

Pakistan's First Professional Beauty Magazine

aesthetic LIFE

VOL 1 | Issue 3



AN INSIGHT TO THE LATEST ON
**FRACTIONAL
LASERS**

7 REASONS TO
EMBRACE AGING

**SKIN
TIGHTENING**
WILL IT WORK ON YOU?

**Dr.
HUSSAIN**

NEW FACE IN MEDICAL AESTHETICS!

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BONUS: HAIR REMOVAL, WHAT WORKS | EXCLUSIVE THIRD EDITION

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EDITORIAL NOTE

04 G SAYS...

Hello people and welcome to another edition of Aesthetic Sense. This issue kicks off with an introductory word from G where he glances over the major issues discussed in this edition and gives his take on the latest gossip from the aesthetic industry.

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08 LOVE YOUR HAIR

Ghazanfar Rauf interviews Nina Lotia, a pioneer in the aesthetic industry.

09 FILL EM UP

In "fill em' up", treatment of lips with the filler, restylane is discussed in detail. Coupled with real life examples of women who have used this facelift, the article gives an in depth review of the procedure and the pro's and con's of using restylane as a filler for the lips.

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For all those mom's out there, the article on Velashape and cellulite is a must read. The article not only voices some of the worst aesthetic fears of new mothers but also gives an answer to them. A review of Jessica Daney's "A busy mom's guide to a beautiful body" is the icing on the cake for all those worried mom's out there.

16 HAIR REMOVAL, WHAT WORKS

The latter part of this issue deals with laser treatments and brings you up to date with the latest in this regard. Hair removal via lasers is explained in detail with comparisons drawn between the YAG and Alexedrite lasers.

18 AN INSIGHT TO THE LATEST ON FRACTIONAL LASERS

Articles on fractional lasers give an in depth review of this technology with comments from leading health care experts regarding the different types of laser treatments available in Pakistan. The article discusses the latest innovations in laser technology and gives an explanation about how laser treatment works.

22 SKIN TIGHTENING, WILL IT WORK ON YOU?

Ever wonder what skin ightening is and how it is done? Well we have the answers. Everything from the latest innovations, to the newest technologies available regarding face lifts are mentioned in this article. A must read for those people considering face lift pocedures in the future.

32 7 RESONS TO EMBRACE AGING

As we age, our perception of beauty often changes. It's easy to become fixated on imperfections like loose skin, lines and wrinkles. But don't let the negative aspects of growing older cloud the benefits. Here are seven reasons to embrace aging.

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20 MYTHS ABOUT LASER TREATMENT & THEIR HAZARDS

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The cover story for this edition is regarding Nadia Hussain and her upcoming project, "Radiance"; her newest venture in the field of medical cosmetology and anti age medicine. This fashion industry titan reveals all the details of her project and sheds light on her future plans in a one on one interview with GhazanfarRauf.

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Khalil A. Khatri, M.D. is a dermatologist and cosmetic laser surgeon internationally known for his pioneering work with the erbium: Yag laser for resurfacing.

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39 PEOPLE FOCUS

In the people focus section, you can read about the best health care and beauty experts from our country. This is to help the readers sift between the leading experts in the industry and other unqualified doctors. Respected doctors like NabihRehman, ShaheenAkhtar and Noshiba Salman are mentioned in the section together with a host of other prestigious names from the aesthetic industry.



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ON THE COVER

Get to know about Nadia Hassan's latest venture in the field of medical cosmetology.

Learn what this multi-talented diva has to say about the aesthetic industry and her reason's for becoming a part of it.



Introducing

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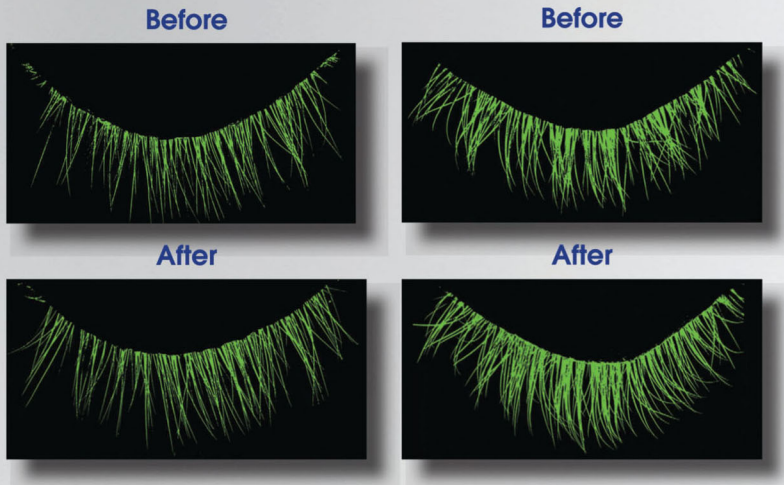


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G Says...

THE 2ND ISSUE DID CREATE A BUZZ, BUT WAS UNFORTUNATELY LATE TO BE ON THE BOOK STANDS. APPARENTLY, DISTRIBUTORS DO NOT TAKE UP NEW MAGAZINES IF THE COVER HAS A) A MALE PHOTO, B) NOT ENOUGH MASALA, C) HAS A PREVIOUS MONTH MENTIONED ON IT. SO, KEEPING IN VIEW ALL OF THE ABOVE, I START TO WRITE THE 3RD ISSUE, WITH INCREASED DETERMINATION AND VIGOR. I OVERLOOKED MENTIONING SOME IMPORTANT NAMES IN PLASTIC SURGERY IN THE LAST ISSUE; DR NABIHA REHMAN (LHR) AND DR FARHAT BOKHARI (ISD).

I keep mentioning Kaya Clinics in India to doctors in the cosmetic business, and how that can be translated in Pakistan. There are 88 branches in India, 13 in UAE, and 1 in Bangladesh. Just thinking about it gives me an adrenaline rush and I think if somebody doesn't do it in Pakistan, I might as well do it myself. It is a setup based on reasonable prices and a limited menu of procedures.

The Shaista Wahidi-Dr Fazeela-Dr Lodhi episodes on Geo fizzled out due to a number of reasons, some of which I can't mention here. Had this taken off, everybody would have benefited; patients, doctors, companies. It did raise general awareness, but many people were scared thinking about those needles being nudged in the faces of famous celebrities. Thankfully, there is a reality

based program in the making which will hopefully be a better presentation for TV.

More lasers were added since I last wrote this section; this is good news. Anybody looking to get a state of the art laser treatment should find doctors from the 'physician locator' on websites of famous laser companies. This will pinpoint you to the right direction and also save you from clinics claiming to have a particular machine. Pay attention to the laser photograph on the website, take a print with you in case you are in doubt. It has been observed that some clinics wrongfully claim to have a particular machine and charge accordingly whereas that's not the case. Fraxel and SmartLipo are examples of this; both are famous brands for fractional resurfacing and laser lipolysis

respectfully. Doctors use these as generic names while using a low quality machine that's 1/5th of the price.

The cover has Nadia Hussain who is all set to open a cosmetic clinic by the name of 'Radiance' at Dr. Mabroor Bhatti's Transform. This hopefully will do well because Nadia has knowledge about such procedures and has also undertaken training at a prestigious institution. I wish her all the best in this most exciting field. ●

Enjoy reading the 3rd issue!

GHAZANFAR RAUF
EDITOR-IN-CHIEF / PUBLISHER

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M E D I C A L

EDITORIAL TEAM

► Congratulations on the 2nd issue. The latest in hair removal is now the GentleLase Pro which is much more powerful than the Nd:YAG. It also offers the treatment parameters to treat fine hair, which are difficult to treat with any other laser or IPL. Fine hair has low melanin and it requires additional power for its absorption. It is also a great rejuvenation tool which gives glow and tightens pores to give a fresh look.



DR. AFZAL LODHI
Dermatologist

► Skin tightening segment has matured over the last few years. Thermage is still the gold standard, especially with the upgraded CPT version which is less painful and more effective. It is important for patients to have realistic expectations as this is not a substitute for face lift surgery. Check out the new CPT Thermage and the 16cm body treatment. Revlite stays as the workhorse of my clinic because of its dramatic results on hair removal in dark tanned patients.



DR. TASNEEM NAKHODA
Dermatologist

► Thank you AestheticLife for putting me on the cover of last issue. I decided to add a new device to my practice, the VelaShape which is the most effective treatment of cellulite. It also is a good tool for body shaping and post lipo procedures. The VelaShape in my clinic is loved by the patient and adds a new dimension which has been overlooked by many all these years. The new Macrolane is doing very well at the clinic in both breast shaping and other body areas.



DR. HAROON NABI
Dermatologist

► I see once again rise in cosmetic surgery procedures at my clinic. It seems people were afraid to go under the knife due to untrained doctors' malpractice which resulted in bad results. My patients realize that to achieve great results, surgery it is! The hair transplant market saw very low priced procedures but again the quality of products, sterility of the place and technique is very important. Transform is expanding to include new equipment soon and the announcement will be sent out soon.



DR. MABROOR BHATTI
Plastic Surgeon

► I find the AestheticLife magazine as a good information guide for patients who want to read about what is now available in Pakistan. It helps our job, as the patient comes in much more informed and ready for a certain procedure. Although, the internet is full of websites, blogs, patient comments, this magazine actually pin points the right doctors who are trained to do the procedures and have the right equipment.



DR. HUMAYUN MOHMAND
Plastic Surgeon

► Over the years, there have been many different treatments advertised by salons and companies alike, and I suggest that people should read about it before getting anything done. The latest procedure to come in Pakistan is the Keratin treatment. At this point, we are using GKhair Keratin exclusively at the salon and my clients love it. This treatment is not re-bonding or straightening. It is a protein and people can get it done every month too.



NINA LOTIA
Hair Expert

► Kudos to AestheticLife on the 3rd issue. While the Spa industry in Pakistan is still in infancy, the trend is catching up. The Spa concept is not just about 'massages', it is about tranquility and a feast for the sole. It is about pampering yourself to a few hours of ultimate relaxation away from your busy life styles. However, one can only experience the form in its true essence by going to a trained professional. Do check out the other services at Beyond Bliss, hair color, cuts, makeup, nails, etc.



SHAHLA IJAZ
Spa Consultant

► Many patients come to me asking 'Do the lasers cause cancer?'. This is a common misconception and is mostly promoted by doctors who do not have a laser and have no clue about it. Lasers are a blessing, and approved by the toughest safety bodies in US & Europe. There are some lasers which are a substitute to surgery, like the fractional lasers for acne scars.



DR. IKRAMULLAH KHAN
Dermatologist

▶ I see that many of my patients ask me for teeth whitening. While both myself and Dr. Irfan Qureshi do a lot of other work including endodontics, dental implants, soft tissue management, the teeth whitening market seemed to have grown over the last few years. With new and improved whitening brands now available, we are confident in telling patients that the results will be better and will last longer than what they have experienced previously.



DR. SAQIB RASHID
Dentist

▶ While makeup continues to be my prime area of work, there are new procedures being introduced every now and then. I believe a client should get all services under one place, and that is what Sabs Salon offers. The wedding season is approaching and people are looking for new colour tones, and treatments.



SABA ANSARI
Make up Artist

▶ It is good to see the 2nd issue of AestheticLife magazine. I have introduced Biomesosculpture in Pakistan recently as a slimming and de-toxifying treatment. It reduces the circumference round the waistline, tightens skin and tones muscles. The machine has two parts; Medilift which uses four waveforms mostly for face procedures, and a Liposculpt with different suction cups for the body.



ROHANA IQBAL
Beauty Expert

▶ My implant practice has been on the increase, and patients come from single tooth to complete mouth rehabilitation. There is general awareness now among patients, and it is easier to convince them than what it used to be two years back. More practitioners have started doing dental implants now which is a step up for the profession. Though implant dentistry is still in its infancy, the future looks bright.



DR. ZEERAK SAMUEL
Dentist

▶ There has been generally a disagreement among professionals in these fields. However, one should realize that aesthetic beauty has taken over quite a few medical aspects, like salons are not only offering services like waxing threading facials and simple hair treatments but they have changed to MEDI SALONS meaning the aesthetician can use cosmeceuticals safely and most importantly can refer clients after care products.



