

EVA LONGORIA *On why the 42-year-old will try anything and everything when it comes to beauty*

WRINKLE REVOLUTION

10 surprising things you can do right now to make a big difference in how you will age

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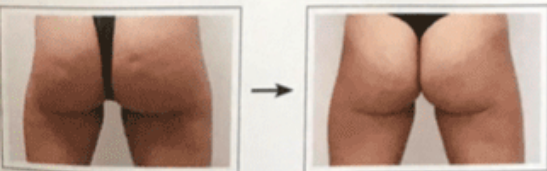
“The trade-off is that you need to wait a period of time to see a change.”

—DR. DIBERNARDO

PATIENCE PAYS OFF



ONE OF THE FIRST QUESTIONS patients ask their plastic surgeons when inquiring about any type of cosmetic procedure—especially the newest ones available—is when they will see results and how long those results will last. “Most of these noninvasive treatments come with the benefit of no downtime and no scarring, but the trade-off is that you need to wait a period of time to see a change,” says Dr. DiBernardo.



New York dermatologist Julie Russak, MD, performed a Cellfina treatment to correct dimpling on the buttocks.

1. Cellfina

What it is: A minimally invasive cellulite-reducing procedure that releases the fibrous bands between fat that pull down on the skin and create dimples. By cutting the bands during a one-time treatment, skin appears smoother and cellulite is virtually eliminated.

Time it takes to see results: **At least three days.** Over time, the skin will smooth out even more, with results lasting up to three years.

2. Microshading

What it is: A new take on microblading, microshading creates the look of fuller brows with the use of semipermanent pigments.

Ideal for those with sensitive or oily skin, it creates more of a shaded effect rather than a filled-in look.

Time it takes to see results: **About one week.** At first, your brows may look too dark, but as your skin heals, they will lighten up.

3. SculpSure

What it is: A 25-minute, noninvasive fat-destroying treatment that relies on a laser to combat stubborn pockets of resistant fat on the stomach, flanks, back, thighs and chin.

Time it takes to see results: **Six to 12 weeks.** “The results with fat-reducing treatments are not immediate because unlike liposuction, which involves blasting the fat cell, there is a programmed cell death that is a slow process,” says Dr. DiBernardo.

4. truSculpt 3D

What it is: Radio frequency-based fat melting that delivers energy in a uniform pattern to ensure a targeted destruction of fat in the area.

Time it takes to see results: **Up to 12 weeks** because it takes that long for the body to break down the fat cells and eliminate them naturally.

5. SmartGraft

What it is: A single-session hair-restoration procedure that transplants small micrografts of your own hair for a fuller look without any visible scarring.

Time it takes to see results: **Five to 10 months.** “Your hair needs to go through the full cycle before you see results,” says Dr. DiBernardo. “It has a long waiting time, but patients love their results.”