.A., 310.360.0791, skinlaundry.com).



"By the time 20-somethings become 30-somethings, the remnants of the previous decade, however slight, are beginning to make their appearance, and the focus shifts heavily into anti-aging skincare." —Olga Lorencin-Northrup

ALSO CONSIDER

Q-Switch Pixel Registered nurse and skincare expert Nurse Jamie Sherrill utilizes resurfacing laser treatments with the Q-Switch Pixel to treat deep acne scars (from \$175, The Beauty Park Spa, 1511 Montana Ave., Santa Monica, 310.587.3502, nursejamie.com) by gently removing layers of skin, leaving behind new cells that tighten and rejuvenate themselves.

Exfoliating Facials The Deep Detox facial by celeb esthetician Olga Lorencin-Northrup (\$200, Kinara Skin Care Clinic, 656 N. Robertson Blvd., L.A., 310.657.9188, kinaraspa.com) exfoliates with a

combination of dermatological-grade peels, acids and vitamins. Thorough extractions followed by a customized mask minimize pores.

Chemical Peels Recommended every four to six weeks, the SkinCeuticals Gel Peel SM with dermatologist Dr. Jessica Wu (\$350, 11620 Wilshire Blvd., L.A., 310.473.5878, drjessicawu.com) is the answer to maintaining clear skin and fading spots left over from acne. Salicylic acid unclogs pores and calms inflamed skin, while mandelic acid exfoliates and reduces pigmentation. "My patients love this peel because it gives their skin an instant glow," says Dr. Wu.

30s

"By the time 20-somethings become 30-somethings, the remnants of the previous decade, however slight, are beginning to make their appearance, and the focus shifts heavily into anti-aging skincare," states esthetician Olga Lorencin-Northrup. This is the time to establish a consistent treatment plan for your skin, incorporating peels, facials, light therapy and injectables.

THE MUST-DO

Anti-Aging Peels We know that diamonds are a girl's best friend, but rocks that turn back the clock should be the 30-something's BFF. Case in point: the Diamond Peel at Sonya Dakar Skin Clinic (\$350, 9975 Santa Monica Blvd., Beverly Hills, 310.553.7344, sonyadakarclinic.com), which uses crushed diamonds to stimulate cells, diminishing the appearance of fine lines and wrinkles.

ALSO CONSIDER

Oxygen Facials To maintain a youthful glow and increase hydration, look to the Dermal Quench Oxygen Treatment (\$270, Kate Somerville Skin Health Experts, 8428 Melrose Place, West Hollywood, 323.655.7546, skinhealthexperts.com). The facial infuses the skin with hyaluronic

serum and oxygen, aiding in the disappearance of fine lines to soften the complexion.

LED Light Therapy As the production of collagen and elastin decreases, look toward the light! Jessica Alba's go-to facialist, Shani Darden (\$300, referral only, 310.745.3150,

shanidarden.com), recommends LED treatments such as LightStim to energize the cells responsible for collagen production. The result? Hydrated, supple skin that's significantly smoother than before.

Botox "Botox plays an important role in keeping fine lines at bay," says plastic surgeon Dr. Randal Haworth, renowned for achieving naturally beautiful results. Haworth suggests conservative use of Botox (from \$500, The Haworth Institute, 436 N. Bedford Drive, Ste. 105, Beverly Hills, 301.273.3000, drhaworth.com) in the 30s to diminish forehead lines and crow's-feet.

40s

"In your 40s, expression lines between your brows and around your eyes and mouth become prevalent," says Nurse Jamie Sherrill of Beauty Park in Santa Monica. Additionally, as estrogen levels decrease, skin becomes drier, resulting in a crepey appearance of the neck and décolleté. Regular facials, along with laser treatments and fillers, will keep the face looking fresh during this transitional decade.

THE MUST-DO

Venus Viva Exclusively available at esteemed celeb dermatologist Dr. Harold Lancer's office, Venus Viva (from \$1,500, 440 N. Rodeo Drive, Beverly Hills, 310.278.8444, lancerskincare.com) is a cutting-edge machine that tones, tightens and firms the skin in four 20-minute sessions. Treatments utilize radio frequency to painlessly heat the skin, resulting in an overall tighter and smoother face.

ALSO CONSIDER

Titan Regarded as a nonsurgical facelift, skincare specialist Kate Somerville recommends Titan (from \$360, 8428 Melrose Place, West Hollywood, 323.655.7546, skinhealthexperts.com), the first light-based procedure approved by the FDA to tighten and plump the skin. The laser diminishes lines, lifts brows and eyelids,

and tightens the neck and jawline without a lengthy recovery time.

Restylane "Fillers are a cornerstone in maintaining youthful facial volume," says dermatologist Dr. Jessica Wu. She recommends using Restylane Silk fillers (from \$750, 11620 Wilshire Blvd., L.A., 310.473.5878, drjessicawu.com)

to smooth crow's-feet and fine lines around the mouth.

Diamond Youth Facial Launched during awards season exclusively at the Spa at the Four Seasons Los Angeles at Beverly Hills, this potent anti-ager (\$305, 300 S. Doheny Drive, L.A., 310.786.2229, fourseasons.com) uses Envy Medical's SilkPeel Dermalinfusion machine to luminous effect. While Innovative Skincare's customized paraben-free serum with hyaluronic acid permeates the skin, Envy Medical's state-of-the-art diamond-tip vacuum technology exfoliates. Fine lines are diminished, pores decongested and the complexion firmed. With consistent use, the formula stimulates collagen synthesis to minimize aging's unsightliest signifiers.

50s+

Following menopause, the face begins to hollow, cheeks fall and fine lines deepen. Hormonal changes

continue to dry out the skin, leading to a lack of luminosity, and cell renewal slows down. "Skin cells have 30 percent less natural moisture now than in the younger years, resulting in noticeably drier, thinner skin," says Nurse Jamie Sherrill. Celebrity dermatologist Dr. Harold Lancer agrees: "Hydration is the main concern for women that are peri- or postmenopausal. Creams and serums can only do so much, so machinery and technology are key," he says.

THE MUST-DO

Juvederm & Bellofil Recommended as the first step in treating a lack of elasticity, Juvederm Voluma (from \$1,050, Dr. Jessica Wu, 11620 Wilshire Blvd., L.A., 310.473.5878, drjessicawu.com) is the only FDA-approved injectable gel that adds volume to the cheek area. With minimal pain and downtime, it adds contour with results that last up to two years. Beverly Hills-based plastic surgeon Dr. Randal Haworth recommends Bellofil (\$1,200, The Haworth Institute, 436 N. Bedford Drive, Ste. 105, Beverly Hills, 301.273.3000, drhaworth.com) to permanently diminish deep folds and fill out eyelid hollows.

ALSO CONSIDER

Microcurrent Facials Before going under the knife, try esthetician Olga Lorencin-Northrup's nonsurgical facelift (\$300, Kinara Skin Care Clinic, 656 N. Robertson Blvd., L.A., 310.657.9188, kinaraspa.com). Microcurrent therapy revives muscles to resculpt and smooth. "Continue with regular microcurrent facials while incorporating hydrating oils and moisture-retaining humectants," she says.

Laser Treatments "The skin is thinner so it's important to focus on building collagen," says esteemed skincare specialist Kate Somerville. Laser Genesis with Kate Somerville Skin Health Experts (from \$115, 8428 Melrose Place, West Hollywood, 323.655.7546, skinhealthexperts.com) does this by warming the skin with noninvasive lasers. Additionally, "Thermage CPT (from \$1,900, Nurse Jamie Sherrill, Beauty Park, 1511 Montana Ave., Santa Monica, 310.587.3502, nursejamie.com), partnered with dermal fillers, paralytics and laser resurfacing with the Pixel Perfect (from \$275) are key," says Nurse Jamie.

Facelift and Neck Lift "Serious surgical facial rejuvenation considerations start at around 55," says Dr. Gabriel Chiu, chief medical director and founder of Beverly Hills Plastic Surgery. He suggests a facelift and neck lift (from \$25,000 and \$10,000, Beverly Hills Plastic Surgery, Inc., 9454 Wilshire Blvd., Ground Floor, Beverly Hills, 310.888.8087, beverlyhillspasticsurgeryinc.com).

20s

"The 20s are some of the most prime years of your life and you want it to look that way," says Beverly Hills-based plastic surgeon Dr. Gabriel Chiu.

This is time for the selfie generation to remedy body issues that have prevailed since the teenage years—breast size insecurity, cellulite and a flat posterior—with both surgical and nonsurgical treatments.

THE MUST-DO

Breast Augmentation Dr. John Diaz, vice-president of the Los Angeles Society of Plastic Surgeons, suggests new-to-the-market Gummy Bear implants (from \$9,000, 465 N. Roxbury Drive, Beverly Hills, 310.770.9949, drjohnidiaz.com). "This implant is designed to create the most natural look while achieving a significant enhancement in size," he says.

ALSO CONSIDER

VelaShape Available at board-certified dermatologist Dr. Ava Shamban's office (from \$200, 9915 S. Santa Monica Blvd., Beverly Hills, 310.843.9915, avamd.com), this FDA-cleared device heats fat cells until they liquefy—followed by vacuum and massage treatments—to reduce cellulite and achieve a slimmer figure.

Brazilian Butt Lift Pop culture icons Kim Kardashian and Nicki Minaj have encouraged a generation of women to perfect their derrieres. The Brazilian Butt Lift (from \$9,500, Dr. Chiu, Beverly Hills Plastic Surgery, Inc., 9454 Wilshire Blvd., Beverly Hills, 310.888.8087, beverlyhillspasticsurgeryinc.com), plumps the buttocks with fat from other areas of the body.

30s

A slowing metabolism, gravity and the effects of childbirth cause women in their 30s to focus on rectifying problems—

extra weight and looser skin—that exercise cannot always fix. Skin-tightening treatments such as CoolSculpt and liposuction now take center stage.

THE MUST-DO

CoolSculpt Performed without surgery, anesthesia or downtime, dermatologist Dr. Ava Shamban recommends CoolSculpt (from \$750, 9915 S. Santa Monica Blvd., Beverly Hills, 310.843.9915, avamd.com). It utilizes cryolipolysis, a relatively new technology that cools down fat tissue to activate the breakdown and elimination of fat cells. The result? An overall firmer appearance.

ALSO CONSIDER

Liposuction "Even with all the latest treatment options out there, nothing beats the gold standard of liposuction (from \$10,000, Dr. Gabriel Chiu, Beverly Hills Plastic Surgery, Inc., 9454 Wilshire Blvd., Beverly Hills, 310.888.8087, beverlyhillspasticsurgeryinc.com) for permanently removing fat cells," says acclaimed plastic surgeon Dr. Gabriel Chiu.

Micro-needling Plastic surgeon Dr. John Diaz recommends this minimally invasive procedure, which rejuvenates

and firms (from \$300, 465 N. Roxbury Drive, Beverly Hills, 310.770.9949, drjohnidiaz.com) by using fine needles to puncture the skin, triggering the body to fill the small wounds with new collagen and elastin.

Lumenis M22 Laser This is the only true fractionated nonablative technology for skin resurfacing (\$250, Dr. Shamban), which can treat stretch marks in a single visit (though a series of three to six treatments is recommended). Incorporating a topical tretinoin such as Retin-A will improve efficiency.

"LED Red Light therapy is fantastic for waking up collagen and plumping aging skin on the chest after years of excess sun exposure."
—Sonya Dakar



40s

This is the time when many women long to revisit the body they had in their 20s. "Lifting everything back into place is the wish du jour," says plastic surgeon Dr. Gabriel Chiu. "For women in their 40s, one of the biggest body issues is cellulite around the thighs and buttocks," adds Beverly Hills-based Dr. John Diaz. Both surgical and nonsurgical procedures will address arm wiggles, sagging breasts and saddlebags during this decade.

THE MUST-DO

Venus Legacy Venus Legacy (from \$1,500, Dr. Harold Lancer, 440 N. Rodeo Drive, Beverly Hills, 310.278.8444, lancerskin.com) is a compelling new option to nonsurgically combat sagging, excess skin and fat. Multipolar radio frequency and pulsed magnetic fields emit heat over the skin; a thermal reaction then takes place in the tissues, triggering the body's natural healing responses and leaving the skin tighter and softer. Expect to achieve results after a series of three to four treatments. "If I were to recommend just one treatment for toning, tightening and firming, along with improving texture and overall appearance, Venus Legacy is it," says celebrity dermatologist Dr. Harold Lancer.

ALSO CONSIDER

CoolSculpt & Zimmer ZWave Dermatologist Dr. Ava Shamban of Ava MD recommends continuing with CoolSculpt (from \$750, 9915 S. Santa Monica Blvd., Beverly Hills, 310.843.9915, avamd.com) to permanently eliminate unwanted fat cells. "The machine is a fat freezer that creates ice crystals within fat cells," says the Santa Monica-based dermatologist. "The fat cells eventually die and dissipate over about a two-month period." To enhance the results, incorporate the Zimmer ZWave (from \$500, Dr. Shamban) into the mix. This treatment sends high-energy radial shockwaves through the fat, stimulating collagen formation. When combined with CoolSculpt, there are notable improvements to the skin's overall firmness and elasticity.

