

SUMMER 2021

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+ WELLNESS & BEAUTY GUIDE

The Balmoral in Edinburgh, Scotland

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WELLNESS & BEAUTY STARTS WITHIN

BY MICHELE MARIN

"Beauty is being the best possible version of yourself on the inside and out."
— Audrey Hepburn

It's no secret that when you feel good, you look good. In fact, studies continually prove that beauty really does start within. But how do you achieve the confidence that comes from feeling your best? We sat down with a panel of experts, from nutritionists to plastic surgeons, to uncover the best beauty and wellness advice. Whether you err on the conservative side or jump on the latest trends, our comprehensive guide will empower you to live your best life—and look great in the process!



Monica Auslander Moreno, MS, RDN
Essence Nutrition

Moreno is the founder of Essence Nutrition, a group practice of seven registered dietitians; the dietitian for the Miami Marlins; and an active member of the Academy of Nutrition and Dietetics—among other feats. *7300 Biscayne Blvd., Ste. 200, Miami; essencenutritionmiami.com*



Morgan Shapiro
Morganic Lifestyle

Shapiro is a certified personal trainer and founder of Morganic Lifestyle, a unique brand dedicated to showing others how to pursue their personal path to wellness through a dynamic "mind, body and spirit" approach. She is also a public health advocate and TV personality for WPLG Local 10's program, "SoFlo Health." *954.821.2854; IG: @morganic_lifestyle*



Dr. Martin Bloom
the biostation

Dr. Bloom, a cardiologist and functional medicine expert with more than 40 years of experience, founded the biostation to help patients identify the root causes of any issues in order to restore the body to peak performance, alleviate symptoms, reverse the effects of aging and prevent age-related diseases. *Multiple South Florida locations; thebiostation.com*



Dr. Bankole A. Johnson
Privée Clinics

Dr. Johnson is the founder of the new Privée Clinics in Miami. He is a world-renowned physician and brain scientist with doctoral degrees in neuroscience, psychopharmacology and molecular genetics. *Pop-up at 1221 Brickell Ave., Suite 909; in August opening at Conrad Hotel, 1395 Brickell Ave., Suite 200, Miami; 305.396.6993; privee-clinics.com*





MEET OUR
WELLNESS & BEAUTY
 EXPERT CONTRIBUTORS



Dr. Roberta Del Campo
Del Campo Dermatology & Laser Institute
 Dr. Del Campo is a world-recognized dermatologist and go-to expert advice resource for world-class media such as Allure, The New York Times, Teen Vogue, Forbes, TODAY and more. She is a board-certified dermatologist who specializes in medical and cosmetic dermatology. 13185 Coronado Terrace, North Miami; 305.705.6675; delcampoderm.com



Dr. Jacob Steiger
Steiger Facial Plastic Surgery
 Dr. Steiger is an Ivy league-trained, double board-certified facial plastic surgeon whose background and credentials reflect his commitment to the highest standards of patient care, treatment innovation and leadership within his specialty. 1001 N. Federal Highway, Boca Raton; 561.499.9339; drsteiger.com



Dr. Maryann Mikhail
Waverly DermSpa
 Dr. Mikhail is a board-certified dermatologist and fellow of the American Academy of Dermatology. Also the co-founder of a top private practice in the heart of SoHo for over a decade, Mikhail recently relocated to Fort Lauderdale to launch her new practice, Waverly DermSpa. 2870 E. Oakland Park Blvd., Fort Lauderdale; 954.666.3736; waverlydermspa.com



Dr. Jason N. Pozner
Sanctuary Medical Center
 Dr. Pozner is certified by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. He serves on advisory boards for many of the world's leading medical device manufacturers, possessing a unique knowledge and practice of the latest in surgical techniques and noninvasive technology. 4800 N. Federal Highway C100, Boca Raton; 561.486.9339; sanctuarymedical.com



Dr. Janet Allenby
Allenby Dermatology
 Dr. Allenby, a board-certified dermatologist specializing in cosmetic treatments, has been revolutionizing aesthetics in Palm Beach County by offering experience and the latest treatments to her patients for more than 25 years. 6290 Linton Blvd., Suite 204, Delray Beach, FL; 561.499.0299; allenbydermatology.com



