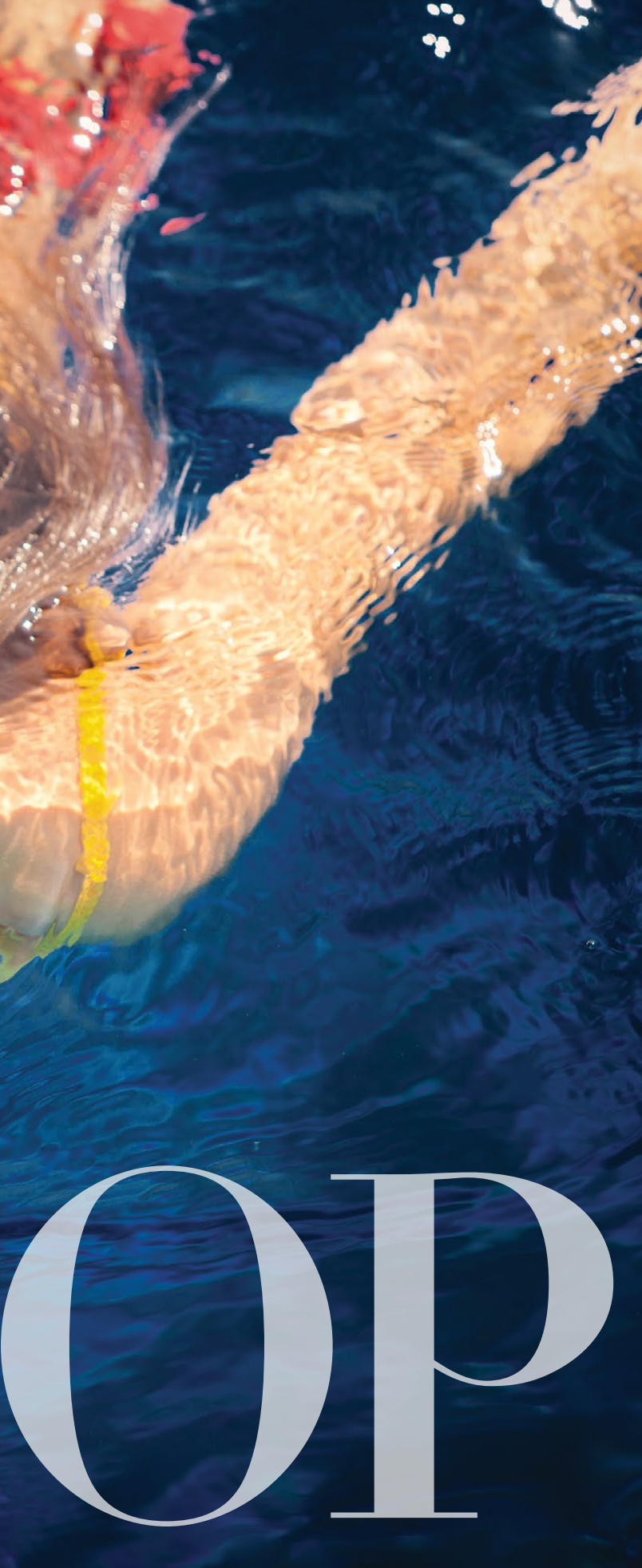


A woman with long, wavy brown hair is swimming underwater. Her hair is partially submerged, and a large, vibrant red flower is visible in the upper right portion of her hair. She is looking directly at the camera with a serious expression. The water is a deep blue, and there are some yellow and green streaks visible in the water around her. The lighting is dramatic, with strong highlights on her face and hair.

take it from the T

When you look good, you feel better. While you're working out and getting in shape for the steamy season ahead, do an about face—with these tips on how to enhance everything from your eyes to your chin (really!).



move some fat around

It seems there are always new procedures coming around to help sculpt our bodies, but this spring you can actually target that stubborn double-chin fat, back fat, and even those pockets that detract from your under-arm area during tank-top and bikini season.

"Fat has become a primary focus of facial rejuvenation and aesthetic enhancement of the body and buttocks," says Weston plastic surgeon Dr. Charles Messa, of Weston Cosmetic Surgery Center.

"Removal and transfer is now an integral part of many cosmetic surgical procedures. The latest treatment modalities focus not on the addition of fat cells, but rather the nonsurgical removal of unwanted fat deposits through injection or freezing techniques." Thanks to Kybella injections and Zeltiq Coolsculpting's new applicators, the double chin may soon be a thing of the past for certain patients that suffer from localized fat in that area. "A chemical known as deoxycholic acid (Kybella) is injected to dissolve the fat. Similar patients also may benefit from the smaller Coolsculpting applicators to reduce fat in this region as well as other stubborn areas, like the underarms and bra fat around the back. These treatments require little to no downtime with documented results over time. Additionally, Galderma has enhanced its soft tissue filler line by modifying their hyaluronic acid product Restylane to provide a more ideal product for fine lines around the mouth and face in Restylane Silk and Restylane Lyft for enhancement of the cheeks and midface region." For more information or to schedule a consultation, call Weston Cosmetic Surgery Center at 954-659-7760 or visit www.westoncosmeticsurgery.com.



