

LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS



INSIDER'S GUIDE TO
PLASTIC SURGERY

Cutting REMARKS

A POWER PUBLICIST
SHARES HER
SURGERY SECRETS—
AND WE LET YOU IN
ON A FEW OF OURS.

The first time I went to [plastic surgeon] Gerald Imber, it was for a lump on my breast. I had a cyst removed and I came out with 16-year-old boobs. Jerry became my go-to guy, my good luck charm. He gave me a new neck on my 59th, and a newer neck on my 66th. He doesn't do too much; he makes you look like a better version of yourself. I'm 70 years old. People think I'm 50. Plastic surgery is not thought of as ghoulish anymore; it's much more sophisticated. And it's as common as going to the dentist.

—Peggy Siegal, author of the manifesto *How to Look Like Me at 70*, the Sequel to *How to Look Like Me at 60*, a comprehensive list of the 30 pros she relies on, from Imber to her immunologist. She gave it out at her birthday party this summer, and Angelina Jolie, Emma Stone, and Reese Witherspoon have copies. Read it exclusively at TOWNANDCOUNTRYMAG.COM.

A TIGHT FUTURE

Once upon a time, women hid indoors for weeks after plastic surgery. Now tell-tale bandages are a sign of self-care, not just vanity.



POST-SURGERY:

LA ROCHE-POSAY CICAPLAST \$15, DERMSTORE.COM



SHEA TERRA ORGANICS SERUM OF YOUTH \$29, SHEATERRAORGANICS.COM

The PROTEGES

RISING STARS WHO HAVE BEEN TRAINED BY SURGICAL MASTERS.



DINO ELYASSNIA

The corrector of billionaire "tech necks."

THE LOOK Working under renowned facial rejuvenation surgeon Timothy

Marten, Elyassnia specializes in face and neck lifts and rhinoplasty. **THE EDGE** Most neck procedures focus only on skin and muscle tightening, but his lifts target the deep fat around the salivary glands to reduce volume and contour. SAN FRANCISCO, DINOMD.COM

MICHAEL LEE

The next gen face-lift guru.

THE LOOK Lee, who is also a board certified ENT surgeon, trained under Dr. Fritz Baron, pioneer of the high SMAS face-lift, to perfect the complicated yet popular technique. **THE EDGE** The high SMAS face-lift involves releasing and reattaching the deepest layers of facial muscle and tissue to yield a naturally lifted—not pulled—effect. DALLAS, PARKCITIESCOSMETICSURGERY.COM



STEVEN LEVINE

The full body shaper.

THE LOOK With a background in microsurgery and cancer reconstruction, Levine is now in practice with veteran

cosmetic surgeon Daniel Baker. **THE EDGE** He has face-lift patients bring in photos from 15 or 20 years ago, because they provide "a good place to start" aesthetically. He often performs face, breast, and body surgeries at the same time. NEW YORK CITY, STEVENLEVINEMD.COM



MELISSA DOFT

The face-fixing favorite of Upper East Side moms and their broods.

THE LOOK Known for her subtle face- and eye-lifts, the mother of two also specializes in pedi-

atric plastic surgery, regularly removing hemangiomas (strawberry marks) and performing ear pinning and molding procedures. **THE EDGE** In addition to seeing her own patients, Doft occasionally covers for her mentor, famed plastic surgeon David Hidalgo, when he's not available. NEW YORK CITY, DOFTPLASTICSURGERY.COM

IMITATION Game

Famous faces—and body parts—that come up time and time again.



THE FACE: IVANKA TRUMP
Patients who may not agree with her politics still cop to wanting the first daughter's petite nose and high cheekbones.



THE ARMS: MICHELLE OBAMA
The former first lady's toned biceps have proven to have bipartisan appeal for those going in for arm lipo and lifts.



THE CHEST: KATE HUDSON
Surgeons from New York to L.A. cite the "smaller," "natural" appearance of the actress's breasts as a benchmark.



THE GUY: BRAD PITT
DC clients quip, "I'm going to look like Brad Pitt, right?" before getting the town's popular jaw-defining procedures.