Dr. Joshua Lampert
Lampert M.D.
 Dr. Lampert is a cosmetic and reconstructive surgeon with over 12 years of experience, and a clinical assistant professor of surgery at the FIU Herbert Wertheim College of Medicine's Division of Plastic Surgery. He is a member of the American Society of Plastic Surgeons and a diplomate of the American Board of Plastic Surgery. 20200 W. Dixie Highway, Suite G05; Miami; 786.735.9275; lampertmd.com



Dr. Juan Remos
Genera
 An internist with more than 30 years of experience, Dr. Remos is the medical director of Genera's Coral Gables office. He specializes in vitality wellness, age prevention and cellular health. 550 Biltmore Way, Suite 116, Coral Gables; 305.783.3178; gentenamed.com



Dr. Jeffrey Epstein
The Foundation for Hair Restoration
 Since 1994, Dr. Epstein has developed a reputation as one of the world's most respected hair restoration surgeons. An expert on the cutting edge of developing therapies and surgical techniques, he leads the industry treating patients with hair loss, restoring eyebrows and beards, lowering hairlines, and repairing work done elsewhere. 6280 Sunset Drive #504, Miami; 305. 666.1774; foundhsair.com



FACE VALUE

It's not just one thing that causes skin to age—it happens three-dimensionally. "Our skin ages due to internal and external factors. Menopause, smoking, poor diets that are high in sugar, excess sun exposure and tanning all accelerate the process," says Dr. Maryann Mikhail. With so many factors contributing to the aging process, it's crucial to control what you can, when you can.

for the NATURALIST

According to Dr. Roberta Del Campo, the sun's rays and oxidative damage break down collagen and elastin, which ages your skin. Therefore, "you're never too young to start using a mineral-based sunscreen, cleanser and lightweight moisturizer," she says. Neocutis Bioserum Firm is a great addition to a skincare routine as the formulation minimizes fine lines and wrinkles and boosts hydration in as little as six days. For the ultimate skincare pampering, try one of La Maison Valmont's four unique facials that brighten and plump skin, improve discoloration, and give a radiant summer glow. Dr. Del Campo's office is the only one in the region that provides these signature facials.

According to Dr. Maryann Mikhail, men and women should start with a retinol and a good sunscreen. Retinol is a topical vitamin A that fades dark spots, improves appearance of fine lines and wrinkles, and enhances skin turnover for a more even and bright skin tone. Women should apply retinol to face, neck and décolletage, as well as the back of the hands. Men should apply retinol to the face and neck.

Dr. Roberta Del Campo's PRODUCT PICKS



Neocutis Bio
Serum Firm, \$275



Neocutis Bio Gel,
\$178

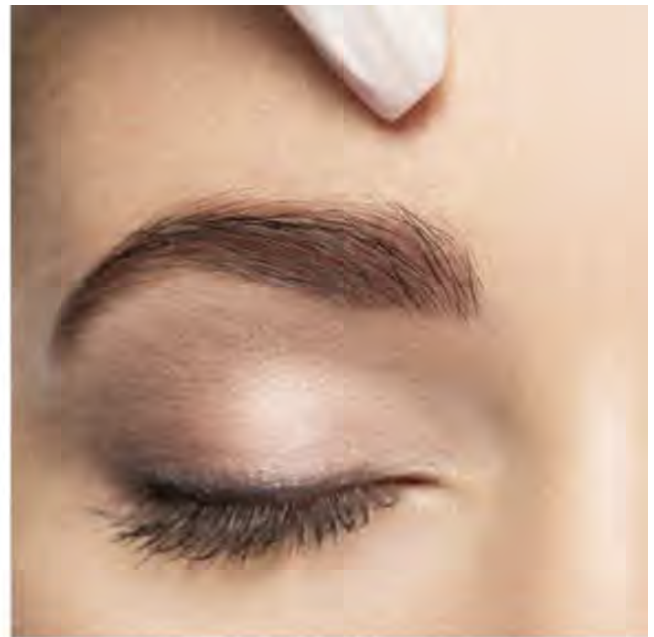
Dr. Maryann Mikhail's PRODUCT PICKS



RoC Retinol
Correxion Deep
Wrinkle Serum,
\$24.99



EltaMD UV
Clear Tinted,
\$39



for the ADVENTURER

TIMELESS treatments

Dr. Roberta Del Campo's Picks

Firming Skin: A painless, no downtime skin firming treatment for face and body, TempSure Envi builds collagen and elastin, offering correction and prevention in one.