ALIYA FAROOQ
Skin Expert

▶ In today's changing times, we see the country's situation worsen especially the city of Karachi. This effects everybody including the salon business. Nevertheless, my old clients who have been coming to me year after year are still around and I enjoy my work whether it is facials, hair removal, skin tightening, hair colour or cuts. The magazine is a good effort of highlighting professional treatments and improves general awareness on the latest which is available in Pakistan.



ROZINA LADKAWALA
Beauty Expert

▶ Implants are used in a number of different situations, from replacing single tooth to stabilizing a moving denture and even in doing braces (Orthodontics). The awareness is increasing as more and more people opt for implants rather than trimming their good teeth for replacing missing teeth. For Pakistani population, It is a good sign there are now many companies importing implants which ultimately will reduce the treatment costs for the patient.



DR. MUZAFFAR QURESHI
Dental Surgeon

▶ Though I have been involved in clinical dermatology for the past many years, it is recent that I have trained in anti aging medicine. It is a long list of procedures that one can opt for other than fillers and botox. Procedures like mesotherapy, hormone replacement therapy, using your own blood to extract plasma rich platelets for re-injection, fat transfers, and many others will become common soon in Pakistan.



DR. MEHREEN MUJTABA
Dermatologist

LOVE YOUR HAIR

NINA LOTIA! COULD THAT BE HER REAL NAME, I ASK MYSELF. IT WAS A CHANCE MEETING THAT I GOT TO MEET NINA, SINCE MEN ARE STRICTLY OFF LIMITS TO HER SALON. IT WAS A LITTLE WHILE BACK WHEN I FIRST MET HER AND MY IMPRESSION OF HER CHANGED OVER TIME. I NOW KNOW THAT NINA LOTIA DOES NOT TOLERATE NONSENSE, PERIOD. I CAREFULLY OBSERVE HOW SHE IS FIRM ON THE TELEPHONE WITH SOMEONE THAT HAS TO DELIVER ON A TASK, PRESUMING THE OTHER PERSON IS SAYING 'YES MA'AM, YES MA'AM' TO EVERY SENTENCE OF NINA. THE ARCHITECT, SALON STAFF, COMPANY REPS, ARE IN CONSTANT "ALERT" MODE WHEN NINA IS AROUND. NO ONE CHALLENGES NINA, SHE IS RIGHT MOST OF THE TIME THOUGH SHE DOES NOT AGREE WITH ME HERE ON THE WORD 'MOST', HA!

Dressed in mostly whites, Nina appears in control at all times. Her salon, with a good logo, is tucked away in a slim building on the broadest Zamzama lane and will be relocating soon to the flagship building on Khayaban-Bokhari. The new place is absolutely wonderful and is five times the size of the current location, with additional treatment facilities, a complete nail section, skin section and a training facility where workshops will take place throughout the year. It will be perhaps the biggest salon facility in Pakistan that boasts of quality.

It took 18 years for Nina to achieve all this. Starting from a small place at home, Nina initially did not envision going this far, but Kudos to her for doing it. Every person who goes to the Nina Lotia salon will vouch that they get their money's worth in results. The women love Nina; it is like an Oprah following, without exaggeration. Being one of the few good names in Hair, where one could expect quality services, Nina delivered 100% in a fiercely competitive market. Her success is based on her close association with each and every client. She realizes each one of them is unique and has different demands and expectations. She firmly believes in the concept on consulting thoroughly with a client before starting any treatment/procedure. If some service is not suited for your hair or skin type, she will be the first one to refuse it to you. In fact sometimes she has to offer repair therapies for those very

same clients she refused but who appeared at some other door step instead!

So what drives Nina to work everyday? 'The Salon has become part of my life. I cannot stay home even when I am not that well. It seems there is a constant drive for me to achieve more in the professional beauty business. I love my work which drives me everyday'. And this is exactly what has driven Nina all these years to now boast a 4-storied building which is near completion on Khy-Bokhari. It will be a state of the art, beautifully done architecturally with services not just on hair, but the entire beauty works. From hair, nails, skin, makeup, and a separate section to hold training courses, it is a well thought out and planned venture and consumes most of Nina's time these days. When she's not working at her Zamzama salon, she's working on the new salon. Even in terms of management, entertainment and procedures, Nina has quite a few things lined up that she's terribly excited about.

Nina has always endorsed quality products. Her favourites include Loreal, Montibello, Guinot, Thalgo, OPI, GKhair, Obagi, Bioderma, etc. She has maintained a low profile throughout her life, and rarely has anyone seen her in magazines or TV. Her work has spoken for itself. It was extremely difficult to convince her to be discussed about in this magazine.

Talking about competition, Nina prefers

to concentrate on work rather than be bothered about what others are doing or talking about. She attends trainings every year in her favourite subject, hair. Her signature procedures are streaks and cuts and even blow dry's are superior at her salon. There is constant energy at the salon; the staff is extremely motivated, clean and good at their work. There is dire need of training academies and I feel professionals like Nina and others like her should offer their expertise to the next generation of boys and girls wanting to excel in the field of beauty.

Nina has recently launched Make-up by hiring a team of professional make-up artists with strong portfolios. When asked, why now? 'I am a perfectionist. I want things done the right way at the right time instead of doing it all together and mess it up. Today I feel I have the right footing in the market and as I am expanding and relocating my salon to a much bigger premises, I do feel the Make-up industry is ready to handle me', she says with a laugh. Perfectionist she is! You will always find her pointing out things in her salon that are even slightly displaced from their normal positions.

But after knowing Nina, I must say she is a good person at heart. She struggles with saying "No", will always be ready with a quick-fix prayer should you have a problem, is a confidant to her clients and is a doting mother.

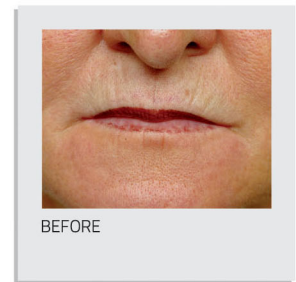
Nina is a blackberry person; it is one

HAIR!

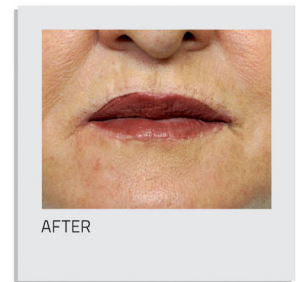
thing she cannot live without. She loves traveling, but her first love is her work. On asking about her future plans, she says; 'I don't make long term plans, but I hope to do well with my flagship salon soon to open on Bokhari. I will have space to do more, not just hair, and have a separate area for training as I believe there is dire need of trained technicians' ●



FILL EM UP!



BEFORE



AFTER

Ever dreamed of getting those fuller, curved, kissable lips of Angelina Jolie? Now, there is a new procedure which makes this possible! This involves dermatologists and plastic surgeons applying the most widely used filler in the world Restylane, followed by Juvederm. Fillers have traditionally been used in laugh lines, marionette lines, and even in cheeks for that high cheek bone effect. Filling up lips is not easy and requires the precision of a surgeon to recommend how much to inject. Over-filled lips do not look nice; it is just the right amount which you need to get for that Katrina Kaif lip effect.

The new Restylane lidocaine infused fillers are less painful as the anesthetic agent in them works to numb the area inside where the hylauronic acid will eventually sit and disintegrate slowly. Fillers in lips dissolve faster than when injected in other areas, as the region is more vascular, so be ready for a touch-up in 6 months or earlier. People usually want to contour the upper lips more than the lower ones as they are comparatively thinner most of the time, but one should understand that the upper lip should always contain less volume than the lower lip. Here is a real patient story;

I was completely nervous prior to the procedure as I'm a pretty big wimp when it comes to pain, and I'd been somehow reading a lot of negative reviews of Restylane the night before my procedure. The pain was the only thing that I was afraid of going in to the treatment. My doctor was AMAZING! He completely understood that I was afraid of experiencing discomfort, and he gave me a dental block/freezing prior to the treatment. I received 5 freezing injections in total, which numbed my lower face completely. I honestly did not feel any discomfort during the procedure as my mouth was completely frozen. I only felt the very last injection on my bottom lip in the middle, since the freezing had started to wear off, but it was really very modestly uncomfortable. I felt the needle go in,

as well as the Restylane go into my lip (which burned a bit) but nothing unbearable.

My lips look HOT... hotter than hot...! I am completely in love with them and would do this procedure again in a second! My rating on Restylane: A++++++!

There are various fillers available in the market, some which are half priced but do not last that long. The leading brand is Restylane with over 12 million procedures performed till date. The closest competitor Juvederm has 2 million procedures to its credit. There is a clinical study to prove that with one retreatment, Restylane lasts more than 18 months, as compared to Juvederm which lasts 12 months. The others brand of fillers don't even have clinical studies. The company Q Med, manufacturers of the Restylane brand, has recently launched a skin care line based on the same patented NASHA technology that is used in the filler range. Whereas fillers and skin boosters work from the inside, Restylane skincare works from the outside to rehydrate and protect the skin, thus making it smooth and giving it a glow and luster. This way you have the perfect way of strengthening the skin before, in between, and after Restylane treatments.

Today, consumers are expected to use an increasing number of products containing a myriad of ingredients, using ever more complicated skincare routines. But this is not necessarily beneficial for the skin. The last decades have seen an increase in skin problems such as allergies, sensitive skin, and adverse reactions. It seems likely that this is partly due to the enormous exposure of the skin to foreign substances on a daily basis.

With a limited number of effective products to be used in a simple skincare routine, the Restylane skincare is now available at select dermatology and plastic surgery clinics in Pakistan. ●

"I wanted to be absolutely sure that what was put in my face was safe."

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Larissa Keown tried the Restylane skinbooster treatment that naturally and gradually rejuvenates the skin from within, making it smooth with glow and luster. Get her full story on www.restylane.com

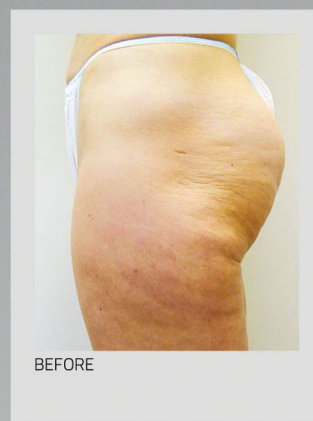
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Natural beauty from within

the

VELASHAPE

for MOM'S

Have you been concerned about your body shape, or the stubborn cellulite which never goes away? There is a remedy available in US & Europe, it just arrived in Pakistan at Dr. Haroon Nabi's clinic in Lahore.



WHAT IS CELLULITE?

Cellulite is the unsightly lumpy, dimpled skin appearance, also known as the 'cottage cheese' or 'orange peel' appearance. Cellulite consists of fat deposits that appear mainly on the hips, thighs and buttocks. Cellulite is probably one of the most aesthetically troubling concerns of women - it is estimated 80% of women over the age of 20, regardless of their weight or size are affected by cellulite.

WHAT CAUSES CELLULITE?

The skin's connective tissue surrounds fat cells, which are arranged in chambers. The margins of these chambers contain septae. Over time, the fat cells increase in size and number. This phenomenon together with accumulation of localized edema, push the skin's surface between the septae in an upward direction. This is what creates the lumpy and dimpled skin appearance, also known as the 'cottage cheese' appearance, associated with cellulite.

VELASHAPE CELLULITE TREATMENT

VelaShape features the unique elos technology combination of Bi-polar Radiofrequency (RF), Infrared Light Energy, plus Vacuum and Mechanical Massage to deploy targeted heat to adipose tissue. The combination of these energies increases the metabolism of stored energy, increases lymphatic drainage and reduces or shrinks the size of the actual fat cells and fat chambers. The net result is gradual smoothing of the skin's surface with a noticeable reduction in cellulite.

VelaShape is the only FDA cleared device that effectively and safely contours, shapes and slims the body by reducing cellulite and firming problem areas in as little as 4 treatments. VelaShape enables you to comfortably and safely achieve a toned, contoured and well shaped body in as few as 4 treatment sessions; making you look and feel more youthful.