Tummy Tuck When excess skin and fat in the abdomen are not responding to nonsurgical treatments, then it's time to consider a tummy tuck (from \$9,500, Dr. Gabriel Chiu, Beverly Hills Plastic Surgery, Inc., 9454 Wilshire Blvd., Beverly Hills, 310.888.8087, beverlyhillspasticsurgeryinc.com). Also known as an abdominoplasty, the surgery tightens the muscles surrounding your abdomen and removes extra flab.

LED Red Light Therapy In the 40s, the chest and décolleté start to show signs of aging from sun exposure, and lines may start to form between the breasts from sleeping on your side. Skincare expert Sonya Dakar recommends LED Red Light Therapy (from \$800, 9975 Santa Monica Blvd., Beverly Hills, 310.553.7344, sonyadakarclinic.com) to wake up collagen and plump the skin.

50s+

"At this time, women are mainly concerned about aging changes around parts of the body that are not easily concealed by clothing," says Beverly Hills-based plastic surgeon Dr. John Diaz. "The main concern will be an excess of loose skin in the neck area." That, along with increasingly clawlike hands and sagging arms, are the primary issues. A combination of noninvasive procedures, injectables and surgery are recommended for maintaining a healthy, youthful appearance.

THE MUST-DO

Neck Lift Often done in tangent with a facelift, a neck lift (from \$10,000, Dr. Gabriel Chiu, Beverly Hills Plastic Surgery, Inc., 9454 Wilshire Blvd., Beverly Hills, 310.888.8087, beverlyhillspasticsurgeryinc.com) permanently tightens loose skin around the neck, improving the overall look. "By now, you've probably tried a variety of nonsurgical treatments and remedies," says plastic surgeon Dr. Gabriel Chiu. "It's time to focus on a true correction as opposed to staged maintenance. Only in surgery can you dramatically tighten underlying muscles and remove excess skin and fat," he says. Dr. Diaz agrees. "A surgical neck lift is the only reliable and successful way to improve loose skin of the neck in this decade," he says.

ALSO CONSIDER

Radiesse for the Neck As an alternative to surgery, try new injectable techniques to tighten tissue and reduce the look of "turkey neck." Fillers such as Radiesse (from \$1,700, Dr. Ava Shamban, Ava MD, 9915 S. Santa Monica Blvd., Beverly Hills, 310.843.9915, avamd.com)—an injectable that will soon receive FDA approval—are combined with neurotoxins and injected where the jawline meets the neck. "You can re-establish this region by first injecting higher up in the face, then right at the end of the jawbone, then lastly into the chin," says dermatologist Dr. Ava Shamban. This lifts the neck from the jawline, ultimately lessening a pulling feeling and improving the quality of the skin.

Radiesse for the Hands Many women become self-conscious of their hands in their 60s. "They start to resemble claws," says Dr. Shamban. To combat this, she suggests Radiesse injections here (\$800, Dr. Shamban), as well, to revitalize hands and even out the skin.

Ultherapy Ultherapy (from \$5,000, Dr. Chiu) is the only FDA-approved nonsurgical treatment allowed to call itself a lifting procedure. While it is approved to lift the brows, face, chin, jawline, neck and décolleté, "it has also been very successful in tightening almost any part of the body that needs it," claims Dr. Chiu. The procedure delivers ultrasound energy to the skin, resulting in tightening and new collagen synthesis.

May 2014

LOOKING GLASS

PLASTICS

The HOLISTIC GRAIL

The latest trend in plastic surgery isn't about a newfangled technique or a buzz-worthy advancement, but rather the adoption of a very old approach. Welcome to the new age—and the New Age version—of going under the knife. **BY FIORELLA VALDESOLO**

JAN SMUTS, THE SOUTH AFRICAN statesman who coined the term *holism* in his 1926 book, *Holism and Evolution*, likely never imagined that his word would, in the next century, find itself attached to rhinoplasties and breast augmentations. But the well-established credo of alternative medicine—that a person's condition should be evaluated not by individual symptoms but as a whole—is now finding its way into an unexpected field: plastic surgery. And the person carrying the torch is New York City cosmetic surgeon Shirley Madhere, who practices what she calls **holistic plastic surgery**.

"All it really means is helping to prepare the patient for a procedure, whether it includes plastic surgery or Botox or laser, in a holistic manner, addressing as many dimensions of wellness as possible," Madhere says. She has discovered that this approach translates to quicker and less painful healing, with improved and longer-lasting results. And while it may seem like a simple notion, in a culture enthralled by the quick-fix approach to arresting signs of aging it's actually quite revolutionary. It is, to put it plainly, the opposite of a quick fix.

For patients open to the four-to-six-week surgery prep, she prescribes the blood type diet for weight loss and overall health, acupuncture for improved pain management, reiki for stress reduction, and vitamin supplements and homeopathic medications before surgery to improve wound healing. Some patients also utilize her black book recommendations for lymphatic drainage massage and juice cleanses. Madhere doesn't charge extra for this extended counseling (interested patients just pay the individual practitioners she suggests), and she hasn't formalized her findings, but her eight years of experience have taught her that the difference is undeniable, beginning with the very first patient she tested her theories on five years ago. "She was an older woman with more fragile tissues, so I expected

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MAY 2014



CUTTING TIME
A primer on whether to choose the needle or the knife.

FACIAL REJUVENATION
Fillers can camouflage imperfections, especially in patients in their thirties and forties, but they're not always the best choice. "As we get older, not only do we lose facial fat, the tissues sag and move," Chang says. "So at some point—it sounds hilarious—in order to get the most natural result, surgery is a better option than fillers."

FACE AND NECK LIFTS
Besides the traditional surgical route, there is the ultrasound procedure Ulthera. "The treatment tightens up the skin in all directions and focuses on the same layers of tissue that plastic surgeons target," says Beverly Hills plastic surgeon Gabriel Chiu. The FDA claims that results last two to five years, but Chiu says it's closer to one to two.

BREASTS
"With breast augmentation you'll get the best results, as far as proper volume, look, and size go, with surgery," Chiu says. "While still surgical, the next step lower would be to do a fat transfer from one area of your body—say, your stomach, if you're already doing lipo—though usually with this method you can go only about half a cup size larger."

NOSE
"If you're making the nose smaller, there is no option besides surgery," Chiu says, "but if you're correcting a bump or depression or making the tip a little sharper, that can be done with filler." The so-called nonsurgical nose job is becoming increasingly common. The fillers Radiesse and Voluma are popular choices, and results can last more than a year.

FAT REDUCTION
Specific—and small—problem areas, especially those on the tummy or love handles, can benefit from treatments like CoolSculpting, which is completely non-invasive. But the results are subtle, and treatments can be time-consuming and as costly as surgery. With tummy tucks or larger liposuction cases, surgery is the only option, since there will be excess skin to remove.

DAN CHIPPENDALE/GETTY IMAGES (SCALPEL); LUIS PEDROSA (ACUPUNCTURE NEEDLES); CULTURA SCIENCE/GETTY IMAGES (SYRINGE)

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Pret-a-Reporter

5 SPAS TO GET YOU THROUGH MUSIC FEST SEASON

The Spa at Beverly Hills' Plastic Surgery, Inc.'s Hangover Facial speaks for itself. A rejuvenating antidote for three days of partying in the desert (or back-to-back weekends for Coachella superfans), the nine-step treatment rehydrates skin with a series of approaches, including a collagen-stimulating LED light treatment, an anti-inflammatory freezing Cryotherapy session, an RN-administered B12 shot and a take-home herbal detox kit to tackle your liver, kidneys and lymphatic system. *The Spa at Beverly Hills' Plastic Surgery; 9454 Wilshire Blvd., Beverly Hills; 310-888-8087*

[FOX 11 LA](#)

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Going Skin Deep on Anti-Aging for Your Hands

Beverly Hills-based plastic surgeon **Dr. Gabriel Chiu** reveals more women are looking into getting procedures to reverse the side effects of not slathering enough SPF daily.

"We rarely, if ever, use sunblock on our hands," says Chiu. "We also rarely use skincare on them. Sure, many people have manicures, but who do you know is regularly applying exfoliants, moisturizers or skin lightening agents on the hands? Since applying makeup to the hands is not common practice, not even concealer tricks can prevent the appearance of 'granny hands.'"

There are possible solutions, but it will cost you. Some doctors offer "**fat transfers**," injecting fat from a patient's derriere or thighs onto the hands, plumping them out. But some medical experts believe this causes more harm than good.

LATIMES.COM/IMAGE

Los Angeles Times

SUNDAY, SEPTEMBER 23, 2013 P3

(BEAUTY)

YOUR BEST SKIN AT ANY AGE

By ALEXANDRA DRUSU >>> Every few months a new beauty trend, treatment or potion is revealed — the latest skin-tightening laser, an age-defying ingredient or a longer-lasting filler. But should a fresh-faced 20-year-old be using retinol creams? And when is the right time to consider Botox? In this day of instant gratification, where do we draw the line between too soon and too late? We asked some experts for advice.

THE 20s

In your 20s, wearing sunscreen is the most important step you can take to prevent sun damage that leads to fine lines and wrinkles, says Dr. Gloria Orian, a dermatologist and founder of Rejuve Beverly Hills. Choose a physical sunscreen instead of a chemical sunscreen. Products containing titanium or zinc dioxide are examples of the latter, acting as a physical block to prevent the sun's rays from reaching the skin. These kinds of products usually leave a whitish residue on your face. Chemical sunscreens, which tend to be clear on the skin, work with your top layer of skin to absorb UV rays before they cause damage but don't give as much protection. "If you want to be serious, wear a hat," Orian adds.

Beverly Hills plastic surgeon Gabele Chiu echoes the sentiment. "The 20s is about prevention. It takes 10 to 20 years to see the damage of environmental exposure on your skin." This is also the time to develop a skin-care regimen of proper cleansing and moisturizing. Orian suggests sticking to natural products. "Anything you can't pronounce, you don't want to put on your skin." Also, shed a dermatologist or esthetician. Regular maintenance can help identify skin problems early and correct them before they require more aggressive treatments, Chiu says.

THE 30s

Toward the end of your 20s and beginning of your 30s, the body's ability to renew damaged skin cells quickly begins to decrease. Many women start seeing dynamic lines caused by facial expressions around the eyes and between the brows. The 30s may be the time to consider Botox to prevent these lines from growing deeper and more numerous, says Orian. Botox relaxes the muscles used to form these expressive lines.



From left, retinol laser treatment, Alexandrea Drusu; laser treatment, Gabele Chiu; laser treatment, Gabele Chiu; laser treatment, Gabele Chiu; laser treatment, Gabele Chiu.

Side in your 30s also can begin to look dull, and exfoliation is an essential home solution to brighten up complexion. Chiu recommends using an exfoliating product such as SkinCeuticals Micro-exfoliating Serum (\$22; www.skinceuticals.com), while Orian suggests scrubbing with a Clarisonic Skin Cleansing brush (\$89; www.clarisonic.com) every evening. Physical and chemical exfoliants smooth the skin and stimulate cell renewal, Chiu says.

Lately, consider swapping your natural lotion for something that

packs a little more power. Look for ingredients such as lactic acid, retinol and vitamin C.

THE 40s

As gravity takes its toll, the cheeks start to fall, smile lines grow deeper and sun damage appears as skin discoloration or moles. "There are larger and skin is looser and less supple," Orian says. It's time to consider dermal fillers, such as Restylane, Radiesse and Juvederm. Fillers

can help diminish fine lines by plumping up the area and making skin appear smoother.

Another option: Laser resurfacing with Fraxel can diminish lines, reduce the appearance of sun damage and stimulate collagen. "You want to look like you just came back from a vacation," Orian says.

THE 50s

In your 50s, hormonal changes can cause loss of elasticity and

increase the dryness of the skin. Some women see the neck and jawline starting to sag, hyperpigmentation, deep furrows and marionette lines.

Take advantage of an array of options, from volumetric fillers that can lift cheekbones to stronger lasers that melt fat and tighten skin. "The transfer restores the volume lost from the process of aging," Chiu says, "getting rid of the hollow under the eyes, adding volume to cheeks, reducing the look of nasal lateral folds and marionette lines. It can be taken from any area with good fat deposits, such as the stomach, thigh or even the inside of the knees."

THE 60s AND BEYOND

If you haven't taken care of your skin regularly on your way to your 60s, you may have to consider more aggressive measures. Plastic surgery options include blepharoplasty (which addresses the tired, excess skin of the eyelids), platysmaplasty (which gets rid of the "turkey gobbler") and brow lift (to reposition drooping brows).

Chiu says it's important to customize treatments to the individual to get the best results. But, more important, you need to do your homework and find a credentialed doctor who can guide you in your decision-making.

First, review the doctor's credentials and experience. Look for those who are board-certified (check out the American Academy of Cosmetic Surgery's website to find certified cosmetic surgeons), make sure they have performed the procedure many times or, even better, that they instruct other doctors on how to perform the procedure, Chiu says. Also, review patient recommendations and meet with the doctor to get a sense of his or her aesthetic. Make sure that you feel comfortable with the doctor and that you can voice your concerns openly.