Dr. Charles Messa.



Linda Tical in her
Goddess Lashes studio.

the eye (lashes and brows) have it

Linda Tical, owner of Goddess Lashes, is all about the eyes, from the brows to the lashes and the surrounding area. Tical, who has a studio in her Pembroke Pines home but also travels to customers in need of her magic touch, is a master at individual eyelash extensions, eyelash correction (just in case yours ended up looking wonky from the last place you tried), lash lifts, dips and tinting, eyebrow design, tinting, reconstruction, embroidery, microblading, extensions and henna, as well as permanent makeup (think eyeliner, lip liner and brows).

“I started Goddess Lashes 10 years ago in 2006 and began doing brow extensions two years ago, as it’s a very new, emerging service,” says Tical, a native of Italy who travels around the world to train with the top instructors in their fields to bring the latest beauty trends and innovative beauty services to South Florida. “Lashes are incredibly transformative. They immediately make someone look 10 to 15 years younger; they give you an instant eye lift, a more rested appearance and are a great boost to confidence as well. Most people do not know they can enhance their bottom lashes, too, which will complement and balance out the eye, resulting in a more complete look. They also help diffuse under-eye bags, wrinkles and discoloration.” Tical says that brow enhancements are the second-most transformative service after eyelash extensions, as the eyebrows frame one’s face.

“There are numerous new semi-permanent services, such as brow henna and reconstruction, and more permanent like brow microblading for those with sparse brows,” she points out.

Every service Tical offers is tailored to the specific individual according to that person’s lashes, with prices ranging from \$250+ for full sets while brow extensions start at \$175+. For more information and to schedule a consultation or appointment, call 786-326-6463 or visit www.goddesslashes.com.



get toothsome

Dr. Patty of Dr. Patty's Dental Boutique decided to start including things like massage, Botox, etc. as part of her practice because she wanted to make it "the one-stop dental office that I'd want to go to. It would fit my lifestyle and my needs, so I felt there must be others who had the same desires." That means that instead of trying to find time in your already packed schedule to make separate appointments for teeth whitening, Botox and facials, you can take care of everything at once. Dr. Patty says that most commonly, clients who come in for their three-month cleaning procedure will also have their three-month Botox "maintenance" injection along with a facial, or clients who come in to have a smile makeover with veneers or an implant surgery will first take their anti-anxiety medication and have a facial or massage while it starts to take effect. "They will then enter my surgical dental suite totally relaxed and we can start their IV sedation and complete the procedure," she explains. "When the procedure is done, all they remember is having had a relaxing spa treatment." As a spring pick-me-up, she recommends Hydradermabrasion, the latest technique of crystal-free exfoliation that utilizes the natural healing powers of water and oxygen to effortlessly exfoliate the skin without the use of hard crystals or abrasive textured wands to generate deeply hydrated and healthier looking skin. To get more information on the treatment or to make an appointment, call 954-524-2300 or visit www.drpattydental.com.



PHOTO BY RICARDO MEJIA

make up as you go

"Spring is a time for newness," says longtime celebrity makeup artist Leslie Munsell, who is also the creator of Beauty For Real, a cosmetics line that focuses on the absolute ultimate in essential beauty products that every woman needs. And Munsell would know what those are. Each item has been created to offer women the very best formulas, colors and package designs that make buying and using makeup both easy and fun. "For example, we have LED lights and mirrors on our lip glosses and lip creams, our Blush + Glo has both a highlighter and a blush, and our (Total) Glo is a must for head-to-toe beauty," she says. Her spring 2016 forecast? "The freshest look for the season will include a transparent pop of color on the cheeks and beautifully highlighted, luminescent skin. Pair this with either a bright, sheer lip gloss or a more full-color lip cream and black mascara. You'll have an updated, modern look that's also quick and easy." 



HERE ARE LESLIE MUNSELL'S SUGGESTIONS FOR CREATING THE PERFECT SPRING LOOK:

- * Always begin with a sunscreen, either in your moisturizer or your foundation.
- * Try Beauty For Real Blush + Glo in Coral Crush/Hi Beam. This is a cream-to-powder formula that works perfectly for color and highlighter in warm, humid climates.
- * Hi-Def Mascara will be your new favorite mascara. It lengthens and volumizes, creating full, gorgeous lashes in a flash. The formula doesn't budge, even in July.
- * If you're a newcomer to color on your lips, try our Lip Gloss + Shine in Light My Fire, which looks red in the bottle but goes on sheer with just a bit of color. If you love color, try our Lip Cream + Color in Really Red—it's bold enough to stop traffic!

PURCHASE BEAUTY FOR REAL PRODUCTS ONLINE BY VISITING WWW.BEAUTYFORREAL.COM.