MOST PATIENTS SEE GRADUAL AND CUMULATIVE RESULTS THROUGHOUT THE TREATMENT REGIME. YOU CAN LOOK FORWARD TO:

- ◆ Gradual smoothing of the skin's surface with a noticeable reduction in cellulite
- ◆ Circumferential reduction, with noticeable reshaping of the treated area

THE VELASHAPE BODY AFTER BABY NATIONAL RESEARCH SURVEY

It's generally accepted that new moms face a unique set of physical and emotional challenges once the pregnancy and childbirth process is complete. In a recent M/A/R/C Research Survey a sampling of 500 U.S. women who had a child within the last eight years showed:

- ◆ How these women felt about their body post-pregnancy;
- ◆ How these women felt about celebrity moms' post-pregnancy bodies spotlighted all over the media;
- ◆ What parts of their body are of most concern; and
- ◆ What causes these body image concerns and lifestyle changes these women have made since having their child.

KEY SURVEY FINDINGS INCLUDE:

- ◆ 71% of new moms report that they feel less physically attractive after having their baby.
- ◆ Women reported that even if they were able to lose some or all of their pregnancy weight, 88% could not get back their pre-baby stomach.
- ◆ 48% of women add oversized sweaters and sweatshirts to their wardrobe after having a baby.
- ◆ On average, women felt that they needed to lose two dress sizes to reach their ideal shape.

Experience a proven non-surgical alternative to liposuction. The Body After Baby clinical study found that with five VelaShape treatments each spaced one week apart, patients measured an average circumferential reduction of 5.93cm (2.33 inches) on the buttock, 2.5cm (1 inch) on the thigh and 7.37cm (2.9 inches) on the abdomen area.

THE BUSY MOM'S GUIDE TO A BEAUTIFUL BODY

by Jessica Denay - Author of The Hot Mom Handbooks and co-founder of the Hot Moms Club

A single mom frustrated with the image of motherhood, the New Jersey native and former teacher created the Hot Moms Club. What first began as a fun way to boost the confidence of her friends and her, the popularity of the group made Denay realize that a lot of women and moms were feeling like she did. Giving Hot Moms Club a national platform was the logical next step. She was floored by the overwhelming response and opportunities that followed. Jessica credits its success on the timeliness and popularity of their message, "You are not the best mom unless you are the best YOU!" After resurrecting her own self-esteem and creating balance in her life, it has been her mission to help other moms balance womanhood and motherhood. Jessica has appeared on hundreds of television and radio shows as an expert, including The Today Show, CNN, Access Hollywood, The Insider, Entertainment Tonight, and Tyra Banks, to name a few. The Hot Moms Club charity events have a large celebrity fan base and have graced the pages of The New York Times, USA Today, People, US Weekly, Life and Style, Child and many more.

I know, I know, your body isn't the same after having one kid or five kids. Of course not! Your body has performed one of the most awe-inspiring human feats. And with supermodels in every magazine and on every billboard, it's tough to maintain a healthy self-image even before your body has been kicked and pulled from the inside. It's easy for new moms to become overwhelmed. All too often, as we try so hard to fit the mold of "good parent" or "perfect mom" it becomes easy to lose our self in the process. Our physical appearance is usually the first thing to go, and mom's needs seem to fall right off the to-do list. But the truth is you are not the best mom unless you are the best YOU! ●



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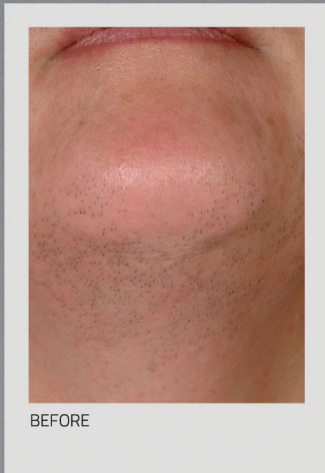
- An average of eight shades whiter in about an hour*
- Fast, long-lasting results
- Clinically proven to be safe and effective
- Advanced light-activated whitening power



You've got a lot to smile about. And with BriteSmile, you'll have even more. Because BriteSmile is a safe, professional-strength in-office teeth whitening procedure that helps you achieve an average of eight shades whiter in about an hour.* Whether your smile has been dimmed by the natural aging process, tobacco, tea or coffee, nothing offers you faster, more dazzling whitening results than BriteSmile. It's the secret behind almost a million beautiful smiles around the world. Ask your dentist how it can be yours, too!



BRITE  **SMILE**[®]



BEFORE



8 WEEKS AFTER 3RD TREATMENT



HAIR REMOVAL

WHAT WORKS

HAIR REMOVAL IS PERHAPS THE MOST TRUSTED AND OFFERED TREATMENT IN ANY COSMETIC CLINIC. DOES IT WORK? YES IT DOES, IN FACT IT IS ONE OF THE FEW THINGS THAT ACTUALLY PRODUCE RESULTS WHICH PATIENTS CAN VOUCH FOR AND APPRECIATE. HOWEVER, THERE IS STILL CONFUSION. TERMS LIKE IPL, ND:YAG, ALEXENDRITE, Q-SWITCHED, RF, FOCUSED ULTRASOUND, LASER AND CRYOLIPOLYSIS ARE SOME WHICH YOU MUST GET YOURSELF USED TO IF YOU WANT TO BE SMART IN GETTING YOUR MONEY'S WORTH.

Recently someone exclaimed, 'nothing compares the YAG. I have been wasting my money on the 20 odd IPL procedures'. To many this may sound like Greek, but YAG is the generic name of a particular hair removal wavelength commonly known as the 1064 Nd:YAG. There are various wavelengths for different procedures, and one machine cannot do them all, unless it has different hand pieces (which further have their own limitations). When the YAG laser is fired, the energy travels through the hair shaft and down to its bulb or root which is then destroyed. The 1064 nm wavelength is known to best target melanin which is black in colour. No laser in the world can treat white hair. So, while the IPL is like a flash, is much shallower, and requires more number of treatments, the YAG actually gives a superior result in 6-8 sessions which is why it is expensive. Rather than get 18-20 IPL treatments which would still not give the same result, the powerful YAG, Alexandrite 755 nm wavelength and the long pulsed diode 810 nm are the most dependent lasers for hair removal. While the YAG is more suited to dark skin and thick hair, the Alexandrite

laser treats lighter skin and fine/light hair. A combination of two lasers for dark and light hair if available at a clinic is the ultimate solution to long term hair reduction. One a scale of 1-100%, 80% numbers of Alexandrites and 20% YAG's are sold world wide. However, the YAG is more popular in this region, including Pakistan.

The next important factor is cooling so that the skin does not get any burns. Usually, contact or air cooling is the preferred method of many physicians; however some even use cold gel which is not very comfortable. Candela and Cynosure are the two biggest names in the laser industry with GentleYAG, GentleLase, Acclaim and Apogee40 being their product names respectively. Currently, Candela has 3 times the number of lasers installed than Cynosure, and is a leader in Pakistan too.

The Chinese IPL is worth mentioning here. Available for a mere \$ 5000, compared to a YAG for \$ 65,000, clinics still use it for average results. The point is if someone has not experienced a treatment by YAG, he or she cannot compare it to the Chinese IPL which

DOVAL



e-max™

still works but not as good. Many small clinics buy the Chinese IPL since it is cheap and patients do not know about it. It looks like a big machine, enough to impress anybody, but without proper safety mechanisms and energy controllers. I would urge patients to either look out for the YAG, Diode or Alexandrite laser or keep going to their doctor who uses a Chinese IPL, but pay 1/10th the price for the procedure. If the Chinese IPL were to produce same results as the lasers, the US/Europe laser companies would have been out of business by now, and every doctor in the world be running to buy it. Next, the spot size, speed and the operator's skill are very important. Every laser has a spot size; usually the maximum is a 10mm round shape. While this may work well on the face, for larger areas, doctors and patients both prefer to get a big spot size. This saves time for the operator, and leads to less discomfort for the patient. A higher speed means a shorter procedure time. Usually this is measured in Hz, with 1 Hz equaling 1 second. So in summary, the YAG and Diode would do a good job at treating thick hair while the Alexandrite would take care of the fine hair which is generally tougher to remove. ●

AN INSIGHT TO THE LATEST ON

FRACTIONAL

THERE WAS TIME WHEN THE TERM FRACTIONAL WAS UNHEARD OF IN THE FIELD OF LASERS. DOCTORS HAD RESURFACING LASERS, BUT WERE QUICK TO DUMP THEM ON THE SIDES IN PAKISTAN SIMPLY BECAUSE THEY WERE TOO AGGRESSIVE FOR OUR SKIN, CAUSING PIGMENTATION AND DOWNTIME. THESE LASERS WERE IDEAL FOR THE FAIR SKIN TYPE 1-3 BUT THE PATIENT HAD TO SIT INSIDE THE HOUSE WITH SKIN LOOKING HORRIBLE FOR 2-3 WEEKS. THEN CAME THE 'FRACTIONAL OR FRACTIONATED' LASERS.



BEFORE RE:STORE Face & Neck



3 MONTHS POST 1 TREATMENT

This means that the laser would only treat 20% of the entire area, while leaving healthy tissue untouched. This soon became a lunch time procedure with little or no down time, requiring 4-6 treatments while patients could carry on with their routine lifestyle.

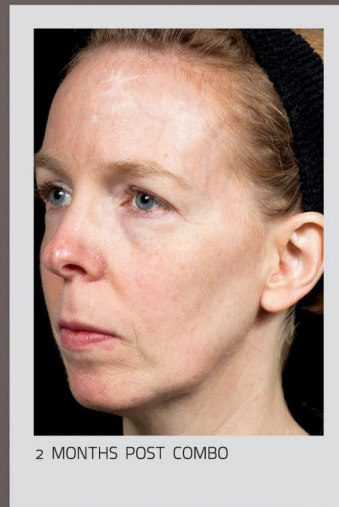
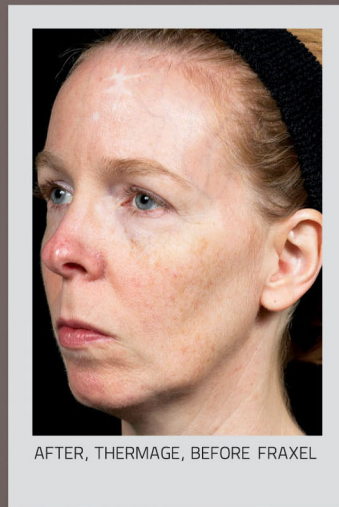
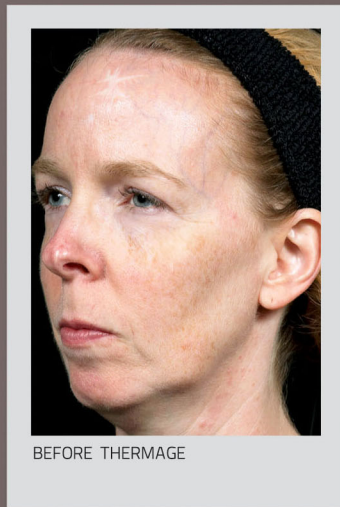
Fraxel became the Xerox of photocopiers, the Kleenex of tissue papers as soon as it was launched in the year 2004. It is still the safest and most effective non ablative fractional resurfacing device on the market, though with a high consumable tip cost which makes the procedure expensive. Fraxel is the Gold Standard for fractional lasers; however doctors in Pakistan were quick to buy the cheap Korean Co2 fractional devices at 1/5th the cost of Fraxel and claiming it their own 'Fraxel'.

The terms ablative and non ablative in simple language mean that the tissue on the skin is being vaporized in the first instance while beams are fired into the mid dermis leaving the upper layer of skin untouched in the second. The ablative resurfacing lasers are typically erbium yag 2940 nm, Co2 10,600 nm (carbondioxide) while the non ablative ones are erbium glass 1550 nm, 1440 nm, etc. The numbers represent a specific wavelength of light which targets different chromophores like water, blood or melanin in our skin to get the desired results. It is thermal injury or heat which is felt when a particular wavelength of laser is fired.



clear+brilliant

AL LASERS



While the ablative fractional lasers are ideal for fair skin, it is with extreme caution that they should be used on skin type 4-6 (darker), including Pakistani skin. The most powerful, reliable and effective Co2 fractional lasers in the world are Active Fx by Lumenis, RePair by Solta Medical, and CORE by Syneron-Candela, none of which are available in Pakistan. The available ones here are low powered, Korean, with continuous waves, tube type systems which are only as good as a microdermabrasion treatment. So, watch out for the Co2 systems, where you will smell the skin burning, but see little or no effect.