Image: latimes.com



AVOIDING EMMYS SWEAT

AN UNDERARM STAIN IS EMBARRASSING ENOUGH WHEN the entire free world isn't watching (and documenting it for posterity on Instagram). So what's a star to do to ensure that dresses, suits and hygienic reputations remain unscathed when it comes to a potentially sweltering daytime red-carpet stroll Sept. 23? For women: "you have to be really careful about the dress you pick," says stylist **Nikki Pennie**, who's helped **Madonna** and **Kate Middleton** stay dry during high-heat photo ops. "Go sleeveless or pick a dress that cuts below the armpits. And stay away from satin. Satin is the worst." But as **Meg Ryan**, **Blake Lively** and **Nicole Kidman** have proved in previous years, a sleeveless dress is no guarantee for keeping at bay the dreaded sweat ring (more embarrassing than a nude tweet!). Luckily, there are a few preventative measures:

"Botox," advises **Gabriel Chiu**, a Beverly Hills-based plastic surgeon. Forty to 50 pricks per pit stops sweating for six to 12 months by freezing glands that regulate perspiration. The results, which can run from \$750 to \$2,000, are immediate. But since Botox doesn't affect a second type of sweat gland, you may be stuck with one unfortunate bodily function — the olfactory one. "Luckily," says Chiu, "you can't smell through a photo."

One major actor discovered the benefits of underarm botox firsthand. Having had to always wear black and change shirts constantly on his series because of profuse sweating, he approached Beverly Hills dermatologist **Peter Kopelson**. "We determined where his most active sweat glands were by doing a starch iodine test," explains Kopelson. "Then we applied Botox. After a few days, he told me I changed his life." Beverly Hills plastic surgeon **Glenn Vallecillos** will inject botox into fingertips, palms, feet, forehead or hairline for sweat glands in these areas.

For those who don't want Botox, **Sweatex** underarm pads (\$2.99 each, sweatex.com) promise to absorb moisture. But not everyone wants a maxipad under their arm. Antiperspirants that include the drying agent aluminum chloride — one called **Drysol** has 28 percent aluminum chloride — can be applied a few nights before a major event. "We recommend rubbing a cotton ball of rubbing alcohol before applying deodorant," advises **Emily Current**, part of the styling team with **Meritt Elliott** who counts **Mandy Moore** and **Emma Roberts** as clients.

Unless your look of the day is zebra chic, using long-lasting makeup is imperative. Makeup artist **Kristie Streicher**, who's worked with **Lea Michele** and **Rachel Weisz**, swears by the **Temptu** airbrush foundation system. "It's pixilated dots of makeup that sit in your pores, not on top of your face," she explains. "The wearability is not only flawless, it lasts 10 to 12 hours."

While these tricks will likely halt any would-be body monsoons, stylist **Samantha McMillen**, who dresses **Johnny Depp** and **Carey Mulligan**, knows of only one foolproof method for keeping dry: "Air conditioning." — **MERLE GINSBERG AND ERIN WINGER**

ILLUSTRATION BY Paul Blow

BY MARI MALLARD
ILLUSTRATION BY RYAN SNOOK



Nip/Tuck Secrets

Plastic surgery **AMONG MALES** is booming, but it's not one of those things guys want to discuss.

BRIAN HAS A SECRET SO SENSITIVE THAT HE has never shared it with anyone except his wife. Brian is not his real name, but it's the alias I'm supposed to use when I call him for an interview. He has agreed to a confidential discussion on the condition that I describe him only in general terms: investment banker, mid-30s, lives in Connecticut.

Has he misled investors? Operated a pyramid scheme? Discovered the next great offshore tax haven? No, no and no. To him, however, this subject feels even more taboo.

The secret, he admits, is written across his face, although so subtly that it never has created a discussion among friends. And that's important to him because he is a man who has submitted himself to a procedure that is historically associated with women.

Brian has had plastic surgery.

"Vanity these days is not just for women," he says. "I hate to say it, but I think a lot of people do judge you based

on how you look. This is something for myself, not anybody else."

Brian and his wife married after finishing college, and they quickly added children to their family. Brian spent long hours at the office, exercised less and developed a sunken chin that he wanted to strengthen. A little nip and tuck seemed like the answer. He went to see Dr. Philip Miller at Gotham Plastic Surgery in New York, received jaw implants and was home a few hours later. He didn't even take pain-killers.

Since his surgery in 2010, none of Brian's friends or colleagues have mentioned his reinforced mandible, which was exactly the intent.

"I wanted it to look natural and didn't want people to comment on it," Brian says in a phone conversation as his kids play in the background. "To me, good plastic surgery is noticeable but not to the point where people point it out."

opening up to the procedures, many stress the word *subtle* to their surgeons. "They don't want it to be something everyone else will notice," says Dr. Miller. Whereas he characterizes women as "shoppers" of the different treatments, men tend to be more definitive buyers. Men "come in, know they want it, get it and move on," says Dr. Miller.

Barry Maher, a professional speaker from Corona, Calif., recently had a hair transplant to appear more youthful to his Fortune 500 clients. Maher, in his mid-50s, initially told himself it was to maintain a professional edge, though he now concedes: "I did it because it turns out I'm a lot more vain than I thought. I simply never realized how vain I actually was until my hair disappeared."

While women dominate the plastic-surgery market, the numbers show men are freeing themselves from fitting into a neatly prescribed identity box. "If true equality between the sexes is a goal for our culture, it's a good thing that the practice of plastic surgery is becoming more common among men," says Dr. Seth Meyers, a clinical psychologist who runs a private practice in Los Angeles. "Men pursuing plastic surgery at higher rates than in the past shows that men aren't falling prey to age-old stigmas about masculinity and toughness."

Further highlighting the blurred gender line, men accounted for \$89 million in skin-care sales in 2012, according to the NPD Group. That is up 25 percent from 2008, and it's a sign that the domestic bathroom cabinet is changing. The guy's side of the shelf used to contain a bar of soap and a razor. Now, reports NPD, it is filled with toners, clarifiers and eye treatments.

The emerging market has spawned procedures tailored to the male demographic, such as brow lifts, abdominal contouring and hair transplants. And it's done wonders for men's post-surgery sartorial selections. "I used to have to tell guys to bring compression shorts," says Dr. Chiu. "Now companies make garments specifically for men." There are mesh vests for pectoral implants and high-waisted girdles for liposuction recovery that would not look out of place in an Under Armour ad.

Some doctors began offering men-only office hours after realizing that a waiting room full of women can affect one's sense of machismo. "They like to feel like they are part of a fraternity," says Dr. George Lefkowitz of Park Plaza Plastic Surgery in

New York. "If a man feels comfortable, then he feels it is OK to justify his vanity."

The hefty fees for the cosmetic operations elevate them from passing fads to serious investments, but that's a price men like Brian are willing to pay. He will likely touch up other parts of his body as they meet the force of gravity. "If there is a way that I can

keep myself looking fresher, I don't think there is anything wrong with it," he says. The hard part will be making sure nobody notices, or the secret is out. ■

MATT McCUE is a writer living in New York. He is the author of *An Honorable Run* and has contributed to *ESPN The Magazine*, *The Wall Street Journal* and *New York magazine*.

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HEALTH

Among males, Brian isn't alone in embracing cosmetic surgery. In November 2012, the American Society for Aesthetic Plastic Surgery reported that men across the country are putting on a new face. In the past 15 years, the number of males undergoing plastic surgery has skyrocketed by 121 percent. In 2011 alone, 800,000 men — about 10 percent of the \$1 billion cosmetic-surgery market — eliminated muffin tops, removed turkey necks and smoothed out crow's-feet.

The most common procedures are liposuction, rhinoplasty, eyelid surgeries, breast reduction and face-lifts. Prices are typically in four figures, with liposuction averaging \$2,700, breast reduction \$3,300 and nose reshaping \$4,000. Aesthetic plastic surgery is rarely covered by health insurance in the United States (although certain reconstructive procedures may be covered).

Hotbed markets include the image-conscious meccas of New York, Miami and Los Angeles, but the trend has spread to places like Baltimore and Nashville, Tenn. Along with CEOs and attorneys, plastic surgeons cite IT managers, accountants, teachers, chefs and train conductors as patients. "These are real guys," says Dr. Darrick Antell of St. Luke's-Roosevelt Hospital in New York. "Guys who have to decide whether to go on a hunting trip with their buddies or get a neck lift. And they're choosing the neck lift."

The driving forces behind the uptick have been plastic surgery's 51 percent cultural-acceptance rates across all income levels and races, the need to look sharp in a competitive post-recession workplace and a form of keeping up with the Joneses — assuming one of the Joneses is Channing Tatum.

"A lot of times, it's men who can't get rid of that last 10 percent that changes them from looking decent to getting that 'Magic Mike' look," says Dr. Gabriel Chiu of Beverly Hills Plastic Surgery, Inc. At his practice, Dr. Chiu treats a range of ages, from guys in their 20s and 30s seeking high-definition contouring of the torso and hips to men in their 50s and 60s requesting a chin lift. The body of Matthew McConaughey and the face of Brad Pitt seem to be in high demand.

Some of the pioneers of male cosmetic procedures were rugged American icons: astronaut Buzz Aldrin, Olympic swimmer Mark Spitz and a handful of aging Hollywood action heroes who look the part but won't cop to it. Discretion, not disclosure, is the norm among patients. Although men are

MODERN LUXURY

Angeleno

Bloody Brilliant!
Anna Paquin
on Sookie,
Winning an
Oscar and
X-Men

20
Ways to Spend

NEW & NOTABLE

Bank On It You wouldn't dream of going without insurance on your house or car, so why skimp on your body's inevitable physical decline? That's the forward-thinking mentality from the team at **Beverly Hills Plastic Surgery Inc.**, a cosmetic surgery practice that's one of the only places in California now offering a stem cell banking program in partnership with Tucson-based cryopreservation lab **AdiCyte**. Instead of trying to blast away those areas with more to love, this clinic's program embraces them as a biological resource, since your adipose tissue—read: fat—is rich with the body's most viable stem cells. Physicians here make the most of the jiggle by extracting the fat, either during plastic surgery or via a pain-free, 30-minute, in-office procedure, and then cryogenically store it with **AdiCyte**. When patients are in need of the cells for tissue regeneration (say, because of a heart attack or torn ACL), they're just a call away. Costs begin at \$985 (plus surgery fees), with \$120 annual storage fees. Fat equals fountain of youth? We'll freeze to that. 9454 Wilshire Blvd., ground floor, Beverly Hills, 310.888.8087 —*Nadine Jolie*



SHOW AND CELL Preserved stem cells can be used for tissue regeneration.

時尚名人作家 異想世界

(註：孫瑩瑩專欄，每月刊登) 專欄內容豐富/孫瑩瑩，中文翻譯/大美人編輯部，版式設計/Vicky



比佛利整形聖地 秘密公開！

大家都知道，美國這兒說得多也做得多的一件事就是整形手術。人們從世界各地搭機來到比佛利山，就是為了整形。我們常聽說或以為這是西方人的專利，但真的嗎？讓我們繼續看下去。比佛利山有最好的醫生，而我將揭曉整形手術的迷思，這回讓我為妳採訪LA名醫Dr. Gabriel Chiu，揭露比佛利山整形內幕。Dr. Chiu是比佛利山，也是全LA最有名的醫師，因為他對身體美感、線條與輪廓的觀點獨特，他創造了「人體藝術」一詞；工作時，他不只是外科醫生，還是位天生註定為女人帶來奇蹟的藝術家。當我與他訪談時，我發現他不僅很有自信，也是位優秀的醫生，耐心且細心地回答我提出的問題。對我來說，一位好醫生總是願意為客人詳盡說明，也不怕分享專業知識與秘密。讓我來好好介紹這位來自比佛利山的整形名醫Dr. Chiu。

實況轉播，比佛利頂尖診所

長久以來，我們不會只為了整形，專程飛到美國。但一個新觀念可以打破傳統整形的迷思：當我來到Dr. Chiu的診所，踏進門口一剎那，我感覺它像一座SPA，高挑的天花板、精緻的室內裝潢，環境空間的黑色高雅櫃檯，放置著保養品。當我走向接待區，就像走進我的家，讓我好驚訝：左邊走道旁擺了一座沙發與咖啡桌，沙發上布置著抱枕。桌上的玻璃櫃則放滿我喜愛的餅乾、杏仁餅，還有浸泡著檸檬與小黃瓜的清涼蒸餾水；右側則放了一架美麗的鋼琴，Well，這只是診所內掛鐘的地方囉。當我走進診療室與Dr. Chiu打招呼時，他的妻子帶著微笑歡迎我，她是個Nice又漂亮又甜美的女人，老實說，我給這個地方打了個高分A。當我與醫師開始聊起最新療程時，我發現他是個有趣的男人，我忘了說見面前，我在接待區見了一下，你猜我發現什麼？到處放滿了他與妻子的合照——真是個居家好男人！因此我打算正式對話前，給他一個讚，他能成為頂尖名醫，相信有許多好理由。Okay回到我們的對話，我發現他很健談，一般我們遇到名醫很難問上許多問題，尤其身為女人，當遇到與美相關問題時，總是問也問不完。我開始詢問一些我相信許多女人都渴望知道的事情，而他坐在那裡耐心而仔細地回答，有關目前他執行的療程細節、他的看法以及當下最受歡迎的療程趨勢。我想，如果有一天需要任何療程，我絕對把Dr. Chiu當作首選。喔！聊到他的工作現況時，有一個療程叫做「Mommy Makeover」(媽咪大改造)讓我特別感興趣，聽起來專為媽媽或熟女設計，其實不盡然。

