

NICHE

STYLE MAGAZINE



SUMMER OF 17

STEPHANIE ANNE MCKAY

Inside her fascinating abstract world of fashion illustration

BEST OF THE BEST SUMMER TRENDS

Seasonal fashion, swimwear, hair care & hot weather beauty

STYLE MAKER EMMA WATSON

Walking the line between fabulous style and ethical fashion

face time.

ME. PART ONE.

I'm taking an honest and inside look at the world of modern anti-aging, and over the next three issues of NICHE magazine, I will share my personal experience with several facial rejuvenation treatments under the care of world renowned dermatologist and anti-aging expert Dr. Mark Lupin of Cosmedica.



Before photo taken
August 2016

A few years back I turned 50, and it wasn't until then, I really started to notice a difference in how my skin was aging. With grown children, grandchildren and a very busy career life, it wasn't just age that was catching up with me. Long work days, stress, travel and not enough down time was also taking a toll on my skin. I was ready to make some positive changes, and that did include diet and exercise, but those didn't address deep facial lines, lackluster skin or excess fat under my chin. I wanted a solution, but I certainly didn't want anything surgical or unnatural looking. I just wanted to be me - only more refreshed. I turned to Dr. Mark Lupin at Cosmedica. I cannot say enough about the professional team at Cosmedica - honestly, the nicest group who sincerely

*“Aging is not
lost youth
but a new stage
of opportunity
AND
STRENGTH.”*

-BETTY FRIEDAN

care. I felt safe at Cosmedica, I felt well cared for. I felt pampered. After a thorough intake interview, and before a single treatment recommendation, Dr. Lupin put me on two GliSODin skin nutrient supplements; Advanced Diuretic Formula to alleviate my chronic fluid retention and Skin Brightening Formula to enhance photo-protection and improve skin tone clarity. The next course of action was to get my skin helping itself again. That started with the Clarisonic Smart Profile sonic face cleaning device - which I am now addicted to! Next came the

Skinceuticals Advanced Clinical Skincare products and oh my gosh, my skin loves it! I cannot start (or end) my day without Skinceuticals. I use CE Ferulic, Metacell B3 and A.G.E Eye Complex (AM) and Retexturing Activator Serum and Resveratrol BE (PM).

Once my skin was on track and in a better state to receive treatment, (and I must also say, already looking remarkably healthier after just two weeks on the new skincare regimen), I was scheduled for part one of my rejuvenation - Botox Cosmetic and CoolSculpting.



Botox

Botox has become a household word and part of the English vocabulary. The key to successful treatments is to look natural. It is more than a wrinkle relaxer, Botox has also been shown to improve our moods – not surprising that if we look more relaxed, we can feel more upbeat as well. Beyond its cosmetic uses, Botox is used in children to treat spasticity, is approved to treat chronic migraines, and works amazingly well to treat underarm sweating. Botox Cosmetic (onabotulinumtoxinA for injection) is the most popular non-invasive cosmetic procedure performed worldwide, and considered safe when administered by a physician.

DR. LUPIN ON BOTOX

“With 25 years experience providing Botox treatments, and as a teacher of physicians on advanced techniques, I aim for very natural looking results. For Tracey, the objective was to help reveal her beautiful inner self by relaxing areas like the frown and crows feet while lifting the brows and corners of the mouth.”

MY TAKE ON BOTOX

“Botox is an editor’s best friend, in my opinion! I spend my days reading articles, creating editorial calendars and carefully scrutinizing fashion photography. My editor’s scowl, is definitely very well earned

but I hate it. Deep vertical lines between my eyes, ever deepening crows feet, and a slight slackening around my mouth from tension and concentration (and age). Botox is a quick prick of a needle and in just a few minutes, it’s over and done. I went right back to work, and within a week, I could see the results which

were natural and impressive. I have never had anyone ask me if I had Botox – only if I was traveling again, because I looked well rested. Since Dr. Lupin was one of the first physicians to introduce the cosmetic use of Botox in Canada, I knew I was in very capable hands.”



face it.



Disclaimer: With any treatment, results vary. It is important to choose a physician and clinic that are reputable, experienced and where you feel comfortable, Ask for credentials.

CoolSculpting

CoolSculpting is proven technology that quite literally cools areas of unwanted fat on the body, arms and chin to the point that the body then gradually removes the treated areas – leaving a more sculpted appearance. Treatments are completely painless and the slimming results gradually appear over a 3-month period. And just as thrilling – results are permanent – without surgery or drastic measures. State of the art treatment centers, like Cosmedica, take it to the next level with DualSculpting – using two machines to treat patients in half the time. The CoolMini, which is the CoolSculpting treatment I had, removes chin fat.

DR. LUPIN ON COOLSCULPTING

“The word ‘CoolSculpting’ speaks for itself – literally a cool way to help shape the body by comfortably cooling unwanted areas of fat such as on the tummy, hips, thighs, arms and even the chin. Tracey enjoyed Cosmedica’s added benefit of DualSculpting – utilizing two CoolSculpting machines with the newest CoolAdvantage applicators, providing quicker and more efficient treatments. Literally, she could work on her emails during the treatments, then watch and feel the gradually slimming of those treated areas over the next several weeks.”

MY TAKE ON COOLSCULPTING

“The CoolSculpting treatment was so easy. Once the machines were attached to my chin area, I had about an hour to sit with my cell phone and catch up on email. Considering I don’t get much uninterrupted alone time, I call that

a bonus! It was not painful at all, and the time passed quickly. It was so unintrusive, I could have napped through it. I had minor swelling in my neck area for about a week, and some numbness that was weird to touch and mildly uncomfortable for about ten days. It does take a few months before the frozen fat leaves your body and you see full results. Watch for the after photos (coming in a future issue).”

in this article:

Cosmedica | cosmedica.ca

CoolSculpting®

Botox Cosmetic®

GliSODin Skin Nutrient Supplements

Skincenticals Advanced Skincare

Clarisonic Sonic Cleaning Device



**DR. MARK LUPIN
MD, FRCPC, DABD**
is a world-renowned dermatologist, clinical instructor and lecturer in the field of non-

surgical facial rejuvenation. With many publications to his name and often quoted as an expert in the media, he is dedicated to the advancement of best practices. Director and founder of Cosmedica Laser Centre, Dr. Lupin is uniquely qualified both in Dermatology as well as with additional training in Neurology. He has studied at Indiana University, the University of Southern California, Dalhousie University, University of Toronto and UBC, and has sub-specialty training in Photodermatology (interaction of light and skin) from prestigious St. John’s Hospital in London, England.