The erbium YAG 2940 fractional lasers are very shallow and are unable to create thermal bulk heating for the desired results. The best a patient can expect is polished skin with acne scars or fine wrinkles remaining indifferent even after 4-6 procedures.

The newest addition to the fractional family is eMatrix, a device which is in between ablative and non ablative. Doctors, who feel they need more than the non ablative results, are

quickly switching to the 'sublative' as it is more commonly described. Imagine a treatment that can treat fine lines and wrinkles, improve the appearance of acne scars and improve textural irregularities all in one sitting.

Now, imagine you can achieve all this in a treatment that requires little- to-no downtime and is clinically proven for ALL skin types.

Introduced in the Summer of 2009, Sublative Rejuvenation using eMatrix is breaking new grounds in the field of cosmetic medicine by offering a NEW treatment light-years ahead of current skin rejuvenation options.

More recently, laser manufacturers are turning back to needles on hand pieces, piercing

the skin and using heat to get optimal results. It is similar to what the derma roller does, except that the insulated needle depths are more than 1.5mm and a temperature of 70 degrees Celsius is associated with it. It is still the 'new child on the block' and industry specialists are waiting to see if the results are any better. ●



myths about

LASER TREATMENT

BY DR. SHUMAILA KHAN & THEIR HAZARDS

NOWADAYS LASERS AND DERMATOLOGICAL CLINICS ARE THE WONDER DEVICES CONSIDERED TO CORRECT IMPERFECTION OF THE SKIN AND TO DEAL WITH MANY DIFFICULT SKIN CONDITIONS.

THE MOST POPULAR SKIN TREATMENTS DONE BY LASERS ARE LASER HAIR REDUCTION, TREATMENT OF MELASMA, CHOLASMA AND HYPER-PIGMENTATION. WITH THE POPULARITY OF LASERS, CONCERN ABOUT THEIR SAFETY HAS ARISEN A LOT. IN THIS ARTICLE, I WILL GUIDE A LAY MAN ABOUT THE TRUTH AND PROS AND CONS OF SUCH TREATMENTS.

Lasers are light amplified stimulated emission radiation. Lasers have been used for the past two decades very safely by dermatologists on every skin type. All laser devices used for hair removal use non-ionizing radiation. Non-ionizing radiation means that energy does not break DNA bonds and does not pose long term health hazards or any risk of malignancy. On the other hand the SUN is the earth's main energy source but its rays are dangerous and may have adverse health impacts on our skin. SUN rays have ionizing radiation which can cause Cancers. Radiation induced by lasers usually produces intense heat but does not penetrate far into the skin and does not cause cell mutation. Lasers are meant to do selective photo-thermolysis that is maximal damage to the specific target, with minimal damage and absorption of thermal energy to the surrounding tissues; so no biological hazards.

Lasers can be modulated with pulse, power and treatment size to improve absorption by hair follicles.

CONFUSION BETWEEN LASER AND IPL

An IPL is an Intense Pulse Light device. IPLs are flash lamps and not Lasers. It is least effective and has the most side effects for our darker Asian skin type because it does not have the correct wavelength (1064nm) range to effectively treat this skin. IPLs are highly operator dependant, making it difficult to control burns and with mixed clinical results. They are not laser at all. Unlike lasers they are not

- ◆ Monochromatic (Different Wavelength at same time)
- ◆ Not coherent : Non identical photons not in the same phase (It means dispersion is quite possible)
- ◆ Non-collimated: Not parallel. (Transmission can change over distance)
- ◆ Not recommended for skin types IV, V and VI.
- ◆ Only lighter skin types i.e, I & II can be treated without some hazards.

Lasers use a single light wavelength concentration while IPL use a full spectrum of light wavelengths which leads to less

precision and less control. This could mean an increased risk of burns. Not effective on all hair and skin types and is therefore not as versatile as the laser especially the NdYag Laser. With IPL there is a greater chance of damage to the pigment producing cells (Melanocytes) which can leave you with patches of darker and lighter skins. Moreover IPL is able to deliver 100 more wavelengths than laser, which is quite operator dependant and can be hazardous in any case.

LASERS ADVANTAGES AND BENEFITS

- ◆ Monochromatic emission
- ◆ Accurately target localization of energy
- ◆ With all specifications the desired effect is more accurate and without side effects.
- ◆ Less scarring
- ◆ Reduced risk of infection
- ◆ Precisely controlled surgery which limits injury to surrounding skin.

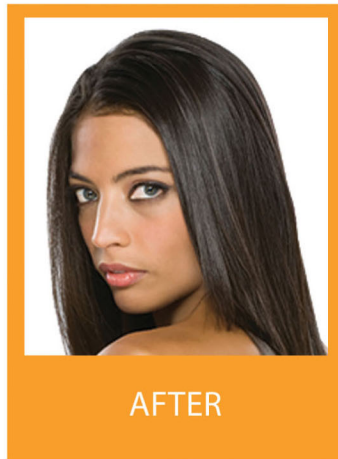
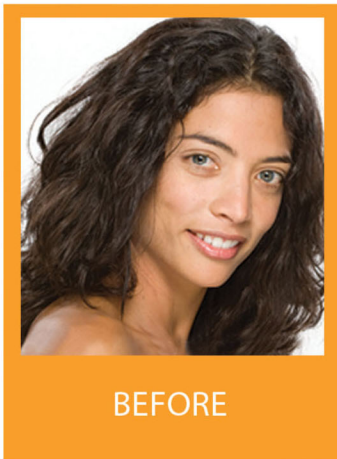
Now for easy understanding I am listing the difference between the top line NdYag 1064 and IPL machine;

	Ndyag 1064nm	IPL
Application	Hair removal, photo rejuvenation, skin tightening, active acne treatment, telangectasias (Spider vein), Rosacea, Sun and age spots, pseudofolliculitis barbae.	Hair removal for skin type I & II, photo rejuvenation, Sun and age spots for type I & II.
Efficacy	High power to dermis i.e. more energy to hair follicle, vessels, and collagen.	High power absorption in Epi dermis i.e. less energy to deep dermal structures.
Comfort	Less pain full due to shorter pulse duration.	Very pain full due to tendency to super heat Epi dermal melanin. It means increased risks of PIH.
Risk & Side Effects	Safe and effective for all skin type	Higher risk of burning skin. Not recommended for use on skin type IV, V & VI that most of Asian do have. Not recommended on tanned skin.

HOW TAMED ARE YOU?

When you want smooth hair that's well conditioned and easy to style, think Global Keratin

Fed up of struggling with your hair every day? Desperate to have hair that looks and feels healthy? Then take a look at the safe, professional in-salon process from Global Keratin. Designed to tame your hair no matter what its texture, you can choose from a range of smoothing options and make that transition from wild to wonderful in one salon visit.



WHY CHOOSE GLOBAL KERATIN?

This internationally respected brand has created a taming treatment that concentrates on taming rather than straightening. Global Keratin range of taming options mean you can choose to keep your waves but smooth away the frizz, or opt to keep the volume in your style while leaving your hair looking glossy and healthy. The choice really is yours.

HOW DOES IT TAME?

Global Keratin products are the only ones that contain Juvexin™ keratin (a natural product found in sheep wool). This special protein is bonded to the hair to give it a stronger, more youthful appearance. Through this protein the hair is protected from future damage and environmental effects by a 'shield' that covers each strand.

HOW LONG DOES IT LAST?

Depending on your hair type, you can enjoy the taming effects of Global Keratin for up to five months.

HOW DO I LOOK AFTER IT?

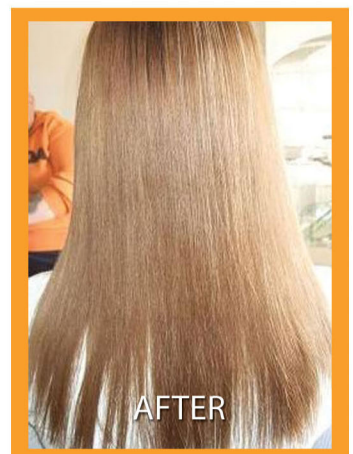
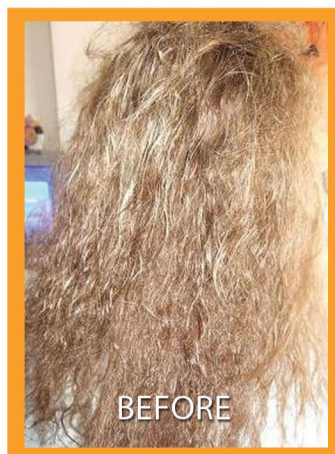
Global Keratin have a great range of specially created professional haircare and styling products, specifically designed to enhance hair that's been treated by the Global Keratin Taming System.

WHAT DO I DO NOW?

Ask your stylist for a Global Keratin Taming System service and enjoy the freedom of beautifully tamed hair!



For more information visit globalkeratin.com or find us on [facebook.com/GKhair](https://www.facebook.com/GKhair).
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SKIN TIGHTENING WILL IT WORK ON YOU?

WHAT IS SKIN TIGHTENING, AND DO YOU NEED IT? IT IS TRUE THAT AS WE AGE, THINGS START TO GO SOUTH, AND WE WATCH OURSELVES IN THE MIRROR EVERY MORNING, STRETCHING THAT JOWL AREA TO SEE THE 'LIFT'. UP UNTIL RECENTLY, SURGERY WAS THE ONLY OPTION, BUT IT HAD ITS SHORT COMINGS AND RISKS ASSOCIATED WITH IT. MOST OF THE TIME, PATIENTS TRY TO AVOID SURGERY, WITH A VERY FEW BRAVE ONES GOING IN THAT DIRECTION. OVER THE LAST 5 YEARS, COSMETIC SURGERY HAS NOT BEEN ABLE TO PULL THE SAME NUMBERS AS IT USED TO. REASON: MORE NON SURGICAL DEVICES ARE AVAILABLE TO THE COMMON PERSON RIGHT HERE IN PAKISTAN.

There were once threads which were inserted in the jowl, neck and brow area to lift the skin. Though it seemed a brilliant idea 5 years back, the concept seems to have lost its 'charm' now. There were various reasons for this fall; poor training, poor quality of threads because many doctors used to save money, and above all patients expectations. Though there are excellent plastic surgeons available here, most of them lack the skill to manage patient expectations and the desire to use the best products available.

For example, poor quality of compression garments after a liposuction will not give the same final results and using low priced blades in a hair transplant surgery does make a difference. If the surgeons here in Pakistan think that people are not aware of these things, they are sadly mistaken. The more affluent individuals go to Dubai, Singapore, UK for cosmetic surgery, while others fall prey to low priced procedures advertised on leading news papers and magazines which are generally performed by unqualified doctors. The result; cosmetic surgery gets a bad name and patients turn to non surgical options which do not give the same results as surgery.

We saw Radio frequency change the paradigm in skin tightening over the last decade with numerous devices, each proving to be the best device on the market. Primarily, there are two types of Radio frequency or RF;

monopolar and bi-polar, while terms like tri-polar, quadra-polar are just marketing terminologies to differentiate one from the other.

Monopolar means the energy travels between the point of contact and the return pad usually applied on the back of the patient. It goes deeper and leads to better results. The bi-polar or tri-polar RF is safer but much shallower than monopolar ones. The result on monopolar takes its time of upto 6 months; while bi-polar radiofrequency shows excellent initial results but is unable to show prolonged effects. Thermage and Pelleve are two examples of monopolar radiofrequency devices, while Tripolar is a bi-polar device. Since the skin temperature rises, it is important to see what cooling method is used so that the skin is protected. Cryogen spray, cool gels, cold air devices are all important considerations while going for a RF treatment. It is important to note that RF will work on lax or loose skin, while if there is fat present, results will not be ideal. Popular areas which doctors treat with RF are the face, tummy, eyes, arms, thighs, and buttocks.

While undergoing a skin treatment, it is extremely important to get accurate photo's taken by the clinic staff. Many patients do not allow being photographed which leads to an important point. If you see yourself in the mirror every day, it is tough to notice results by a non surgical device no matter what brand of machine. However, if somebody

sees you after 6 months, he or she would be able to notice the difference. Though collagen and elastin continue to build from the time the RF causes the controlled thermal injury in the tissue, it is really after a while that one tends to see results. Without a good photo, it is always hard to tell and this leads to patients complains.

Then there are the Chinese RF devices, which are as good as a hot rod, without reaching the end point of causing controlled thermal injury with a temperature of 52-60 degrees Celsius. These devices are useless and may burn the skin.