超神奇療程：Mommy Makeover

Okay，讓我解釋什麼是「媽咪大改造」？顧名思義，就是「改造變美」的一種療程，女人懷孕後會發胖、乳房下垂，更糟的是，產後瘦不下來、繼續發胖，她們就是療程鎖定對象。這時，Dr. Chiu會到府免費諮詢，量身訂做「複合式療程」，事先規劃日期並評估費用，到時會做哪些手術？通常會合併許多不同療程，經過一至兩次手術，就能讓身型回復到懷孕前一樣苗條。聽起來好神奇，不是嗎？這簡直是一門藝術，因此我問Dr. Chiu可否給我看看照片，Oh my god！真的非常非常神奇！我只能吐出一個字：A-M-A-Z-I-N-G。對他來說這是件藝術作品，不是所有事都要以金錢衡量，這讓我了解到好醫師是充滿人性的：「他清楚你需要什麼，了解你身體最好的是什麼？也給予你最好的成果。」最重要的是，他會讓你覺得：「妳是最重要的！」就算不是VIP，也會讓你感覺像個VIP，這就是Dr. Chiu厲害之處。除了整形相關話題，他也毫無保留分享所有知識—知無不言，言無不盡！不知不覺聊得太久，採訪完畢已接近晚餐(我猜他帶著可愛的妻子去用餐了！)因此，由我來分享這回比佛利山訪談中，最精華的內容。

孫瑩瑩

1977年生，魔羯座，美國南加大畢業，主修文學，喜歡觀察人群，腦力激盪，與時俱進，並列時尚指標人物，現居LA。



My point of view-plastic surgery 瑩瑩看整形

說實話，對整形我絕對中立，不是因為我「想過」或「做過」整形手術，我認為一切取決於「你希望達成什麼？」。我不相信整形是負面想法，因為幫外觀「升級」是一種正面態度，不斷改變變好的人，無論外表、生活或職場上，總能得到快樂—瑩瑩我完全支持提升外觀或心理層面，使自己變得更好的觀點！總之，選擇是否整形時，總會感受朋友間的壓力，但話說回來，身體是自己的，本來就該自己做決定。有些人認為以整形提升外觀很值得，但也有人堅持「順應自然老化」的保守觀點。

一切只是一個選擇，
一個讓自己快樂的選擇。

有關Dr. Chiu，推薦資料



1. 比佛利整形資訊網
請前往：
www.beverlyhillsplasticsurgeon.com
郵箱E-MAIL: info@bhsinc.com



2. 美國名流推薦影片
www.youtube.com/user/DrChiuBSPinc?feature=watch



以上2張圖為Dr. Chiu位於比佛利山的診所。

CHICAGO SHOPPING

lash growth enhancers are gaining popularity

If your super-plumping mascara doesn't seem to be doing the trick to achieve fuller, longer eyelashes, there may be a larger issue at stake. Eyelashes decrease in length by almost 50 percent from our 20s to our 40s, according to Dr. Gabriel Chiu, a plastic and reconstructive surgeon and medical director of Beverly Hills Plastic Surgery Inc. Because of this, women spend millions of dollars a year in false lashes, mascara, and eyeliner to cosmetically improve their lashes.

It wasn't until recently that [beauty brands](#) began addressing the bigger issue – the biological and environmental factors that cause sparse, short or thin lashes. Lash growth enhancers are available by prescription or over-the-counter and help stimulate lash growth.



Maria Heats Her H2O

It's hard to imagine, but *Extra* host MARIA MEYOUNOS, 34, was once 40 pounds heavier. But her incredible weight-loss journey after building up in college taught her a ton of tried and true tips! Our fave? Guzzle hot water. "I started drinking hot water to help ease stress," Maria tells *Life & Style*. "I didn't realize it would help me drop weight!" Once she began sipping throughout the day, she says she dropped 12 pounds. "It's detoxifying," Maria boasts, "it helps you digest, and it curbs your appetite." Bring it!

COURTESY: MARIAMENOUNOS.COM

JOT IT DOWN
 "Keep a journal of everything you eat for a week to identify your trouble areas."
 —Maria Menounos

The Best Cellulite Busters

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BioElixia's unique, deep-acting crème combines caffeine and other fat-fighting ingredients to reduce the appearance of dimples by 38 percent in 28 days and 57 percent in 56 days. Be sure to use twice daily. BioElixia BodyShaper Cellulite Contour Crème, \$50, bioelixia.com



Smooth Skin Plug-In

The electric HoneyBelle body buffer is a new award-winning, high-tech home tool that zaps cellulite through deep-tissue massage and lymphatic drainage.

BelleCore HoneyBelle body buffer, \$395, bellebodybuffer.com

Miracle Science

Cellulaze, the latest in lipo, is a medical procedure that breaks up fat and fibers beneath the skin. "The improvement is significant and long-lasting," says LA plastic surgeon Dr. Gabriel Chiu. Cost: \$5,000 to \$7,000.



Flab Fixer

Nip+Fab's non-sticky gel melts quickly into skin, spreading CeliActive-Shape, which promises to break down fat and build tissue firmness.

Nip+Fab Cellulite Fix, \$18, ulta.com



Beverly Hills Plastic Surgery Inc., - Pairs with PCA SKIN to Deliver Impeccable Results



PCA SKIN!!!! A Definite Must Try! Courtesy Photo

The importance of taking care of your appearance is often underrated and overlooked. Beverly Hills Plastic Surgery, Inc. (**BHPS**) is a full service plastic and cosmetic surgery practice led by Dr. Gabriel Chiu. Ranging from services such as plastic surgery to a chemical peel, the services are immaculate and will deliver prime results. Located in the heart of Beverly Hills, the luxurious spa office is completed with the most modern technologies available and a staff of knowledgeable and personable consultants, nurses, and medical aestheticians.

The specialists at **BHPS** enhance your natural beauty by utilizing the most painless techniques and cater to your needs and wants in a relaxing environment. The Beverly Hills office is located in a chic area and is definitely in high demand. "Many people hear about us by word-of-mouth," says Chiu, "I deliver natural results that will flow with the rest of you by not only restoring but making you look better." Step inside the classic modern facility and get ready for the first step to your transformation.

Dr. Gabriel Chiu is a plastic and reconstructive surgeon who specializes in the craft of aesthetic plastic surgery. "I use more natural techniques to deliver believable results", says Chiu, "we customize everything-I guess you can say I'm a 'cut to fit' surgeon." **BHPS** has paired with **PCA SKIN** in order to truly excel in this industry. **PCA SKIN** is the leading clinical skin care company that has developed a formula that delivers incomparable results that are highly effective. With **PCA SKIN** products in over 70 countries, the brand serves as a trusted source for physicians and patients alike while assisting to improve the patients skin condition. Through healthy practices and continued education, patients can become more successful in reaching their goals and desired look.

Splash Magazines
April 2013
UVPM: 25,000
(2/2)



“**PCA SKIN** has a big reputation for chemical peels,’ says Chiu, ‘each peel is customizable to your specific needs.” On February 18th various forms of media were invited to this pampering event to experience the spa for themselves. Drinks and appetizers were served while receiving a customizable peel. The **PCA SKIN** chemical treatments are known for their quick turn around and little to no down time, which leave you with glowing skin instantly. Guests left with a complimentary follow-up session as well as favorite products for you to use at home.

BHPS is favored by many of Hollywood’s elite as well as top-tier publications such as: Elle, Genlux, InStyle, Angeleno, and many more, so come check out what the entire rave is about.

[ACCÈS PRIVÉ](#)

April 2, 2013

Viewership: 200,000

ACCÈS PRIVÉ

La folie du jeunisme chez les stars

Dr. Gabriel Chiu





CLA and retinols: How these ingredients fight aging

Next, remember to use your retinol product on a regular basis and choose the right formula for your skin. Celebrity plastic surgeon **Dr. Gabriel Chiu** of Beverly Hills Plastic Surgery says that one of the biggest mistakes women (and men) make in terms of skin care is not to be consistent in using their products. Or, they use the wrong product because they believe the marketing hype. Finally, always use a sunscreen when using a retinol product — your skin will be much more sensitive.

[E! News](#)

March 21, 2013

Viewership: 1.6 Million



RED-CARPET GROOMING FOR GUYS

Neck hair, unibrows and eye bags no more! L.A.'s experts reveal what to do (without overdoing it) before attending your next awards show By Merle Ginsberg

SO MUCH HAS BEEN MADE of ladies' pre-Oscar beauty rituals that teenage girls in Peoria could practically date the regimens. But if you think Hollywood men — not just actors, producers and agents — aren't indulging in major grooming, you don't know anything about the pressures of male vanity around awards time. With such peacocks as **Idley Cooper** and **George Clooney** polling this year's red carpets, the **Depp** unwashed look is yesterday's alpha-manly news.

As male grooming experts can attest, it takes a lot of work to nail a look that's manicured yet masculine-looking. Hairstylist **Jason Schneidman** of Chris Millan Salon (8944 Burton Way) in Beverly Hills, whose clients include **Jackman**, recommends that guys get clipped as often as they can to an inch. "Men's neck hair grows out fast," he says. "Stylistically, he's seeing a lot of what he calls 'the barber shop look, that 1930s flat-top.' **Cary Grant** with the sides buzzed, conservative but with a lot of volume." For hair products, **Witte**, who has been grooming **Matt Damon** for *Promised Land* promotions, likes ones that "are more matte and less slick. I often use a hair mousse with leave-in conditioner that keeps it in place without making it slick. The shiny look is outdated."

When it comes to clean-shaven versus scruffy, Schneidman notes that the latter is "really big right now." He's a fan of Wahl's Senior beard clipper. "You adjust the guards for different lengths — a 1, 2 or 3. Memorize the best one and keep it there." Also, advises Witte, "Don't go fully clean under the chin. Keep it short and sharp all over."

Brow guru **Anastasia Soare** has a male clientele that includes **David Beckham** and, yes, many male execs. "Their wives drag them

in to get their eyebrows waxed," she says. "But when they realize that with more space on the upper lid they'll look so much younger, they come back on their own. Men should never have thin or arched brows — just groomed. After 40, brows grow wild. I wish George Clooney would let me clean up his brows."

Skincare similarly should not go overboard. The days of men donning pancake and powder are long gone — HDTV picks up everything. "Men need to naturally hydrate with water," says Witte, "because when a flash hits you, you can see every little pore. I like to use Jack Black lip balm — it's matte with vitamin E — and get them on a skin routine. Origins has one line for men by **Dr. Andrew Weil** that includes a Mega-Mushroom serum to take out inflammation. If you cancel out the red, you don't need cover-up." Adds Witte: "If guys have

bags, they can use a bit of concealer like the Armani orange concealer. But if the rest of them is groomed, a little dark eye intensity is sexy. Men do need to preserve some character."

Those who prefer less character always can resort to Botox or Dysport. **Dr. Gabriel Chiu** of Beverly Hills Plastic Surgery (9454 Wilshire Blvd.) suggests Dysport because the wrinkle fighter works in one to three days. Many of his clients come in multiple times to inject smaller amounts, making the outcome less dramatic. "There's more pressure for men to look natural after these enhancements than for women," he says.

To nourish the skin, Beverly Hills

facialist **Ronit Falevitch** (414 N. Camden Drive) recommends a men's facial (\$225) that includes microdermabrasion, exfoliation, extractions and oxygen therapy. "But men will only tolerate 45 minutes instead of the normal hour-and-a-half," she says.

And while tanning beds reek of yesterday, a product like St. Tropez Self Tan Gel can give any pale face a more natural-looking glow. VIPs can check out the Four Seasons' (300 S. Doheny Drive) St. Tropez skin finishing spa leading up to Oscar week, which is open to nominees and presenters. It's also a really good place to meet chicks — between treatments, of course. **EW**

The Good Grooming Continuum featuring CHRISTOPH WALTZ



Too much (2013)



Not enough (2012)



Just right (2011)

To Color or Not to Color?

