

5 Brilliant New Cosmetic Procedures That are Better Than Plastic Surgery

Want to turn back the clock without going under the knife? According to beauty expert Andrea Karr, these five buzzworthy cosmetic procedures are better than plastic surgery—and they're now available on the Canadian market.



Got cellulite?

Cosmetic procedure: Cellfina

What it targets: Cellulite

How it works: Most women suffer from cellulite—those annoying dimples often located on the rear and thighs that make the skin look like an orange peel. Before now, no topical, surgical or non-surgical cosmetic procedure has proven effective in minimizing cellulite over a long period of time. Enter **Cellfina**, an FDA-approved system that uses a small handheld device to grab targeted skin by suction, anesthetize the area and then slide a tiny blade into each dimple to cut the fibrous bands that cause that puckered appearance. However, according to Victoria-based dermatologist **Dr. Mark Lupin**, this miracle cure isn't for everyone. "The ideal candidate has no or minimal skin laxity and is of normal weight. If you are overweight or have excess fat in these areas, it may be helpful to first **reduce the fat**," he says. The treatment takes about 45 minutes and you should see results within three months. "As with most cosmetic procedures, the goal is improvement and not perfection," says Dr. Lupin. "If you can accept that goal, then you are more likely to be happy with results."

What it costs: \$4,000 to \$6,000, depending on the size of the area to be treated. Usually one treatment is enough.

How long it lasts: Results may be permanent, but clinical data only goes back three years.

Andrea's Ouch Factor: 2/10. *After the bee-sting pain from the injection of local anesthesia, you're happily numb. Expect soreness and minor bruising for about a week after the treatment.*



Got a double-chin?

Cosmetic procedure: Belkyra

What it targets: Submental fullness. (That's doc-speak for "chin fat.")

How it works: Thanks to a new injectable called **Belkyra** (marketed as Kybella in the U.S.), no one has to live with a double chin anymore. The product is made of deoxycholic acid, which, according to **Dr. Mark Lupin**, is something our bodies are already familiar with. "It's part of our **digestive systems**," he says. "Our bodies produce it to emulsify fats to allow absorption." During the treatment, your doctor will inject the acid into the fatty area under your chin and you'll experience a burning sensation for about five to 10 minutes as the acid destroys the fat. You'll probably want to get this cosmetic procedure during the winter so you can wear a scarf or turtleneck, as it's not uncommon to experience several weeks of swelling.

What it costs: Approximately \$1,200 per treatment, with two or three treatments required, spaced six to eight weeks apart.

How long it lasts: Forever. (Yes, really.)

Andrea's Ouch Factor: 8/10. *The closest analogy? The shark from Jaws just ripped out your throat.*