The Ultherapy System, with its patented DeepSEE technology, combines ultrasound imaging with ultrasound therapy in a single "see and treat" device. This ingenious combination of ultrasound capabilities allows the user to achieve a noninvasive, thermal coagulative effect in soft tissue with precision and consistency at an unprecedented depth - all with extraordinary safety.

The latest in skin tightening is the ePrime, which is a unique way of bulk heating tissue in the dermis to 70 degrees Celsius. It is still early to form an opinion regarding whether this is the next generation of skin tightening. ●



NING,



PRE - TREATMENT



POST - TREATMENT 180 DAYS



DR.

HU



JSSAIN

NEW FACE IN MEDICAL AESTHETICS!

Dr. Nadia Hussain

by g h a z a n f a r r a u f

Well, I will tell you that I have used different types of lasers but not before reading about it and doing my own research. It is doctors, who do not have a certain laser, who say that it is bad for the skin. Let me tell you this; Lasers work and they work faster than any creams or beauty machines.

PHOTOGRAPHY BY
SHAHBAZ

I WONDERED LOOKING AT THOSE BILLBOARDS HOW NADIA HUSSAIN COULD HANDLE ALL THIS. I WAS STILL SCRATCHING MY HEAD, WHEN I LEARNT ABOUT 'RADIANCE', NADIA HUSSAIN'S NEWEST VENTURE IN THE FIELD OF MEDICAL COSMETOLOGY AND ANTI AGE MEDICINE. IT WAS LIKE STOCK MARKET NEWS, WHICH SPREAD TO ALL CORNERS OF THE CITY, ESPECIALLY TO PRACTICING DERMATOLOGISTS WHO MADE A FACE WHICH SAID 'NOW WHAT?'

I WAS INTRIGUED BUT ALSO INSPIRED BY WHAT NADIA HUSSAIN WAS DOING NOW AND DECIDED TO FIND OUT WHAT THE MOST ENTERPRISING GIRL IN TOWN IS ALL ABOUT.

Nadia Hussain does her home work well. She is warm, confident and surely looked packed with a business degree. On the contrary, a dentist turned model, turned actor, turned business woman is what she has achieved in a short span. For every successful woman, there ought to be a man behind her. Yes, it is Atif, Nadia's husband who does the number crunching like a pro. With a background in finance, he can work out the numbers well. So, how did the idea 'Radiance' came into her mind and what is it all about?

'Well, Radiance is a word I reckon as meaning radiant, glowing skin and a happy life. When we are stressed, over worked or not taking care of our skin, it shows instantly on us. Beauty is a multi billion dollar industry world wide, but most of it is marketing, and nice packaging. There are so many factors involved while choosing the right products or procedures for yourself and I have learnt them over the many years I have been in this industry. While makeup and the beautiful photography hide all the flaws, I want my skin to be healthy and glowing with nothing on it. There is so much said about the negativity on lasers. Well, I will tell you that I have used different types of lasers but not before reading about it and doing my own research. It is doctors, who do not have a certain laser, who say that it is bad for the skin. Let me tell you this; Lasers work and they work faster than any creams or beauty machines. There are different levels of machines and products available in Pakistan. From my research, the medical category have the highest results followed by what is available in the salons, and finally in the super market.

I AM IMPRESSED SO FAR. WHAT IS THE REASON OF YOUR ENTERING THIS FIELD NOW?

'I have been going to different places for my skin treatments. I do not hide it; rather flaunt it that I take pains to research about what is best available at different clinics in the city. It is this experience that I want to share with my friends, fans and future customers. Whatever I offer at Radiance, I would have used it on myself first. Medical cosmetology is a growing field and people are getting more awareness day by day. Fillers and Botox are seen being injected on prime time TV. There are

reality shows in the making which show actual transformations. This is the beginning of a new era in medical beauty as I like to call it.

SO, WHERE AND WHEN WILL WE SEE RADIANCE?

It's coming up hopefully by Novmber. I am working on the final plans including marketing and a launch date.

ERR, CAN I ASK YOU IF YOU ARE TRAINED TO DO ALL THIS STUFF?

It is good that you ask me and many people will have the same question in their minds. I have been going to certificate courses in anti age medicine by American Academy of Cosmetic Medicine. I have already done module 1 which certifies me to do procedures like fillers, botox, chemical peels, hair removal, pigmentation, skin tightening, fractional lasers, cellulite treatments, and more. I plan to take on these treatments seriously and after rigorous training. After all, it is my reputation on the line as well.

WHAT IS YOUR TAKE ON THE CURRENT STATE OF AFFAIRS IN MEDICAL COSMETIC TREATMENTS?

Well, I can only say this without naming names, that there is a lot of low quality equipment in use at clinics. Even I did not know about it till recently. Such equipment will not give the same results as a quality FDA approved laser would do. You will end up spending more money on the increased number of treatments, and not getting the same results which you will get from a quality apparatus with half the sessions. I would recommend everyone to do their own research. The internet is so helpful and everything, from manufacturers' details to customer ratings of a particular procedure, is available.

WHAT IS YOUR TAKE ON COSMETIC SURGERY IN PAKISTAN?

This field is picking up in a HUGE way in our country where many people are getting facial and body treatments done, some being open about them while mostly are not.

WOULD YOU GO FOR A FILLER & BOTOX TREATMENT?

Yes surely I'd go for any of these treatments since if the technology is there then why not avail it?

DO YOU THINK TEETH WHITENING IS

EFFECTIVE AND WOULD YOU GO FOR IT?

Yes again I'd surely go for it since I myself am a dentist and know how these things work.

WHAT ADVICE DO YOU WANT TO GIVE PEOPLE WHO WANT TO FIND A GOOD DOCTOR FOR COSMETIC PROCEDURE?

Go prepared with all the q's and a's.

WOULD YOU ADMIT TO HAVING ANY OF THE COSMETIC TREATMENTS DONE?

Yes definitely I would- already I've admitted I've had thermage done on my stomach which is NOT a surgery (for those people who don't know). If and when I feel I need any surgical procedure then yes I'll consider it too.

DO YOU KNOW THAT GETTING DENTAL IMPLANTS IS THE NEWEST WAY TO PRESERVE BONE AND FACIAL FEATURES FROM CHANGING, WHICH ALSO GIVES YOU THE CHEWING FUNCTION BACK?

Yes I know about implants, being a dentist myself.

ARE YOU AWARE OF ANY NON SURGICAL FACIAL REJUVENATION TREATMENT WHICH WORKS? WHICH ONE?

There are lots of lasers and chemical peels which do a WONDERFUL job.

WOULD YOU GO TO SOMEONE WITH A LONG HISTORY OR SOMEONE WHO HAS JUST FINISHED HIS DEGREE AND IS MORE UP TO DATE ON KNOWLEDGE AND LATEST TRENDS?

I'd go to someone who knows the latest trends.

WHAT ARE SOME REASONS WHY YOU WOULD SWITCH YOUR DOCTOR OR BEAUTY THERAPIST?

Apart from the reasons above and if I feel I need/don't need something and instead the doctor forces his/her opinion on me. In aesthetics the patient needs to be comfortable.

WHO DO YOU GO TO OR RECOMMEND IN YOUR CITY;

- Dermatologist: Dr Afzal Lodhi
- Cosmetic Surgeon: Dr Mabroor Bhatti
- Dentist: Dr Saqib
- Beautician: Saba Ansari
- Spa: Beyond Bliss

I have been going to different places for my skin treatments. I do not hide it; rather flaunt it that I take pains to research about what is best available at different clinics in the city. It is this experience that I want to share with my friends, fans and future customers.





Dr. Khalil Khatri

DERMATOLOGIST & LASER SPECIALIST

KHALIL A. KHATRI, M.D. IS A DERMATOLOGIST AND COSMETIC LASER SURGEON. HIS APPROACH IS VERY INDIVIDUAL AND PERSONALIZED AND HIS PATIENTS ADMIRE HIM FOR HIS MILD MANNERS AND FRIENDLY NATURE. WHETHER IT'S EDUCATING A PATIENT SEEKING COSMETIC SURGERY, OR A LAST MINUTE REFERRAL, HE AND HIS STAFF PROVIDE THE HIGHEST LEVEL OF PROFESSIONAL INTEGRITY AND SERVICE. DR. KHATRI HAS BEEN WORKING WITH LASERS FOR ABOUT FIFTEEN YEARS. INTERNATIONALLY KNOWN FOR HIS PIONEERING WORK WITH THE ERBIUM:YAG LASER FOR RESURFACING, HE HAS DIRECTED LASER-TRAINING COURSES FOR PHYSICIANS THROUGHOUT THE WORLD.

Dr. Khatri is a frequent invited speaker at scientific conferences where he shares his research and clinical experience with his colleagues. He has continued his research in developing new lasers and treatments to improve the cosmetic appearance of photo-damaged skin. He is working on developing new technology to treat and remove cellulite and fat. He helped to develop the new generation of lasers to treat wrinkles, acne scars and Melasma by using the "Fractional" technology. Dr. Khatri also regularly publishes laser research articles in peer reviewed medical journals.

Dr. Khatri is a fellow of the American Society for Laser Medicine and Surgery and the Royal Society of Medicine, England. He is a member of the American Academy of Dermatology, American Society for Dermatologic Surgery, American Academy of Cosmetic Surgery, American Society of Cosmetic Dermatology & Aesthetic Surgery, World Association of Laser Therapy, European Society for Laser Dermatology and Optical Society of America.

Dr. Khatri has served on Standards of Training and Constitution & Bylaws Committees of American Society for Laser Medicine & Surgery and Professional. Dr. Khatri runs three clinics in Boston which are staffed by health professionals who foster and maintain professional patient relationships.

SPEAKING OF HIS ACHIEVEMENTS, DR. KHALIL KHATRI HAS THE FOLLOWING TO HIS CREDIT:

- ◆ Post-doctoral Research Fellowship in Immunogenetics at Harvard Medical School.
- ◆ Internal Medicine Residency at Carney Hospital/Boston University in 1992.
- ◆ Dermatology residency in 1995 at University of California.
- ◆ Clinical and Research Fellowship in cosmetic skin laser surgery at Massachusetts General Hospital/Harvard Medical School.
- ◆ Former Clinical Associate at the Massachusetts General Hospital/Harvard Medical School. ●

Dr. Khalil Khatri travels to Pakistan twice a year, and can be reached at the following;

SKIN & LASER SURGERY CENTER OF NEW ENGLAND

6 Courthouse Lane, Suite 7, Boston, MA 01824

Ph: (978) 453-5559 | Fax: (978) 453-4459 | skinlaser@aol.com

BRIDAL REJ

WEDDING SEASON FILLS THE AIR SENDING ALL THE BLUSHING BRIDES, THE MOM-IN-LAWS, THE BRIDEGROOMS, RELATIVES AND ALL NEAR AND DEAR TO SEEK BEAUTY TREATMENTS TO HELP MAKE THEIR DAY EVEN MORE SPECIAL. WHETHER IT'S A WEDDING OR AN IMPORTANT EVENT, YOU SIMPLY WANT TO LOOK YOUR BEST AND THEREFORE YOU WILL WANT SOMETHING THAT WILL MAKE HEADS TURN. ALONG WITH BEAUTY PACKAGES, AESTHETICIANS ARE ALSO PREPARING THEIR ARMAMENTARIUM TO HELP REJUVENATE THEIR BRIDE. THE COSMETIC CLINICS IN THE COUNTRY ARE SPROUTING UP LIKE CROPS EVERYWHERE AND IT COULD BE A TOUGH CHOICE FOR THE NAVE PUBLIC.

DR SHUBA DHARMANA

M.B.B.S, D.F.F.P, D.P.D (U.K)

Consultant Cosmetic Dermatologist

Laser Specialist, Hair Transplant Surgeon



Dr Shuba Dharmana completed her M.B.B.S training in Andhra Pradesh, India and then trained as a general practitioner in the United Kingdom. She trained and worked for 10 years in the UK before returning to India to Hyderabad in July this year where she currently works in various cosmetic clinics and Hospitals as a consultant Cosmetic Dermatologist. Her passion has always been in skin so after having practiced for over 4 years in the United Kingdom in various private clinics across the country as a slimming and cosmetic Doctor, she undertook a post graduate Diploma in Clinical Dermatology at Cardiff university to further supplement her career. She did several Laser courses in the United Kingdom and completed a detailed Hair Transplantation Programme in Poland under Dr Marwan Saifi. She hopes to set up her own Skin and hair clinic soon in Hyderabad, India.