WHEN IT COMES TO MEN'S HAIR COLORING, SCHNEIDMAN says it's generally something to avoid and advises them to "embrace what you got." The stylist says "guy lights" work best when going for a natural sun-kissed look. "Men with a natural blond base like Brad Pitt or Matt Damon have a bit more flexibility," says **Jeffrey Tam**, a stylist at Frederic Fekkai's Fifth Avenue location in New York. Highlighting also can help mute gray for guys like Clooney. "I'm a proponent of letting some gray show, as long as it's not overpowering," says Tam. "Blending techniques should be used to keep the look natural." Agrees **Yoshi Hagiwara** of Yoshi Hair Studio (450 N. Canon Drive). "They're still gray, just not 100 percent." — BRANDON KIRBY



Pitt at the 2012 Oscars

好莱坞不需要重复 整出个性美



出境专家

Dr. Chiu 好莱坞巨星御用整形医师，唯一能以比利山命名的整形机构创始人。



多次少量 年轻感更自然

我会建议他们每次做一个小手术，分多次针对不同部位整形，包括激光、化学剥皮、医疗面膜、皮肤磨削术等，同时要在家里做适当护理来保持年轻。千万不要等到60岁了才想要去做面部提拉术。应该在20多岁，30多岁的时候就开始保养，40多岁可以做一个小的面部提拉术，60岁再做一个全面提拉。这样才能始终保持自然的年轻。

双颊提升术

注射填充物不仅让双颊更丰满，还可以提升面部，看上去年轻快乐！年轻几岁就靠它了！

纹、细纹变成最终的皱纹，使用类视黄醇先发制人对抗衰老。

要个性不要模仿

美丽可以带来更多机会，但想成为真正的明星还需要才华。刻苦努力提高能力才能更好地把握住机会。如果想通过整形创作机会，千万不要模仿别人的样子！好莱坞不需要重复，找一个出色的整形医生，帮助你最大化展示自己美丽的地方！整形其实和化妆一样，能放大优点，掩盖不足。

下巴填充术

硬朗的下巴和下颌骨会增加一个人的力量、自信度以及领导力。漂亮的下巴对好莱坞明星尤为重要，因为古希腊神话中的“神”和“女神”都以拥有完美的下巴轮廓著称，想成为女神先要有雕塑般的下颌轮廓。

加一点美丽大变颜

下眼睑凹陷填充术 有双眼皮太重要了！瑞蓝（Restylane）玻尿酸注射可以解决下眼睑凹陷、黑眼圈等依靠护肤、彩妆很难解决的问题，双眼立刻变得有神，疲倦、暗淡统统不见。

微整是抗老的一部分

都说提早使用防晒霜、含维生素C的精华以及去角质产品会让肌肤保持年轻，但如果你真的想保持青春，就要积极进行各种治疗，比如通过Botox、填充术来防止横



时下最火新项目

激素调节治疗，将激素提升到25岁的标准，不仅身体会感觉变年轻了，看上去也更青春无限。脂肪抽吸机，吸管更小更有力，8厘米小易恢复。

如何订制完美整形方案

1 对医生及其所获荣誉、资格认证做一定研究。2 要求参考，看上千张图片。3 要求与医生以前的病人进行沟通了解。4 事先到医疗诊所做仪器设备的调查。5 与麻醉医师沟通。6 问自己3个问题：我真的喜欢这个医生吗？他清楚我要什么吗？他是个正直的医生吗？7 与医生确认2个问题：医生会亲自治疗吗？有专人追踪术后情况吗？



GENLUX BEAUTY EDITOR'S PICKS

MY BEAUTY PICKS FOR THE WINTER SEASON —CAMILLE CLARK

Editor's Favorite Micropeel

SkinCeuticals Micropeel at Beverly Hills Plastic Surgery with Sophia Phan. This treatment has almost no downtime and uses dermaplaning, alpha hydroxy acid and cryogenic therapy. Sophia does an assessment of your skin to determine the best products for you, and you'll walk out glowing and refreshed. Amazingly, your skin looks even better a week later. \$130-\$160, 310-888-8087, blbpsinc.com

Phyto Corrective Gel, \$60; Micropeel solution for sensitive skin (a professional product available only at doctor's office during facial); SkinCeuticals C E Ferulic, \$146; LHA Cleansing Gel, \$36.



Christina Fitzgerald is known for her unique and sophisticated color palettes. Great quality, shine and depth of color, create a nail color revolution! Exclusively at Luna D'oro Nail Salon in Beverly Hills, \$25, 310-717-0971, lunadoro.com

Heir Atelier Ultimate Makeup Prep, created by fashion and celebrity makeup artist Kendra Richards, feels so light and smooth on the skin and eliminates needless layers of products. Plus, it contains no parabens or silicone. \$38, heiratelier.com



Whiten your teeth several shades within one week. So quick and easy, with no sensitivity. Smile Sciences Teeth Whitening Pen, \$78, smilesocieties.com

This delivers dense and lush-looking lashes with non-prostaglandin technology. Just apply once a day in the evening along the lash line, like eyeliner. Marini Lash Eye-lash Conditioner. Two-month supply, \$60; Six-month supply, \$125, janmarini.com



3LAB's sheer tinted moisturizer feels so light and creamy and protects and brightens while regenerating new skin cells. 3LAB Perfect BB SPF 40/PA +++, \$95, Nordstrom; Barneys New York



This luxurious skin mist from Tatcha was born from the heritage of the geisha's beauty ritual. Can be used day or night, before or after applying makeup. Tatcha Luminous Dewey Skin Mist, \$48, Barneys New York, Beverly Hills; barneys.com



These beautiful, long-wearing matte lip colors from BITE have the precision application of a pencil. Antioxidant-rich Resveratrol helps reduce wrinkles and fight free radicals. Twist-up applicator for easy application every time, so no sharpener needed. Clockwise from top: Pomegranate, Meritage, Tart, Bouquet, \$24, Sephora, sephora.com



Intensive Pore Treatment is proven effective to treat the causes of pores rather than mask the symptoms by "filling" and further aggravating. You'll see a dramatic and visible reduction in pore size. Visibly tighter, more taut skin and firmer pore walls. Perricone MD Intensive Pore Treatment, 2 fl oz, \$75, perriconemd.com



Juicing is so beneficial for inner and outer beauty. These are cold-pressed, unpasteurized, and taste so good! Blueprint Juices, \$7.99-\$11.99 Whole Foods markets



BEST Beauty
美容顾问

洛杉矶
LOS ANGELES



与好莱坞巨星共进晚餐

Dr. Chiu 和妻子 Christine 有众多好莱坞明星密友。时常受邀出席他们的派对聚会。如果机缘巧合，他们通常很乐意邀请你一同赴宴，与最爱的 Super Star 共进晚餐，是不是最惊喜的意外收获！



诊所名称：
Beverly Hills Plastic Surgery

明星医师：Dr. Gabriel Chiu
地址：9454 Wilshire Boulevard Ground Floor,
Beverly Hills, CA 90212
电话：310-888-8007
网址：http://www.beverlyhillsplasticsurgeryinc.com/surgeon.html

只有它能以比弗利命名

Beverly Hills Plastic Surgery, 不要小看这个名字，在比弗利山数百家诊所中，它是唯一一个能以比弗利命名的美容整形诊所！
在比弗利山庄的中心区域，它以尊贵奢华的服务吸引着无数好莱坞明星及爱美人士。

比预期更完美

“我们为什么爱 Chiu？因为他的设计方案比我预期的还要完美！”在做相关的邮件采访时，有数位声名显赫的贵宾这样回答我！在这里，有百分之四十以上的客人都是回头客，他们的忠诚度极高，已经将医生视为顾问及朋友。Dr. Chiu 了解他们当下的事业、生活、性格、喜好、经历等等，总能随时通过一些改变，做出让人惊喜却符合心意的创举。让他们看起来更年轻，更美好，充满自信！

走进香奈儿的家

与大多数简约装饰风的医美诊所不同，BHPS 的装潢非常奢华，因为 Dr. Chiu 的妻子 Christine 非常喜爱香奈儿，所以整间诊所的设计都是香奈儿风格的。这也是很多名流明星钟爱这里的一个原因，仿佛自己家里一样亲切，有归属感。当他们有问题需要咨询，或者做完某些疗程之后，都很喜欢在休息室中喝个下午茶，相当温暖舒适。而 VIP 私人诊室，全方位安保监视系统等服务更是让每个大人物在这里都相当安心。

让变美轻松愉快

BHPS 始终遵循“轻松愉快无痛苦”的美丽原则。在这里不仅可以进行全身各部位的整形美化，还可以享受 Spa 服务。专业团队会针对每位客人的不同需求量身设计整形方案，仅仅是整形前的各种检查室就有 4 间，这在全美都是屈指可数的。当然诊所使用的仪器也都是最先进的。通过仪器与技术最大化身心愉悦体验，所有的感官痛感担心都可以全部放下。

国宝级医生档案



Dr. Gabriel Chiu, 美国美容整形学会认证的整形医生，加州大学伯克利分校获得生物学和免疫学学位之后致力医学，最终选择美容整形工作。身体塑形、丰胸及美容技术极为精湛。

Most Popular 最受欢迎 2 大疗程

TOP1 微钻磨皮 Silk Peel Dermal Infusion

体验下终极抗衰老美容术吧！这会让你的肌肤即刻如丝般般光滑。采用最先进的医疗级微钻装置，配合可以调压的液体输出系统。在磨掉肌肤表面污垢及死皮时，将不同的医学精华液导入肌



最受欢迎的产品：
SkinCeuticals 修丽可维生素 B5
保湿凝胶 ¥660/30mL (左)
SkinCeuticals 修丽可果酸焕活复
原精华液 新品未定价 (右)

肤底层，最大限度减少褐色斑点，清除毛孔阻塞，让细胞变得丰盈，达到真正的治疗效果。收紧毛孔，均匀肤色，容光焕发的即时效果极佳！最后使用胶原蛋白面膜为肌肤补充养分，任何肌肤类型都适用。

TOP2 修丽可微晶焕肤 SkinCeuticals MicroPeel

整个过程共有三个步骤：真皮刨、化学剥皮和低温治疗。真皮刨是人工去角质技术，所用的仪器刀片可以安全、高效地刨去肌肤表面的杂物。化学剥皮则通过除去表皮，刺激胶原蛋白来减少色素沉着、细纹和皱纹，改善肌肤质感。最后，利用低温治疗，通过消炎和冻结细菌来增加细胞新陈代谢的速度，使肌肤情感凉爽、紧致。➤

[Interdit De Vieillir](#)

October 18, 2012

Viewership: 20,000





Mommy Makeovers
A group of procedures that restore your prebaby bod cost \$13,000 on average!

Nip and C-tuck

Tighten your abs while you're still in the delivery room? It sounds almost too good to be true—because it is!

BY JOANNA POWELL

What is a C-tuck?

"It's slang for a mini-tummy tuck performed at the same time as a C-section," says Beverly Hills plastic surgeon Gabriel Chiu, D.O.

Fact or fiction? Fact, but please don't go there!

While it's medically possible to have a mini-tummy tuck performed at the same time as a C-section, Dr. Chiu doesn't recommend it. "This mini-tuck only addresses the area below the belly button, whereas a traditional tummy tuck corrects laxity, or excess skin, over the entire stomach," he says. "Even with the ideal pregnancy, the uterus and pelvic structures are swollen and stretched. During this recovery, a woman's body

will continue to change, and it is difficult, if not impossible, to accurately predict how much skin and tissue to remove and how much muscle to tighten for the best result. Risks, which increase exponentially when the two procedures are combined, include bleeding, infection, blood clots, and numbness. I recommend a woman wait at least six months to a year for a traditional tummy tuck. The results are well worth it!"

Mad Libs With Janice Min

The Hollywood Reporter editorial director and mom of three sounds off.

Sex or a spa treatment? I'd choose a spa treatment because no one can bother me for an hour.

I can't resist being on my e-mail constantly.

Madden NFL is my go-to mom app because it keeps my boys occupied.

The award for "Hottest Celeb Mom" goes to Heidi Klum because she squeezed out four kids and still looks like a supermodel.

I check Facebook twice a day.

My secret to shedding baby weight is getting outside and walking. Stop hanging out in the kitchen all day!

My biggest parenting concern is that I make my children so comfortable, they lack ambition.

Getting a salon blowout is my guilty pleasure.

—Elizabeth Jenkins



BEAUTY NEWS

Kim's Crazy Beauty Secret: The 'Vampire' Face-Lift

She's so vein! The star sinks her teeth into a controversial new treatment

Just how far is Kim Kardashian willing to go for beauty? Pretty bloody far, friends say. And they mean that literally. "Kim underwent the vampire face-lift to smooth wrinkles and fill out her face," an insider tells *Life & Style*. The controversial in-office treatment, also known as PRP (platelet-rich plasma) therapy, uses specimens of the client's own blood to create younger-looking skin. While no surgery is involved, the bloodletting process is not for the faint of heart. Good thing Kim,

32, is a pro when it comes to looking her best.

True Blood

"It was crazy," a pal of Kim's tells *Life & Style* about her vampire fix, done in Miami.

"The doctor took the blood from her arm and spun it to separate the platelets. The blood was then rubbed onto her face. After that, they did something called 'needling,' where all these little needles prick the skin and let the platelets seep in. It was so gross!" While doctors severely reject the reported blood directly under the skin, it's sometimes "painted on," says Steven H. Hille, cosmetic surgeon Andre Bergon. "Vampire therapy is really just a very crude way for the process of taking blood (usually two table-
spoons) from a patient and spinning platelets to make PRP, which is very rich in growth factors. When these are injected into the body again, they stimulate the production of collagen, which enhances skin and makes it appear more youthful." In some cases, synthetic fillers like Juvederm are combined with PRP for more dramatic — and longer-lasting — results. Patients who are afraid of Botox and synthetic fillers like the idea of harnessing their own tissue.

Is It Valuable?

The jury's still out on whether the vampire fix delivers immortal effects. "While the procedure is safe," explains Gabriella Chiu, a Beverly Hills plastic surgeon, "there are no long-term clinical studies that support the claims of the treatment." Still, Kim's glowing complexion, which was filmed with friend Jonathan Cheban in her *Sex and the City* 2011 *Kim* *Fix* *Me* doc, should make for compelling TV. "All the crew members were hoping that Kim would 'come up,'" says her pal. "But she didn't. Some of them were a bit, though." Adds the insider, "She will be aging soon, and Kim will be needing a picture of what she looked like after the treatment." We can't wait to see it. **B**

Vamp It Up
No, it's not a scary tale from *Twilight*! Kim actually goes for her beauty makeover. It's supposed to have really great natural results, an insider tells *Life & Style*.