Most rejuvenation treatment programmes last a few weeks so I would suggest you see your favourite dermatologist at the earliest at least 3 months before the date. Discuss in detail your expectations and what you would like to achieve with your specialist. So what rejuvenation treatments are out there in the cosmetic clinics that these hopeful brides can look up to?

CHEMICAL PEELS

Chemical peels involve the use of chemical solution which causes controlled peeling of the outer sun-damaged, pigmented layers of the skin. They are helpful for skin that needs colour improvement, to treat excess patches of pigmentation, for acne, for fine lines and for rejuvenation.

Mild peels use mostly alpha hydroxyl acids which are derived from fruits and some beta hydroxyl acids. These are usually spaced 2 weeks apart and require 6 sittings so this programme should start 3 months before the event. Your last peel should not be at an increased concentration; you should have been exposed to it before and it should be done at least 1-2 weeks before the event so there is adequate time to treat any inadvertent skin reactions. Lactobionic acid peel can be done a few days before the event. It causes minimal flaking or dryness. It is full of antioxidants and gives the skin the added benefits of moisturisation and radiance.

Moderate peels cause more flaking

and peeling of skin and the programme often needs 3-4 sittings spaced 2 weeks apart. This should be planned with your doctor so that the last peel takes place at least 3 weeks before the event.

DERMAROLLER THERAPY

This is a procedure that uses a roller with tiny needles that cause micro-punctures in the skin when rolled on the surface. The skin is numbed with a cream prior to the procedure. This therapy is very natural and can be done with a solution enhancing penetration of certain ingredients or without. The solution used therefore depends on the result you want to achieve. The micro-punctures cause not only induced collagen formation under the skin but also increase the absorption of the active ingredients in the solution. Therefore your doctor might recommend a whitening solution if you want colour improvement or pigmentation correction or an anti-acne solution if you want your acne treated. Other solutions that can be used have growth factors for rejuvenation or hyaluronic acid for increasing skin hydration.

The procedure has very few side effects so can be done a few days before the event. For 1-2 days after the procedure the skin can look red and tanned.

BOTOX INJECTIONS

This could be considered for the bride that is in her late twenties or in her thirties and above for fine expression lines and wrinkles she may have. It works by relaxing the muscles of

JUVENATION

expression temporarily so that the skin overlying the muscles looks smooth, youthful and rejuvenated. Some common indication for using these injections are: Frown lines between the eyebrows, Crows-feet by the outer corners of eyes, horizontal forehead lines, bunny lines (lines that form around the nose), drooping corners of the mouth, sagging jaw line, dimpling of the chin and vertical neck bands. Botox injections are very safe when done by a qualified and expert Dermatologist trained in these injections and will last 3-4 months. Please consult your doctor regarding any potential side effects. I suggest that you try it a few times before your event. In case you want to do this before your wedding, you must do this at least 4 weeks before as it takes 2 weeks to see the full effect and there is time for any corrections.

DERMAL FILLERS

These are Hyaluronic acid or collagen injections that are given into the folds to build volume. They are commonly injected for the nose to mouth lines, Marionette lines (these run from angle of mouth downwards to the chin), for strengthening the jaw-line, to enhance lost volume in the cheeks and chin and to plump volume in the lips. The injections last 9-12 months and must be done at least 1 month prior to the date to allow space for any swelling to subside and for any corrections.

MESOTHERAPY

A lot of cosmetic clinics provide Mesoglow as a treatment procedure. This procedure involves tiny injections of Hyaluronic acid (collagen) and vitamins into the skin. 3-4 sessions will be required and they are often spaced 1-2 weeks apart. There are little side effects from this so the last session can take place up to 2 days before the event.

LASER PHOTO FACIALS

Laser programmes deal with rejuvenation or problematic skin that has excessive pigmentation, lines or pitting from previous acne scars. The scars are generally treated with a CO2 laser and require a few sittings depending on the severity. They are 4 weekly treatments so this needs to be discussed well in advance.

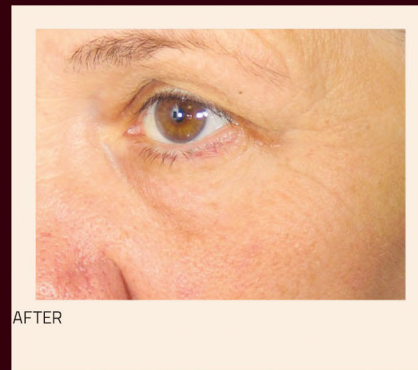
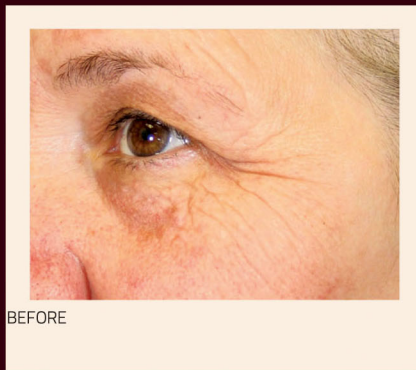
Laser photo-facials for rejuvenation are becoming more and more popular. They not only help pigmentation and fine lines but also give the skin a luminous glow. This procedure should be considered 1-2 weeks before the event as a minimum as the skin can look sunburnt for a few days and tanned for a up to a week afterwards.

So, there is wide variety of procedures that the brides can look forward to, to remove or minimize any skin imperfections and to bring it a glow that should only rightfully be that of the blushing bride.

P.s: Please do remember that these treatment procedures are medical and not beauty treatments. Therefore although safe and highly effective, each procedure's risks and benefits should be weighed along with your doctor. They work well in expert, safe hands so make sure you visit a well recommended skin specialist. Try a few treatments from them personally before you proceed for the final bridal package.

Happy Aesthetic shopping to all the Pakistani brides... ●





7

BY ALIYA FAROOQ

reasons to embrace aging

AS WE AGE, OUR PERCEPTION OF BEAUTY OFTEN CHANGES. IT'S EASY TO BECOME FIXATED ON IMPERFECTIONS LIKE LOOSE SKIN, LINES AND WRINKLES. BUT DON'T LET THE NEGATIVE ASPECTS OF GROWING OLDER CLOUD THE BENEFITS - AND BEAUTY - THAT'S EARNED WITH EXTRA YEARS. HERE ARE SEVEN REASONS TO EMBRACE AGING.

LESS OIL

The oil-producing glands beneath the surface of skin become less active as you age. In women, this typically happens after menopause. This is especially good news for those who struggle with oily skin. But keep in mind that dry skin demands special attention. Keep skin moist all day long with vitamin E Body Lotions, which boast a blend of aloe vera and 21 vital minerals to hydrate and heal the skin.

LESS ACNE

Another reason to embrace aging skin? After the age of 30, you're less likely to deal with acne, which is most common in adolescents and young adults. However, occasional blemishes are still common. And, fortunately, there are plenty of products that are specially formulated to treat adult acne.

LESS SWEAT

As you age, sweat glands become less active which translates into fewer problems with odor and wetness. While this is a welcome change for most, keep in mind that less active sweat glands might make it harder to keep cool. Drink plenty of water when working out or spending extended periods of time exposed to the heat.

Even though you might sweat less, you'll probably still need to use an antiperspirant from time to time. Antiperspirant / Deodorant eliminates wetness with a clean, soapy scent. Infused with vitamin E.

LESS BODY HAIR

As you age, you can expect to see an overall reduction in body and facial hair. However, you may notice that the hairs you do have become slightly coarser. Those strays are easily targeted with electrolysis.

INCREASED SATISFACTION

Whether you're worried that your reflection is getting older - both physically and mentally - or that your special trip to the spa might get stale. Sure, young skin may be firmer with fewer wrinkles, but youth is often accompanied by insecurity - especially when it comes to self-image and confidence. With aging, many find that they naturally become more self-confident. Encourage this confidence by practicing behaviors that promote self-acceptance. Every day, look in the mirror and identify your positive features - both inside and out. Sometimes we need a reminder about what makes us unique, special and beautiful. These qualities create a glowing character that shines from within, boosting beauty and happiness -

INCREASED SATISFACTION

Whether you're worried that your reflection is getting older - both physically and mentally - or that your special trip to the spa might get stale, Science News Daily reports some encouraging research that links age with satisfaction. A study done at the University of South Wales reveals that if a young person and an old person have the same experience, the older adult is likely to find it more uplifting. Typically, older adults more easily appreciate the good things in life and are less upset when things go wrong.

MORE CONFIDENCE

Being young isn't without drawbacks. Sure, young skin may be firmer with fewer wrinkles, but youth is often accompanied by insecurity - especially when it comes to self-image and confidence. With aging, many find that they naturally become more self-confident. Encourage this confidence by practicing behaviors that promote self-acceptance. Every day, look in the mirror and identify your positive features - both inside and out. Sometimes we need a reminder about what makes

us unique, special and beautiful. These qualities create a glowing character that shines from within, boosting beauty and happiness - in spite of a wrinkle or two.

Adding another year to your age might mean another wrinkle here or age spot there. As much as you up the ante on your anti-aging arsenal, you can only do so much when it comes to turning back the hands of time. Unless you're able to look in the mirror and love the skin you're in, you'll just become increasingly dissatisfied with your appearance. Focus on self-confidence and a healthy lifestyle - from skin care and sleep to nutrition and exercise - and you'll glow at any age! ●

for further queries you can contact
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or visit
www.aliyafarooq.com
www.facebook.com/aliya_farooq



NEW GAD



THERMAGE

MEDLITE



VELASHAPE II



GENTLEYAG



REVLITE LASER



DISCUS DENTAL

GETS IN TOWN

THE AESTHETIC INDUSTRY IS BOOMING IN PAKISTAN DESPITE THE POLITICAL CONDITIONS. NEW CLINICS ARE OPENING UP AND EXISTING ONES ARE EXPANDING. THE GENERAL AWARENESS IS ON THE RISE, AND PATIENTS NOW ASK QUESTIONS REGARDING THE TYPE OF PRODUCT OR MACHINE WHICH WILL BE USED ON THEM. DURING THE LAST QUARTER, THE BELOW MENTIONED DOCTORS UPDATED THEIR ARSENAL WITH CUTTING EDGE LATEST LASER TECHNOLOGIES.

DR. AFZAL LODHI / DR. SHAMSUDDIN KHAN
DERMATOLOGIST, KARACHI / DERMATOLOGIST, QUETTA
The world's leading hair removal laser from the Candela family just got more faster. The GentleLase Pro is the best machine produced by the Syneron-Candela group so far which boasts of the biggest spot size of 18mm, almost twice the size of a conventional Nd:YAG. With proprietary DCD cooling, it is sure to make the patient's procedures pain free without the discomfort of a cooling tip, or the presence of cold hair blown over the treatment area, which is usually the face. The GentleLase pro is upgradable to including the YAG, and even a 3rd wavelength in the future thus making this the most versatile machine for hair removal on the aesthetic market. This machine makes its way to two leading practices in the city of Karachi and Quetta.

DR. TASNEEM NAKHODA
DERMATOLOGIST, KARACHI
The biggest laser clinic in town just improved on its existing Thermage. Now, the upgraded CPT Thermage with special cooling and 16cm body tips are sure to make you go for a repeat procedure if you have already had one last year. The new tips used for procedures are quicker, more effective and pleasant on your skin. Thermage CPT is an integral part of the Skin Clinic and patients keep coming for more. It is the first non-surgical device which even treats over the eye lid area for people who do not want to get blephroplasty.

DR. HAROON NABI
DERMATOLOGIST, LAHORE
The VelaShapell was installed as a solution to cellulite and to help patients with circumferential reduction procedures. The VelaShapell is faster, and better than the earlier VelaShape I which has an installed base of 10,000 machines world wide. Infact, VelaShape has been in focus for many years in different magazines, TV shows, PR events, and has celebrity endorsements too.