The Lowdown

WHAT IS A VAMPIRE FACE-LIFT? Vials of blood are spun (centrifuged) to separate platelet-rich plasma (PRP) from red blood cells. The PRP is then injected into the face, sometimes after a hyaluronic acid filler (Restylane or Perlane) is injected to add volume.

BENEFITS: It provides a natural method of

stimulating collagen growth for a more youthful appearance.

RECOVERY: May cause bruising and swelling for one to two weeks.

DURATION: Lasts for one to two years.

COST: \$1,000*

*Miami Institute for Age Management and Intervention



More Bizarre Beauty Regimens

For the Birds

Don't poo-poo it as filthy until you've tried it: Victoria Beckham reportedly uses the bird poop facial (BPO), originally used by goldfish, containing a mixture of powdered nightingale droppings, rice bran and water that exfoliates dead cells and leaves skin radiant.



What a Snake!

Snakes can paralyze victims with venom — and that inspired the snake-venom facial. Gwyneth Paltrow reportedly uses Sonya Dakar's products with Syn-Ake, a complex that mimics the effects of the real thing. As the "venom" stings skin, it shocks facial muscles to keep wrinkles at bay.



Charge, Please

Real Housewife Kyle Richards braved the electric facial at Carina Skin Care Studio in Encino, Calif., and even posted a photo of herself hooked up to cables. The 20-minute process sends microcurrents under the skin for a rejuvenating effect.



Bee-utiful!

Kate Middleton's buzzworthy beauty secret? Bee-venom facials by Deborah Mitchell. Touted as nature's answer to Botox, Kate (and stepmother-in-law Camilla) swear by the \$250 treatment that lifts, tightens and firms skin. Kate also uses Mitchell's Heaven Bee-Venom face mask (\$37).



BIRCHBOX♦

Antiaging Secrets From A Top Beverly Hills Plastic Surgeon Revealed

Ever since Halle Berry's go-to esthetician Olga Lorencin-Northrup of [Kinara Spa](#) first turned me onto [SkinCeuticals](#), I can't get enough of the skincare line's anti-aging and UV protection products. With that said, you can imagine my delight when the line's West Coast flagship, [Beverly Hills Plastic Surgery](#), invited me to their practice to try the SkinCeuticals Micropeel and chat with major celebrity plastic surgeon, Dr. Gabriel Chiu.

Now, don't be alarmed—BHPS offers more than just plastic surgery. Their facility also features a [medispa](#) for facials, microdermabrasion, peels, and more. The treatment I received by senior clinical esthetician, the impeccably flawless Sophia Phan, included three phases: 1) Dermaplaning, which is a manual exfoliation that removes dead skin cells with a tiny blade (it's not as scary as you think!), 2) an Alpha Hydroxy Acid exfoliation to clear clogged pores, and 3) Cryogenic Therapy, which was my favorite part of the process because Sophia applied this cool frozen carbon dioxide slushy stuff to my skin that instantly made me feel fresh-faced, tightened, and glowy. After the treatment, I sat down with Dr. Chiu for an info-packed Q&A:

Natalie: It seems like plastic surgery and skincare treatments target a younger demographic these days. What are your thoughts on that?

Dr Chiu: With the emergence of reality shows, plastic surgery is no longer a hush-hush topic and you'll find that younger people are getting specific surgeries done. However, you want to make sure that they're both physically and mentally mature for the procedure, which is why an evaluation by a doctor beforehand is extremely important. Regarding skincare, a patient of mine said that her mother used to always tell her to take care of her skin because she'd appreciate it later. The patient remembered being the only one in school interested in skincare. Nowadays, you can't find a teenager who's *not*. Young people aren't waiting until they have a problem anymore—they're starting beforehand and taking preventive care.

BIRCHBOX♦

N: What types of preventive care do you recommend?

Dr Chiu: To me, preventive care starts the day you're born. You have to use sunscreen to decrease your chances of skin cancer and to prevent aging. People are more educated about skincare now. For example, around 20 years ago, you probably only found people in their 60s and older who were using Retin-A for wrinkles. Now you're finding patients who are in their 40s and even 30s using it. I mean, I started when I was 25. Vitamin-C is the gold standard for anti-aging serums. I recommend it for people getting into their late 20s or even sooner—there's no harm in starting it sooner.

N: What are the differences between West Coast and East Coast skincare patients?

Dr Chiu: Contrary to popular belief, the West Coast isn't the only place where skin is a major focus—you're seeing it across the board. I have patients flying in from the East Coast all the time.

However, because of Hollywood and the beach culture, LA is openly obsessed with every part of their bodies—including their skin. We have great specialists out here because people aren't scared to go and see them. On the East Coast, they don't have a significant beach culture, so they solely focus on their skin. It's more of a secret that no one really talks about, but believe me, they're doing it.

N: What are your top tips for skincare at every age?

Dr Chiu: Everyone knows that sunscreen is a very important step, but let's talk about things that people don't know about. In your 20s (especially late 20s), start using anti-aging serums and look for formulas that contain Vitamin-C. By the time you reach your mid-30s, start considering some type of retinol or retinoid—you don't necessarily have to use Retin-A. What this does is help increase the turnover of skin to keep it looking fresh while reducing the look of fine lines and wrinkles. If you look at people approaching 40, you'll notice that they start to have more lines and texture to the skin, which is why you need to start taking care as early as possible.



Baby's First Chemical Peel



I'm not gonna lie, I was definitely a little scared when I agreed to try out a [SkinCeuticals](#) chemical peel at [Beverly Hills Plastic Surgery, Inc.](#) In my head, whenever I think of someone getting a chemical peel, I think of Samantha from *Sex and the City* and the aftermath of her peel (see [HERE](#) for a photo)...oh my god, I can't even.

However, I was pleasantly surprised and delighted with the results! I tried out the **MicroPeel** which is a 30 minute treatment that helps reduce the primary signs of photoaging -- fine lines and wrinkles, dullness and visible skin imperfections. The steps? They were simple and best of all, didn't hurt at all.

Step 1: Dermaplaning - manual exfoliation

to physically remove dead epidermal skin cells

Step 2: Alpha Hydroxy Acid - chemical exfoliation to clear clogged pores with the application of a [SkinCeuticals](#) AHA solution.

Step 3: Cryogenic Therapy - My favorite part. They applied frozen carbon dioxide "slush" to further remove obstructive debris, blackheads and sun-damaged skin cells. This treatment is anti-inflammatory, tightens skin and reduces the prominence of pores.

The verdict? My skin was incredibly smooth and people told me that I looked like I was glowing for days after.

LOS ANGELES CONFIDENTIAL



THE CURVE CREATOR

Dr. Gabriel Chiu, breasts

EXPERTISE: The perfect hourglass figure, whether on Marilyn Monroe, Cindy Crawford, or Kim Kardashian, is one beauty ideal that never fades—even scientists admit it has evolutionary advantages. Fortunately, if you're not happy with the curves God gave you, Dr. Gabriel Chiu can create them for you. The man behind some of LA's best assets, Chiu is the owner of Beverly Hills Plastic Surgery and highly sought after for his personalized service and gift for delivering natural-looking breasts.

BEAUTY PHILOSOPHY: "As Auguste Rodin said, 'I invent nothing, I rediscover,'" says Chiu. "My goal is to maximize a patient's inherent beauty, not to imitate a celebrity or turn her into someone else."

TECHNIQUE: Beloved for granting extensive doctor-patient face time, Chiu gleans a deep understanding of each client's body type and personality pre-procedure. "For a perfect result, the breasts should blend with the body and a patient's lifestyle and sense of self," says Chiu. While some implants are inserted through the areola or the crease where the breasts meet the chest, others can be implanted under the armpit or even through the navel. By tailoring to each body type, lifestyle, and breast size, Chiu minimizes scarring and ensures that even though the breasts themselves may be faux, the results look anything but.

EDUCATION: Chiu received his degree in microbiology and immunology from Berkeley and his medical degree at the Western University of Health Sciences in Southern California. He served as chief resident in general surgery at Cuyahoga Falls General Hospital in Cleveland before beginning a fellowship in plastic and reconstructive surgery at Philadelphia College of Osteopathic Medicine. He is board certified by the American Board of Physician Specialties. Following his training, Chiu relocated back to California and opened Beverly Hills Plastic Surgery.

SPECIAL TOUCH: His progressive approach to pre- and postoperative care incorporates homeopathic and holistic remedies to expedite the recovery process. And Chiu's wife, Christine, sends each patient home with a recovery bag complete with chicken noodle soup, vitamins, fresh juices, magazines, music, and movies. This attention to detail has made Chiu as admired for his bedside manner as he is for his sculptural skill.

LOS ANGELES CONFIDENTIAL

KHLOÉ, KIM & KOURTNEY KARDASHIAN

FALL FASHION ISSUE

HOT TREATMENT
If you're not ready to go under the knife just yet, we recommend the **CryoStem Cell Therapy Facial** at Dr. Gabriel Chiu's überchic Beverly Hills Plastic Surgery office. The treatment is one of the latest and greatest breakthroughs in the antiaging revolution and involves the topical application of a cryogenic and bioactive stem-cell serum. The existing skin replicates the condition of the new cells, and aged and damaged skin actually becomes younger and firmer. The effect of the stem cells peaks several days after the facial, so you'll look even prettier as the days pass. 9454 Wilshire Blvd., Beverly Hills; beverlyhillspasticsurgeryinc.com

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WHERE NOW Los Angeles



From left: A treatment at Clarins Skin Spa and the Spa at BHPS Inc., participating venues in L.A. Spa Week

Treat Yourself

At luxury spas and salons, the price of beauty can be steep indeed. Enter **L.A. Spa Week**, Sept. 13-19, during which more than 40 of the area's top pampering places offer selected treatments—which normally run between \$100 and \$450—for just \$50. Pop into any one of the participating venues listed at spaweek.com for a discounted indulgence. Standouts include Jurlique (1230 Montana Ave., Santa Monica, 310.899.1923), LuxLash lash-extension salon (9640 S. Santa Monica Blvd., Beverly Hills, 310.273.5274) and Clarins Skin Spa (Nordstrom, 21725 Victory Blvd., Canoga


THE TOUGHEST WORKOUT YOU'LL EVER LOVE **PAGE 40**

upscale

TAKING YOU TO THE NEXT LEVEL

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Doctor's Orders



Looking to upgrade your typical spa day? Check out 'The Spa at BHPS' by Dr. Gabriel Choa. This beauty sanctuary boasts an A-list clientele of Beverly Hills' finest, replete with private VIP entrance and waiting lounge. The facility offers standards including laser hair removal and microderm, plus cult favorites like semipermanent eyelash extensions and Botox. Designed exclusively by Preston Lee (Bravo's Top Design), the swanky digs highlight dramatic floor-to-ceiling gold-beaded walls and plush cocktail furniture. Perfect for the ladies-who-lunch set (beverlyhillsplasticsurgeryinc.com). —Erin Whitlock

Hollywood's leading man gets intimate about his life, love and family

+ Ice Cube, Big Boi, Fantasia, Nancy Wilson

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SKIN TIGHT
Imagine a treatment that makes your skin not only appear firmer, but actually *become* firmer. The Spa at Beverly Hills Plastic Surgery has delivered just that with the Cryo Stem Therapy Facial. A new breakthrough in anti-aging skincare, it involves the topical application of a unique cryogenic and bioactive skin stem-cell serum. This unique therapeutic treatment complements all surgical, non-surgical, and aesthetic cosmetic procedures, fights acne, and diminishes enlarged pores. Also excellent for a healthy summer glow is the Cryo Stem Hydra Facial (90 minutes, \$250), which emphasizes deep hydration for a youthful radiance and instantly reduces the appearance of fine lines and wrinkles. 9454 Wilshire Blvd, Beverly Hills, 310-888-8087, beverlyhillspasticsurgeryinc.com

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Breast Implant Removal: Heidi Montag, More Plastic Surgery Regrets

Dr. Gabriel Chiu, another Beverly Hills plastic surgeon, told The Daily Beast, “Your breasts will not necessarily rebound back to the way they were before surgery, due to possible loss of elasticity.” A recovery from the surgery would take about “four to six weeks,” said Chiu, “although they will continue to ‘spring back’ [get perkier] for a few months.”

REESE Romantic Birthday Getaway with New Guy

APRIL 5, 2010

People



TEENAGE PLASTIC SURGERY

After these young people were harassed and bullied about their appearance, they decided to change their looks—and also ended up improving their lives

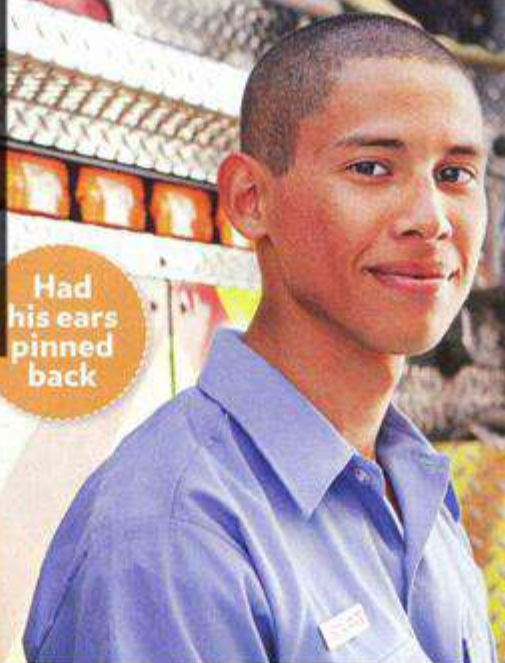
BY THAILAN PHAM

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Had
his ears
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back



AFTER

"It makes me happy that I can be somebody walking down the street without people looking at me," says Escalante (in Los Angeles).

BEFORE



Jon Escalante HAD SURGERY AT 17

HE HID HIS 'DUMBO' EARS BEHIND HIS HAIR AND THEN LEARNED HE'D HAVE TO CUT IT TO PURSUE HIS DREAM CAREER

In elementary school Jon Escalante was uncomfortable hanging out in the hallways when kids called out, "What's up, Dumbo?" he says. "I'd just turn away because I didn't want to get into a fight." Then in sixth grade, Escalante came up with another way to avoid trouble: He grew out his hair until it was "curly and puffy," he says, and would have kept it that way forever if he didn't want to join a fire-service youth program, for which short hair was a prerequisite. "I was like, 'I

can't cut my hair,'" recalls the Sun Valley, Calif., native, who realized the way he felt about his ears was having a detrimental effect on his life. With the support of his mother, Escalante began looking into surgery, and in August 2008 he underwent an otoplasty with Beverly Hills surgeon Gabriel Chiu. Now 19 and a student at Los Angeles Valley College, where he is pursuing a fire-science degree, Escalante says, "I waited all my life to get surgery, and now I don't care if people see my ears!"



Escalante (with his mom in '08) hiding his ears under his hair and (above) at age 8.

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The Man Behind Beauty, and the Beauty Behind This Man

By Alison Agudo

DR. GABRIEL AND CHRISTINE CHIU ARE TALENTMAKERS DICTATING BEAUTY AND LIFESTYLE TRENDS LOCALLY AND GLOBALLY THROUGH BEVERLY HILLS PLASTIC SURGERY, INC.

If youth is merely a state of mind, then having the resources available to look as young as you feel can mean the difference between merely living life and living life to the fullest. Transiently located in the heart of Beverly Hills is one of the world's most renowned facilities for doing just that—making clients look as vibrant as they feel. Beverly Hills Plastic Surgery, Inc. combines classic beauty principles of balance, symmetry, and proportion with the advancements and sophistication of our modern world. The result: beauty that can both defy and transcend time.

While the advancement of plastic surgery centers in Los Angeles may seem overwhelming to a prospective client, BHPS stands firmly ahead of the pack as the leader in patient care, medical expertise, and comprehensive medical amenities. Led by the distinguished plastic and reconstructive surgeon and Beverly Hills resident Dr. Gabriel Chiu, BHPS is a full-service, non-surgical practice that has a simple yet profound goal: to enhance beauty by employing the most natural and minimally invasive techniques, creating customized treatment

programs, and ensuring every BHPS experience results in a happy, healthy, and beautiful patient. Dr. Chiu's beauty philosophy, in both surgical and non-surgical treatments, follows one of graceful reversal of aging. It is his dedication in enhancing the authentic beauty of the patient that has garnered BHPS a global base of more than 6,000 clients ranging from celebrities to athletes to politicians and royalty.

Dr. Chiu's stunning wife, the managing partner and spa director of BHPS, attributes the primary design inspiration for their Whistler Boulevard medical and spa facility to Chanel. "The BHPS facility is a space that harmonizes luxury and modernity. The décor features our commitment to populating sophistication, refinement, and timeless beauty," explains Christine (who was appropriately dressed in Chanel, from head to toe). With sparkling imported white marble floors, decadent gold beaded walls, crystal chandeliers, and luxurious tweed and linen furnishings, guests often forget that they are in a medical facility where the most advanced technologies are being administered by top courses and



Though groomed from a prominent commercial real estate family with direct dynasty heritage, Dr. Chiu's passion for medical aesthetics led him down a different path. His detailed educational background and experience in the medical industry have earned him trust with the beautiful people of Beverly Hills for quite some time. Following medical school, Dr. Chiu held such prestigious positions as chief resident in general surgery and chief fellow of plastic and reconstructive surgery at Johns Hopkins University. Frequently praised for his professional integrity, vibrant personality, and warm demeanor, Dr. Chiu's clients are truly in exceptional doctor/patient face time, thorough follow-ups, and unequivocal surgical expertise and results.

Most famously known for his "toasty melonade" combination treatment of a woman's post-pregnancy body via abdominoplasty, liposuction, breast augmentation, and lift, as well as for his stamping procedure, Dr. Chiu is also highly regarded for his minimally invasive face-lifts and Juvederm techniques. Throughout the consultation and surgery process, however, Dr. Chiu is adamant that perceptions about one's physical image should focus primarily on achieving natural beauty, rather than imitating that of another. Dr. Chiu states, "We educate patients against chasing a specific celebrity's nose, breasts, or buttocks. For instance, instead, I present surgical options that would enhance

the patient's own features while preserving the patient's heritage and identity, as well as respecting his/her lifestyle and career choices. My goal is to create an authentic harmony for the patient's facial and/or bodily features." Christine adds, "The current trend is definitely, how can I look like a more youthful version of myself?" as opposed to, how can I look like somebody else?"

Dr. Chiu advocates maintaining a healthy lifestyle through proper diet and choices, particularly for the expediency and quality of a patient's recovery process. His keen commitment to homeopathic, natural, and holistic remedies for pre- and post-operative care is progressive and effective.

BHPS' discerning clientele, of which 90 percent is referral-based and 40 percent is repeat business, includes some of Hollywood's elite as well as countless individuals who praise Dr. Chiu and staff for their unwavering dedication to surgical excellence. Dr. Chiu is most recently the recipient of the Patient's Choice Award, a prestigious honor awarded to less than five percent of the approximately 720,000 active physicians in the United States in both 2008 and 2009 and represents the feedback of more than 40,000 patients across the country who rate various components such as bedside manner, doctor/patient face time, degree of follow-up, courtesy of office staff, and overall experience. In addition to

these crucial best practice factors, BHPS maintains strict adherence to patient safety by working with a select pre-screened, highly trained, and reputable medical staff that is encouraged to maintain open communications with patients at all times. Procedures to the state-of-the-art outpatient surgical center are carried out with the highest-grade products, supplies, and instruments because BHPS refuses to cut corners.

But all work and no play would not make for a very balanced lifestyle, so the Chiu's are actively involved in numerous charities and organizations. Their respect within the community as leaders and philanthropists is well documented. One of their personal rules is to take the time to travel at least once per month, whether on yachting trips, Partner's excursions, or stays at their overseas villas. As an amateur photographer, Dr. Chiu captures both the simplicity and complexities of nature's beauty experienced throughout their travels on film. The Chiu's also enthusiastically celebrate and patronize culinary arts, fashion, and culture—thereby living by the same principle that this husband-and-wife team work tirelessly to help patients understand: to live is to live life to the fullest. ■

BEVERLY HILLS PLASTIC SURGERY, INC.
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[THE BEAUTY ISSUE]

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SHE AIN'T HEAVY, SHE'S M
SANTA BARBARA WORKOU
THE IN-CROWD'S SECRET

Procedures Go Back to Basics

With so many unpronounceable ingredients filling derms' offices, it's enough to make anyone run for the Dove soap. But not so fast! "As people embrace a natural lifestyle, there's been an increased demand for a 'back-to-basics' approach in cosmetic procedures," says Dr. Gabriel Chiu of Beverly Hills Plastic Surgery, Inc., who notes more patients seeking a balance between tech and tradition. Fruit-based peels—most of which derive their skin-smoothing acids and enzymes from cranberry, apple and pumpkin—are gaining steam. And so are oxygen facials, which use pressurized air to drive serums into the

skin, and facials using Colostrum, a growth factor-rich ingredient derived from the milk of a new mother cow that remedies woes from wrinkles to acne. What's more, this in-demand surgeon is seeing requests for lower doses of Botox, smaller breast implants, and noses that retain family traits. "People are moving away from artificial looks," says Dr. Chiu. "More natural products and processes are the next step." —E.M.



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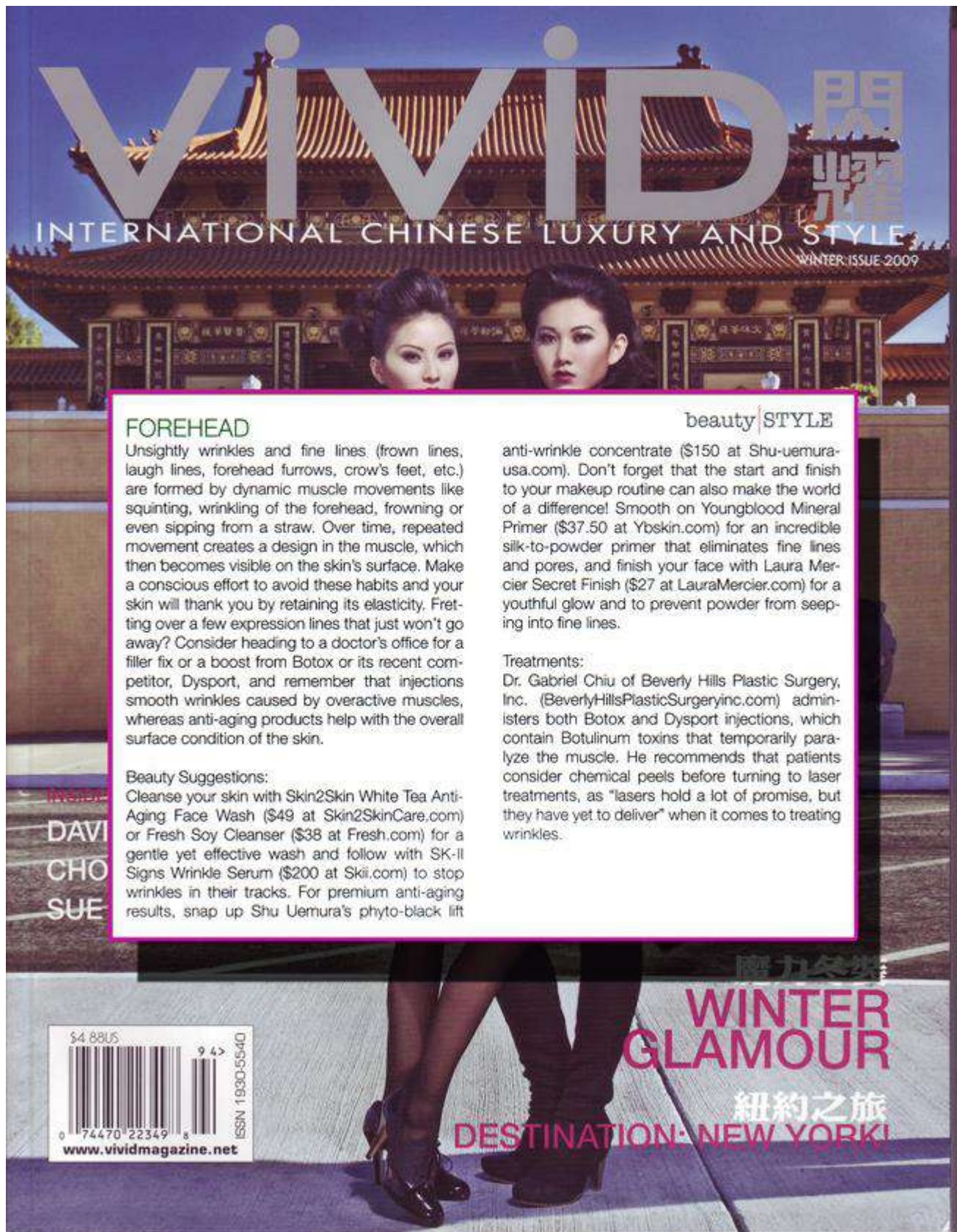
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HOLLYWOOD FOR LOCALS?
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FOREHEAD
Unsightly wrinkles and fine lines (frown lines, laugh lines, forehead furrows, crow's feet, etc.) are formed by dynamic muscle movements like squinting, wrinkling of the forehead, frowning or even sipping from a straw. Over time, repeated movement creates a design in the muscle, which then becomes visible on the skin's surface. Make a conscious effort to avoid these habits and your skin will thank you by retaining its elasticity. Fretting over a few expression lines that just won't go away? Consider heading to a doctor's office for a filler fix or a boost from Botox or its recent competitor, Dysport, and remember that injections smooth wrinkles caused by overactive muscles, whereas anti-aging products help with the overall surface condition of the skin.

Beauty Suggestions:
Cleanse your skin with Skin2Skin White Tea Anti-Aging Face Wash (\$49 at Skin2SkinCare.com) or Fresh Soy Cleanser (\$38 at Fresh.com) for a gentle yet effective wash and follow with SK-II Signs Wrinkle Serum (\$200 at Skii.com) to stop wrinkles in their tracks. For premium anti-aging results, snap up Shu Uemura's phyto-black lift

beauty|STYLE
anti-wrinkle concentrate (\$150 at Shu-uemura-usa.com). Don't forget that the start and finish to your makeup routine can also make the world of a difference! Smooth on Youngblood Mineral Primer (\$37.50 at Ybskin.com) for an incredible silk-to-powder primer that eliminates fine lines and pores, and finish your face with Laura Mercier Secret Finish (\$27 at LauraMercier.com) for a youthful glow and to prevent powder from seeping into fine lines.