DR. HUMAYUN MOHMAND
PLASTIC SURGEON, ISLAMABAD
More famous for hair transplants, Dr. Humayun Mohmand is moving into a new facility which will be a state of the art surgery suite with an armamentarium of the latest lasers. Apart from all cosmetic surgery procedures, the clinic will have a wide variety of lasers which are industry leaders in

their field including the recent MedLite C6. This laser is great to remove pigmentation, tattoo's, and works well on fine hair.

DR. SHUMAILA KHAN
DERMATOLOGIST, ISLAMABAD
The most powerful of all q-switched Nd:YAG lasers, the RevLite is now available at the clinic run by Dr. Shumaila Khan. With an existing highly effective Acclaim hair removal laser, the RevLite is a great addition to the procedures being offered at this clinic. Already creating waves in Islamabad, Dr. Shumaila buys quality machines since the results on her patients are very important to her.

DR. HUMAIRA GILANI AND DR. IZHAR BABAR
DERMATOLOGISTS, PESHAWAR
The Gentle YAG Nd:YAG was installed at North West General Hospital in Peshawar. This is the first laser at the hospital and both Dr. Humaira Gilani and Dr. Izhar Babar have experience of using Candela machines in their practice in the UK. The dual team is set to offer other laser services soon at the hospital.

DR. OSMAN BASHIR
PLASTIC SURGEON, LAHORE
Hylacon is the newest clinic to open on M.M. Alam road in the heart of Lahore. The clinic is owned and run by Dr. Osman Bashir who believes in getting cutting edge technology. Apart from the Gentle YAG installed, Dr. Bashir also has Ulthera, Hydrafacial, and will soon have the new Vaser 2.0 for use in high definition liposelection.

DR. FARID SURTI
DENTAL SURGEON, KARACHI
The first SL soft tissue laser by Discus Dental was installed at Dr. Farid Surti's clinic in Karachi. Dr. Surti, DDS from USA has a lot of experience in using soft tissue lasers for creating a trough for crown impressions, gingivectomy and gingivoplasty, frenectomy, biopsy procedures, exposing gum line decay, implant flaps and exposure, etc. Some advantages over the use of blade include hemorrhage control, less bleeding, improvement in restoration quality, and reduced chair side time. Discus Dental also features the NV cordless micro laser. For more information, visit: www.discusdental.com ●

HOTSTUFF

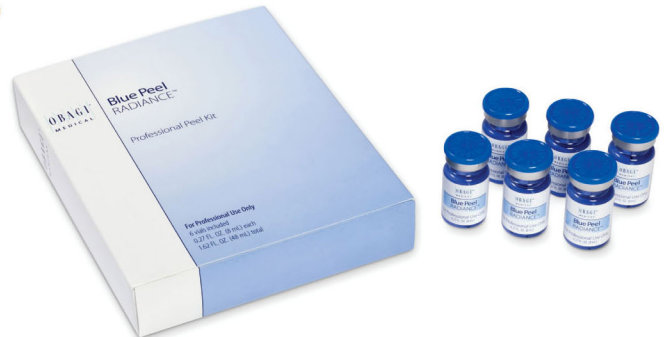
OBAGI - BLUE PEEL RADIANCE[™]

Enhance the Look and Feel of Your Skin Within Minutes
Obagi Blue Peel RADIANCE is a quick-and-easy, in-office application that can be completed in a matter of minutes.

- Instant, radiant results for most skin types.
- Improves a range of skin concerns, including photodamage, and results in an overall improvement in texture and tone 1, 2.
- May be beneficial if you have darker skin with pigmentary changes^{1,2}.
- Superficial exfoliation, with little to no downtime.
- Provides instant radiance-tighter, smoother, brighter-looking skin after just 1 use.
- A series of 4 to 6 peels provides best overall results.

The Quick and Easy Way to More Radiant Skin

Blue Peel RADIANCE is not intended for at-home use. Your aesthetic physician and aesthetician will need to supervise



and apply Blue Peel RADIANCE for you in an appropriate office setting.

The Importance of Postpeel Care

After a treatment with Blue Peel RADIANCE, you will need to care for your skin to maximize and maintain results. The single most important thing to remember after any chemical peel is to wear nonchemical sun protection (SPF 30 or higher) at all times. Obagi recommends Rosaclear[®] Skin Balancing Sun Protection SPF 30 or Nu-Derm[®] Physical UV Block SPF 32. Be sure to ask your aesthetic physician about these products.

OBAGI - ELASTILASH

Achieve the Appearance of Thicker, Fuller Lashes

The Obagi ELASTILash Eyelash Solution is a safe, nonprescription treatment that helps achieve the appearance of thicker, fuller lashes.

Product Details

- Dermatologist and ophthalmologist tested¹
- Nonallergenic¹
- No evidence of eyelid darkening or change in iris pigmentation¹
- No prescription needed - just purchase ELASTILash directly from your skin care specialist

All Eyes on Your Lashes

The Obagi ELASTILash Eyelash Solution is the solution for thicker, fuller, and more fabulous lashes. In fact, 7 out of 10 patients reported the appearance of thicker, fuller lashes in as little as 6 weeks.¹

Fabulous Lashes Have Never Been This Easy

For best results, apply 1 generous brushstroke along the entire upper eyelash line every night

- No need to change the wand with every application



RESTYLANE - SKIN CARE

An unique range of Restylane Skincare products – the result of extensive research, providing you with beautiful skin. The secret to beautiful skin is balanced hydration and a healthy and protective skin barrier. Restylane Skincare combines these two qualities in an innovative skincare range. Whereas Restylane dermal filler treatments create volume, definition and hydration from within, Restylane Skincare protects, hydrates and nourishes the outer and upper layers of your skin to provide a healthy, glowing, radiance. The Restylane Skincare products have been produced to improve skin health and function using a combination of proven technologies and scientifically proven active ingredients. Restylane Skincare is highly biocompatible with the natural structure of the skin.

The range comprises six different skincare products:

- Day Cream
- Night Cream
- Night Serum
- Recover Cream
- Hand Cream
- Facial Cleanser



All the products, with the exception of the cleanser, contain a unique form of stabilized hyaluronic acid produced by patented, and proven, NASHA technology, which has been embedded in a very special lipid network. This unique combination provides your skin with superb protection and added hydration leaving it looking radiant and feeling silky smooth.

ELURE

Elure Advanced Skin Lightening Technology is a new topical cosmetic product available only from Dermatologists, Plastic Surgeons and other medical aesthetic providers. The appearance improvement provided by elure is based on a patented natural enzyme, known as Melanozymê, which acts to temporarily reduce the dark-colored pigment in your skin. In several clinical studies, elure produced a brighter and more even toned skin appearance for most subjects in just 28 days. Formulated to suit all ages, elure's gentle yet rich formula does not contain hydroquinone or any other previously used active ingredients.

elure includes a complete range of luxurious skin products formulated to quickly and safely lighten your skin:

Foaming Facial Wash

elure's Advanced Skin Lightening Technology works best when used in combination with elure's Advanced Facial Wash. It lathers into a rich and creamy foam that removes dirt and dead skin debris, temporarily transforming dull looking skin into a soft, smooth and radiant skin appearance.



Advanced Skin Lightening Lotion

A rebalancing skin lotion with elure Melanozymê to brighten, soften, soothe and replenish the skin. Appropriate for day and night use. It is also recommended to use a sunscreen with a SPF of 30, when using elure products.

Advanced Lightening Night Cream

Moisture rich, recovery hydration complex, with elure Melanozymê for a brighter and softer skin tone. Formulated to moisturize throughout the night.



COSMELAN

Cosmelan is a great new product for the skin. It is actually a depigmentation agent. What it does is decrease melanin in your skin. Melanin is what is responsible for causing spots on your skin or darkening on your skin. Since cosmellan decreases your production of melanin it also inhibits the darkening or spots on your skin.

Cosmelan must be given to you at the clinic. Your first treatment will always be done at the clinic as well. The first thing your doctor will do is evaluate your skin. Then your first treatment will begin with a cleansing of all the dead cells from your skin. This is usually done with an acetone type product.

After the cleansing, cosmellan can start to be applied. This will be a mask that you need to wear for at least 4 to 8 hours. You will be able to leave the clinic with the mask still on. After 48 hours when you get home you will wash the mask off.

In most cases you will start to see results after about one week. Of course the darker your skin is or the worst you have blemishes the longer it will take. But no matter what after 2 to 4 weeks you should start to see significant results.



After your first treatment your skin may turn red and look like a sunburn. If you have sensitive skin you may experience a burning and itching sensation for up to 48 hours. After the first 48 hours the symptoms will resolve for most people. The red and flaking skin will be replaced by new lighter colored skin. You will be impressed at how well cosmellan actually works.

Cosmelan®
Depigmentation Treatment

GLUTATHIONE

Glutathione is a major antioxidant highly active in human lungs and many other organ systems and tissues. It has many reported uses. It has a critical role in protecting cells from oxidative stress and maintaining the immune system. Higher blood levels of Glutathione have been associated with better health in elderly people, but the exact association between Glutathione and the aging process has not been determined. In the Philippines, women, specifically beauty conscious women use this in the hope that this will lighten their skin tone.

Glutathione is 100% safe but if not properly done, particularly those who do it themselves may run the risk of dangers like infection, heart attack and strokes.

Skin whitening is actually an effect of Glutathione over the melanin pigment producing gland that is responsible for skin color pigment and tone. Glutathione reduces stimulation of melanin and pigment production making the skin tone less pigment deposits leading to a whiter skin tone or color. Effects on patients for whitening will depend on how much darkness in pigments of skin tone [is] present. Visible effects of skin tone change are usually noticeable after the third to fourth sessions of intravenous injection of Glutathione. Glutathione is an anti-oxidant naturally present in our body at the time we are born. However, as we grow older, the

supply of Glutathione decreases as it is being used up in our body cell metabolism. Thus, the use of injectable Glutathione is very useful in rejuvenating the cells in our whole body, from head to toe. It also lessens, if not removes stress making us feel younger and more active. It also helps liver cells to regenerate from damages caused by prolong alcohol or fatty food intake.

Orally given Glutathione are not as effective as that given by injection, because oral glutathione undergo first pass effect in the stomach. This means that the drug is broken down by acid in the stomach when taken orally and only 20% of the active part of the drug is absorbed in the body, unlike that given by injection wherein 100% is absorbed automatically.

Both injected or orally taken Glutathione may need Vitamin C for better and prolonged action. The use of collagen ingested together with Glutathione helps the skin to be firmer, and also enhances the effect of Glutathione making the person much younger looking.

Normally not given to young individuals. The suggestion is atleast 30 years of age, but can be given to as young as 25.

PEOPLE FOCUS

Every issue, we recommen professionals in the field of dermatology, cosmetic surgery, dental, beauty & wellness. The following pages feature doctors and beauty experts who are competent in their fields and offer skills and the latest technology to their clientele. They have the best machines in the business, and use quality products in their practice. Some of them are opinion leaders in their respective fields, while others are upcoming talents. It is important to see that while choosing your doctor or beauty expert, their qualification and degrees should be carefully studied. There are numerous occasions when the degrees hanging on the walls are just routine participation certificates. Degrees like fcps (fellow of college of physicians and surgeons) or frcs (fellow of royal college of surgery, england) are good indicators, while other recognizable ones are Mcps, Msc, etc. Also, observe whether the certificates look like they were fetched in some workshop by a company locally and also check the issuing authority signing the certificates. These will help you identify the truly qualified doctors. For beauty experts, there are various institutes which are renowned. For example vidaal sassoon, toni & guy and pivot point are authentic training institutes and any certification from there carries weight.



Dr. Muhammad Ali Rabbani



Dr. Nabiha Rehman



Dr. Madiha Azmat Rao



Dr. Shaheen Akhtar



Dr. Dildaar Hussain Chaudhry



Dr. Salman Ashraf Khan



Dr. Nosheeb Salman



Dr. Shumaila Khan



Dr. Shah Salman Khan



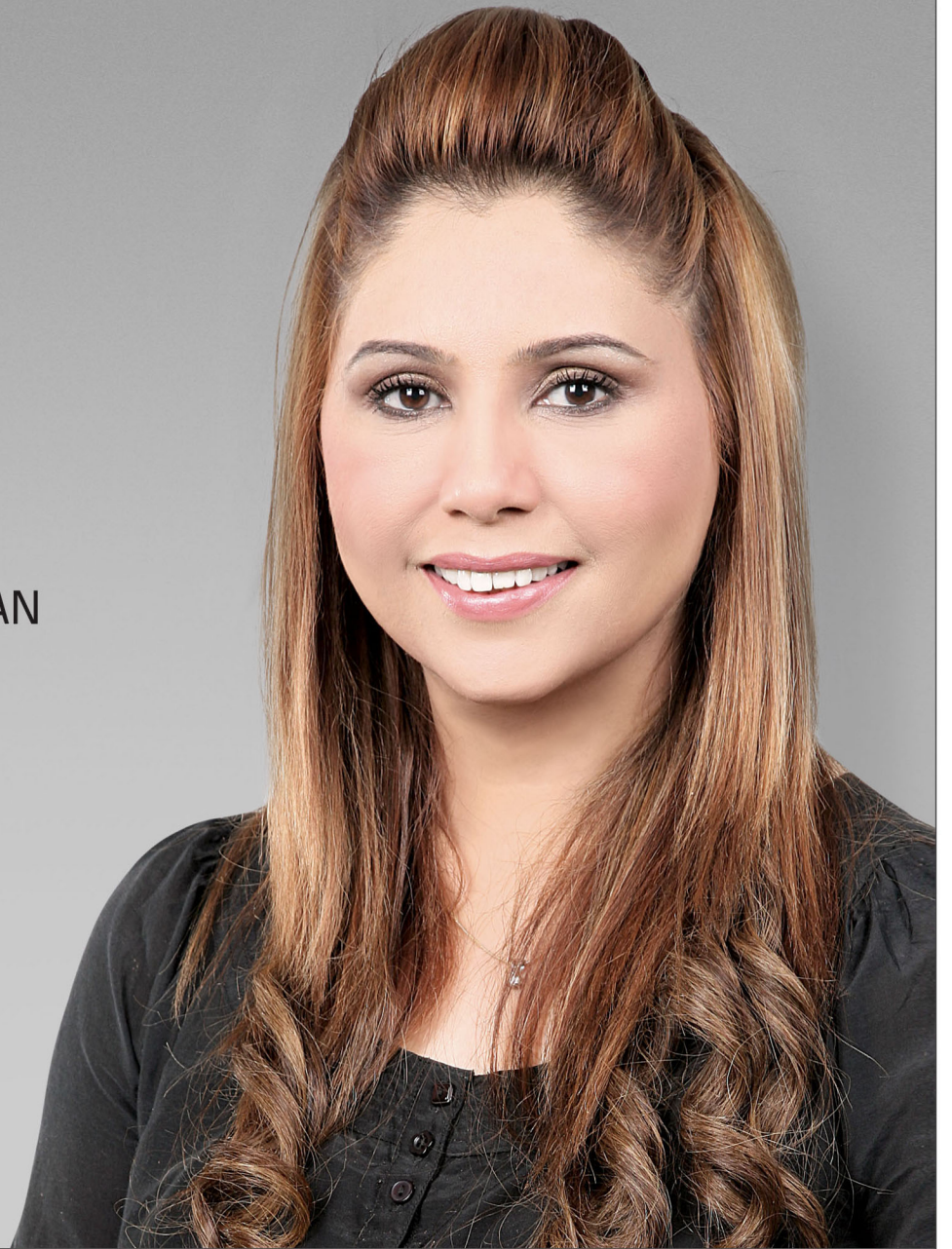
DR. MUHAMMAD ALI RABBANI

DENTAL SURGEON
B.D.S

Graduated in 2001 from Peshawar, Dr Rabbani attended multiple courses in basic and advanced implantology training. Having worked at Straumann as research consultant in collaboration with UNC at Chapel Hill, Dr. Rabbani set up his private practice in 2006 where he does general dentistry, esthetic, simple to complex implant dentistry including sinus lifts, hard and soft tissue augmentations, etc. He has been a member of the international team of implantologists which conducted various training sessions in implantology to train general practitioners.

LOCATION

Rabbani & Rabbani Dental Expression
F-21, Phase 1, DHA, Lahore
Cell: 0300 - 9413200



DR. NABIHA REHMAN

Plastic surgeon
FRCS Edin, U k, Dip plast. Belgium,
Dip plast. England

Dr. Nabiha Rehman is the first and only fully qualified Plastic, cosmetic, Reconstructive Breast, Hand and Hair transplant Surgeon, with 13 years of experience from the U.K. She worked as Consultant Plastic and Cosmetic Surgeon in the University Hospital North Durham, and Derriford Hospital, Plymouth before coming to Pakistan five years ago. Her special interest is in Breast Cosmetic and Reconstructive Surgery. She is successfully running her own center in Gulberg, Lahore and appears in leading lifestyle publications as someone changing people's lives cosmetically.

LOCATION

Beautiful Beings

Cosmetic, Plastic surgery, Laser and Hair Transplant Center

32 - T, Gulberg II, Lahore.

T: 0092-42 35753803, 0092-42 35750633 | www.beautifulbeings.com.pk



DR. MADIHA AZMAT RAO

CONSULTANT DERMATOLOGIST
MBBS, PHD DERM, D DERM

Dr. Madiha Azmat Rao runs a successful practice in Lahore and has been involved in aesthetic dermatology for many years now. Her work involves changing people's lives both aesthetically and in medical dermatology. Dr. Madiha extensively uses lasers in her practice for hair removal, pigmentation, rejuvenation, fractional resurfacing, and to remove warts and tags. Her long term plan includes having an independent clinic offering the latest in aesthetic dermatology. She attends various conferences around the world to keep abreast of the latest in her field.

LOCATION

National Hospital
L - Block, DHA , Lahore
UAN: 111 - 171 - 819



DR. SHAHEEN AKHTAR

BM UK, DRCOG UK,
MRCGP UK, DIP IN DERMATOLOGY UK,
SPORTS & NUTRITION UK

Dr. Shaheen Akhtar is a fully qualified and trained dermatologist/general practitioner and weight management/nutrition consultant from UK. She runs the SAMS (Skin Analysis Medical Spa), a newly opened facility in the heart of Gulberg. The Spa has a fully equipped gym and trained fitness instructors, outdoor pool, saunas, ice room, hot tub. Dr. Akhtar offers the latest health & beauty /holistic spa and rejuvenation treatments, including dental spa, cosmetic day case surgery and the first Pakistan spa training school ran by a UK qualified spa instructor.

LOCATION

40 B1 Gulberg III opp Subway off MM Alam road near Imam Ghazali Academy Lahore
Land line: 042357142-40-41 Mobile No: 0322-4107350
Website: www.sams.pk | E-mail: info@sams.pk



DR. DILDAAR HUSSAIN CHAUDHRY

DENTAL SURGEON
BDS

Dr Dildar Hussain Chaudhry was born, lived, raised and educated in the beautiful city of Lahore. A graduate of the famous de'Montmorency College of dentistry, Lahore, has always been a very liked & well known individual right from his school/college days. He is a contemporary of Dr Zeerak Samuel , Dr Bilal A Shaikh, Dr Saqib Rashid & Dr Ahsan Saleem Raja. Dr. Dildar is a completely self made individual - coming from humble beginnings, he started his practice in Ghalib market and with in no time acquired a place on main MM ALAM road. He currently owns a very busy and successful dental practice in the heart of Gulberg III. Dr. Dildar is not only a thorough professional, a seasoned gentleman but is also an ardent golfer with a 12 handicap. He regularly attends the national and international conferences, seminars and hands on courses to hone his skills especially in implantology. He also arranges the dental health awareness programs in different schools on regular bases.

LOCATION

GULBERG DENTAL SURGEONS ASSOCIATION
83-A, B-3, Gulberg III, Lahore
Tel: 042-357



DR. SALMAN ASHRAF KHAN

CONSULTANT
RESTORATIVE DENTISTRY, PERIODONTOLOGY & IMPLANTOLOGY
BACHELOR OF DENTAL SURGERY (UNIVERSITY OF KARACHI)
FELLOW ROYAL AUSTRALASIAN COLLEGE OF
DENTAL SURGEONS (SYDNEY, AUSTRALIA)

Dr. Salman Ashraf graduated from the University of Karachi in 1998 in First position. He started his private practice with the name "Happy Teeth" 10 years ago. In 2007 Dr. Salman started his Fellowship program from the Royal Australasian college of Dental Surgeons with elective Restorative Dentistry and Periodontology and was awarded FRACDS in March 2011. Dr. Salman tries to be a safe dentist with focus on prevention and Minimum Intervention. His clinical practice comprises of general dentistry along with advanced Restorative procedures like implants and Smile Makeovers. Dr. Salman has keen interest in handling Dental Emergencies and management of medically compromised patients as they require sensitive care.

LOCATION

HAPPY TEETH - THE DENTAL SURGERY
126- Abu Bakar Block, Opp. Badar Mosque, New Garden Town, Lahore
Mobile: 0302-8466655 | salman@happyteeth.com.pk



DR. NOSHEEBA SALMAN

DERMATOLOGIST
M.B.B.S., MSC DERM

Dr. Nosheeba Salman has a successful practice spanning over 10 years, and is renowned for her laser treatments. A popular figure on TV, Dr. Nosheeba operates three clinics in Karachi, Lahore and Islamabad. Her clinic features quality equipments and she uses only FDA approved products which is the toughest regulatory body in USA. Some of the key procedures she enjoys doing are fillers, Botox, Medlite C6, chemical peels, and Macrolane. Dr. Nosheeba is also a fellow of the American Academy of Aesthetic Medicine and has taken advanced training in anti aging procedures which is a new field in aesthetics. She is one of the few doctors qualified in injecting Macrolane in breast for volume and lifting, a procedure which patients can now get it done in a clinic environment.

LOCATION

LAHORE SPECIALIST CLINIC
85-B, Ali Centre, Jail Road,
opp Services Hospital, Lahore.
Tel: 042-37578783

MEDIDENT CLINIC
11-C, Shahbaz lane 1, Shahbaz
Commercial Area Phase 6,
DHA, Karachi
Tel: 021-35240405-6

SKIN SOLUTIONS

Office # 301, 3rd Floor,
13-A Khayal Plaza Near Ali
Medical Center Kohistan Road,
F-8 Markaz Islamabad.
Tel: 051-2817272

A portrait of Dr. Shumaila Khan, a woman with dark, shoulder-length hair, smiling. She is wearing a black top with a teal and yellow patterned scarf. The background is a plain, light grey.

DR. SHUMAILA KHAN

CONSULTANT DERMATOLOGIST
M.B.B.S, D.DERM (CARDIFF-UK)
DIPLOMA IN AESTHETIC MEDICINE (AAAM-USA)
CERTIFIED AESTHETIC PRACTITIONER
& LASER THERAPIST

Dr. Shumaila Khan has done her Post Graduate DIP dermatology from Cardiff Wales (UK). She has been trained in the field of Aesthetic Medicine from the American Academy of Aesthetic Medicine which is the largest institute and a pioneer in Aesthetic medicine and procedure worldwide. She is a member and board certified Diplomat in Aesthetic Medicine from AAAM (USA).

Dr. Shumaila Khan's Dtox Dermalase Skin and laser clinic is a new, innovative, well established and fully equipped dermatology and laser center both for Dermatological (skin & diseases) issues and aesthetic imperfections. The clinic is run and managed by Dr. Shumaila Khan. The Laser Equipment used in the clinics is top of the range, state of the art, latest and award winning. All the machines in her clinic are brand new.

LOCATION

Dtox Dermalase
70 Nazim Uddin Road, F-7/4, Islamabad.
Tel: 051-2555577-79 | Mobile: 0303-5558222
www.dtoxdermalase.com



DR. SHAH SALMAN KHAN

DENTAL SURGEON, BDS

Dr. Shah Salman graduated from Khyber College of Dentistry in Peshawar in 1995. He did his post Graduate clinical course in general Dentistry from the University of Queens Land, Brisbane, Australia followed by clinical Training from Karolinska University, Stockhoms , Sweden.

Dr. Shah Salman did advanced clinical training in Dental Implantology at Sharjah University UAE in collaboration with Temple University, Kornberg dental school USA. He is a fellow ICOI and is currently Senior Registrar and in charge Consultant surgery / Dental Implant centre at Sardar Begum Dental College, Gandhara University Peshawar.

LOCATION

Dental & Implant Clinic
B-209 . Town Towers. University Road, Peshawar.
Tel: 091- 5710095 | Cell: 03219162336

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