Treatments:
Dr. Gabriel Chiu of Beverly Hills Plastic Surgery, Inc. (BeverlyHillsPlasticSurgeryinc.com) administers both Botox and Dysport injections, which contain Botulinum toxins that temporarily paralyze the muscle. He recommends that patients consider chemical peels before turning to laser treatments, as "lasers hold a lot of promise, but they have yet to deliver" when it comes to treating wrinkles.

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EXCLUSIVE
WHAT'S UP, DOC?
PATRICK DEMPSEY
TALKS FAST CARS,
FAMILY AND GREY'S

NIP AND TUCK
We compare some of the city's finest plastic surgeons to learn who is doing what and, more importantly, to whom.
By Michael Vento



DR. GABRIEL CHIU
9454 Wilshire Blvd., Beverly Hills
310-888-8087; drgchiu.com

YEARS IN BUSINESS: Seven
HOW MANY DOCTORS: One
(Just Dr. Chiu)

SPECIALTY: Best known for breast and body contouring, rhinoplasty and plastic surgery for men

PROCEDURES INCLUDE: For the face: blepharoplasty, face-lift, rhinoplasty, and chin and cheek augmentation. For the body: tummy tuck, liposuction and breast augmentation and lift

PHILOSOPHY: "I lean more toward a natural look, where the patient doesn't look like he or she had surgery," says Chiu. "Still, all the problem areas are taken care of."

BIGGEST CHALLENGE: "I know when plastic surgery is not the answer for a patient. It's difficult sometimes to turn a patient down, because I want to help everyone."

TOP CLIENTS: Undisclosed celebrities from film, TV, sports and members of royalty

THE ECONOMY: "A lot of clients are going ahead [with surgery] because there's no better investment right now than yourself," he says.

OFFICE VIBE: Like a Chanel boutique

MEN WE LOVE
(WE THINK YOU'LL LOVE THEM TOO)

KELLAN LUTZ'S LA FAVES

Ben Silverman sits down with Mayor Gavin Newsom

The Best View in Town
Sun shares words of wisdom

PLUS CONTRIBUTORS
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24 PERFECT LITTLE BLACK DRESSES

**SEXY HAIR
MADE SIMPLE**

GET A LITTLE CHEEKY

"As we age the fat pads in our cheeks fall," explains Beverly Hills plastic surgeon Gabriel Chiu. But you can defy nature: Prevelle Silk, a new hyaluronic acid dermal filler (\$250-\$400 per syringe) "lasts for three months, and you can see the skin-plumping effects right away." Searching for something subtler? A bright pink blush has a similar payoff, illuminating the cheekbone and drawing the eye upward.



Paula Dorf
Cheek Color
cream in
Playmate, \$21;
pauladorf.com.

InStyle



The California Cure Saving Face

by Carol Wolper

Saving one's face—also known as anti-aging—is right at the intersection of vanity and judgment. Twenty years ago, I had too much of the former and not enough of the latter. Had I not been a struggling writer, and had I more ready cash, I might have gone for lip augmentation or been convinced that a forehead lift was the answer to a few wrinkles. I might have ended up altering my face to the point where I was no longer me—and it would have been my fault.

I know that for some women, altering is exactly the point. I have a friend Belinda, who is on her third face, and as lovely a face as it is, it bears no resemblance to the girl in her 21st-birthday-party video.

SHERYL CROW PHOTOGRAPHS
BY PETER LINDBERGH

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A Discovery Company



Botox: Safer for Sweaty People than Antiperspirant?

Botox isn't just for fine lines anymore; the FDA-approved plumper is being used as an alternative to chemical antiperspirants for suffers of Hyperhidrosis.



By [Laurel House](#)

Santa Monica, CA, USA | Mon Sep 28 14:30:00 GMT 2009

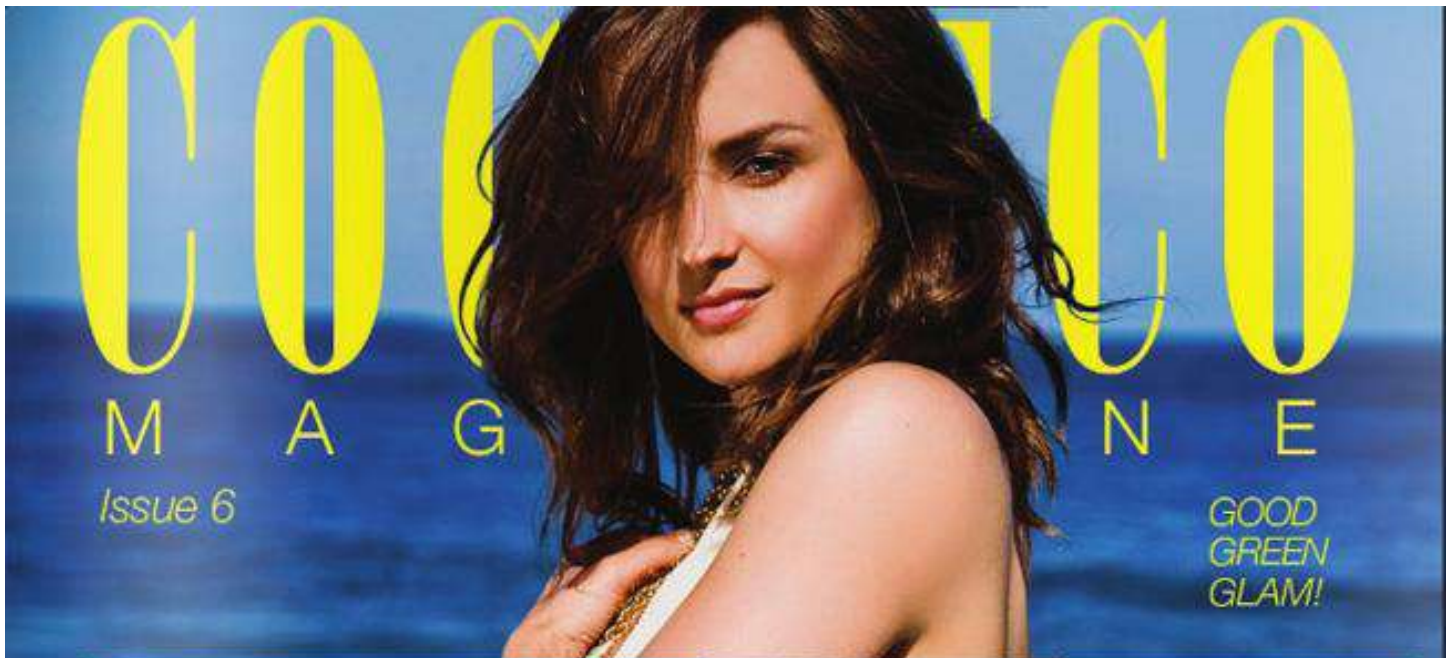
When it comes to deodorants, it's important to understand one essential distinction:

Deodorants stop odor. Antiperspirants stop sweating. Problem is: Antiperspirants wreak havoc on both our bodies and the environment.

BO is undeniably bad, but sweating is actually a necessary bodily function. According to Dr. Rob Streisfeld, a Naturopathic Doctor, "your body is designed to sweat, so using chemicals and agents to block the natural process is never good." Conventional antiperspirants use chemical compounds like aluminum, formaldehyde, [parabens](#) (which can cause hormone disruption), and other chemicals to prevent the body from expelling toxins and stop sweating... which isn't a good thing.



Credit: George Doyle/Getty Images



Are you a Sweater?

by Lisa M. Moore
Photograph by Jeffrey R. Smith

You know that antiperspirant is pretty much the arse-christ when it comes to your health. Still, despite its proven links to cancer (thanks to embedding aluminum onto your lymph gland-filled armpits), darns so dramatic that some say it is part and parcel of the dramatic increase of breast cancer, we continue to make the daily choice of clogging our pores with chemicals just for the sake of staying dry. But let's quickly clear something up: for all of you "but I don't want to stink" excuse makers: Antiperspirants stop sweat. Deodorants stop odor: hence the "deodor" portion of the word.

Dr. Rob Sheffield, a Naturopathic Doctor, reminds us that "your body is designed to sweat, so using chemicals and agents to block the natural process is never good." The problem with conventional antiperspirant deodorants is that they use chemicals to reduce sweat and odor by blocking the sweat glands which can clog the lymph system. Because all of our systems are interconnected, shutting the lymph system can also take a toll on the immune system as a whole.



So what's a sweaty gal to do?

For starters, natural, non-antiperspirant deodorants are the better choice. Instead of clogging pores with chemicals, natural deodorants use mineral salts, unprocessed oils, and herbs to balance pH and reduce bacterial growth. Many of them are infused with herbs that naturally have antiperspirant qualities like aloe, calendula, and licorice. It's important to read the labels and look out for parabens which have been shown to be harmful to the body and potentially affect hormones. Some people prefer using baking soda and water as a natural, inexpensive alternative to deodorant. Now what are you supposed to do about the sweat? Acupunctureist Michael Yang, L.Ac., DOM (www.PacificMedicalGroupOnline.com) has helped patients minimize sweat production in their pits by calibrating the sympathetic (fight or flight) system. According to Yang, what his clients consider to be "excessive" sweating is often a symptom of stress—a commonly cited problem with acupuncture. He also incorporates herbal remedies designed to calm and de-stress the body and mind. "Chinese herbs like Schizandra Fruit have the ability to stop excessive sweating as one of their classic functions," Yang adds. That "for those who sweat and find it particularly unpleasant smelling (hyperhidrosis: stinky sweat), diet is the first place to look." How do you clean up your sweat? Clean up your diet! Focus on organic fruits and

vegetables and clean proteins like grilled fish and chicken breasts. Forget about the fry, fried, sugar-filled foods that wreak havoc within your body, causing a sticky sweat to pour out of your body. What if you are a "sweaty" sweater?

Most "normal" people don't sweat enough for it to be an issue. But then there are those who suffer from an embarrassing, rarely talked about problem called Hyperhidrosis. Hyperhidrosis is excessive and unusual sweating that can result in sweating through and ruining clothes—even saturating leather jackets. Because it can result in visible circles of sweat, sufferers are less likely to raise their hands. In fact, it's common that they instead keep their arms pinned close against their bodies, constantly cognizant of the embarrassing underarm deluge, which just intensifies the problem even more—a major confidence killer. For these people, not even antiperspirants help. In fact, you know you suffer from it if antiperspirants don't help.

For serious sweaters, a surprisingly grosser option is Botox. Sure, the common use of Botox is to stop the frown on your forehead. But Botox has a slew of other uses that are actually even more effective. Like, for example, injections into the armpits. Sound extreme? It's not. In fact, it can completely change a serious sweater's attitude, amplify their confidence, and allow them to stop being scared to wear anything other than black and white tops (the only colors that hide circles of underarm sweat).

Botox for the armpits isn't a new treatment. It's just not as well known as for use on the face. In fact, Botox was FDA approved for use in the armpits 2004. Dr. Gabriel Chiu, a plastic and reconstructive surgeon, and owner of Beverly Hills Plastic Surgery (www.beverlyhillsplasticsurgery.com), explains that antiperspirants dry up the sweat glands and prevent the build-up of fluids. According to Dr. Chiu, "most in sweating that you need to do. It is safe to stop it." No, Botox, on the other hand, works by "blocking the release of a neurotransmitter which in turn prevents the muscle from contracting. Your sweat glands have a little ring of minuscule muscle around them. When those muscles are contracted it causes you to sweat. Botox prevents those minuscule muscles from contracting, resulting in less sweat for an average of 6-8 months." Botox doesn't stop you from sweating altogether. It just stops you from sweating excessively, so the possibility of bacteria build-up (which is what causes the odor) is still there, so it's a good idea to still wear deodorant. But is Botox gross?

According to Dr. Chiu, by all means! "Botox is a purified protein that originates from a bacteria. The protein is isolated from the bacteria. Botox denatures (breaks up on its own) after 3-4 hours in the body." If you want to talk biodegradable, that's Botox. If you're an excessive sweater, talk to your doctor about Botox. It's actually covered by some insurance companies!





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Best of the City '09!

101 NEW FABULOUS THINGS TO DO

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Redesign of the Times

Two sleek new design centers show how the media got it right

(By Stephanie Lee and Peter Lee)

Reopened last in their design, the two-story Beverly Hills Plaza Hotel (1414 Wilshire Blvd., Beverly Hills, 310.880.4400) is now the ground floor of a new design center for the Times. The new design center is a sleek, modern space that is a perfect blend of the two design centers. The new design center is a sleek, modern space that is a perfect blend of the two design centers. The new design center is a sleek, modern space that is a perfect blend of the two design centers.



STYLING
The new design center is a sleek, modern space that is a perfect blend of the two design centers. The new design center is a sleek, modern space that is a perfect blend of the two design centers. The new design center is a sleek, modern space that is a perfect blend of the two design centers.



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Dr. Gabriel Chiu of Beverly Hills Plastic Surgery - A Facelift Without the Knife, Non Surgical Facial Sculpting

By Hettie Lynne Hurtes



BHPS in the Heart of Beverly Hills

Plastic surgery is a great way to take years off your looks. But, of course, there's a downside: expense, time off to recuperate and a chance it may not turn out the way you expected. Facial sculpting without surgery is the easier route, and well, if it doesn't turn out the way you expected, in a few months to a year, at most, it'll wear off, and you'll be back to square one.