Sagging Skin/Jowls: Ultherapy is still my go-to and all-time favorite treatment for sagging skin and jowls.

Dr. Maryann Mikhail's Picks

Fine Lines/Uneven Skin Tone/Sunspots: Of all the lasers and devices, my favorite is a classic: Fraxel Dual. I call it a skin reset. The treatment usually fixes multiple skin issues in a single session.

Wrinkly Chin/Accordion Lines/Tighten Jawline: You might think of Botox for your forehead and crow's feet, but we can use Pan-facial Botox all over the face to rejuvenate and slim the face.

Smoothing Wrinkles/Tightening: Vivace RF combines radiofrequency energy, microneedling, a specialized treatment serum, and a cooling peptide to smooth wrinkles and fine lines.

Bands/Tech Neck: Botox/Dysport works to reduce the banding in the neck by relaxing platysma muscles or vertical neck bands which thereby reduces the appearance of wrinkles.

Dr. Francesca Lewis's Picks

Jawline/Tear Troughs: Hyaluronic acid fillers can be used in a multitude of locations, including cheeks and temples, but using these fillers in the jawline and tear troughs has taken off within the last two years. They give a natural result that can last up to 12 months.

Fine lines/Crow's feet/11s: The best time to consider Botox is the first sign of fine lines at rest in areas like the forehead, crow's feet and the "11" lines. Starting Botox at this point will reverse those fine lines and prevent them from getting worse over time!



for the INNOVATOR

NEW TO MARKET treatments

Dr. Roberta Del Campo's Picks

Line Eraser: The upgraded version of Belotero Balance by Merz, Belotero Plus is a very delicate hyaluronic acid filler perfect for fine etched lines as it integrates into the skin easily. It has lidocaine, which results in less bruising and discomfort.

Plumped-Up Lips: The perfect injectable for the lips, Restylane Kysse is firm enough to build shape and contouring but soft enough to look and feel natural.

Turn Up the Volume: The new hyaluronic acid filler Teoxane RHA moves with you and is very natural with less swelling and bruising.

Dr. Janet Allenby's Picks

Sayonara, Sagging Skin: Revance utilizes the newest technology in hyaluronic acid injectables, allowing us to utilize them in areas that need it the most! Results, including improved skin and a reduction in wrinkles and sagging facial skin, last up to 15 months.

Tighten Up: MyEllevate is a minimally invasive procedure that lifts and tightens the neck and lasts up to seven years. It is comparable to a neck lift without the complications of surgery.

Dr. Maryann Mikhail's Picks

One and Done: Clear + Brilliant Touch is an all-in-one laser with minimal downtime. It's not painful and results are quick. It's great for results on the neck.

ON THE HORIZON treatments

Dr. Maryann Mikhail's Picks

Supple Skin: Unlike traditional filler, Juvederm Volite is an injectable moisturizer that makes skin more supple and hydrated.

Quick Fix: BoNTE is a neurotoxin like Botox that's supposed to kick in faster—within 24 hours—and only lasts for two to four weeks. Great for people who need immediate results, want to test out Botox before committing, and those who had skin surgery.

Long Lasting: DAXI is a neurotoxin, acting similar to Botox, that is said to last six months!

THE SCIENCE of face surgery

According to Dr. Joshua Lampert

Should those considering a face lift in the future refrain from other procedures? If you are considering a facelift within the next six months to a year, it is wise to discuss these other cosmetic procedures with your plastic surgeon first. We do not like to operate on the camouflage of temporary improvement, as an under-correction may be more likely with the more ultimate surgical procedure. Laser, filler and other nonsurgical treatments are analogous to the icing on the cake or the final layer of paint and polish. Wait when possible and communicate with your surgeon.

What facial procedure has evolved the most? Rhinoplasty (a nose job) has seen some advances in the techniques we employ to obtain the best results. Open rhinoplasty is a great advantage to the surgeon, allowing for more precise changes to the nose and specifically the tip. It also avoids excess internal scarring inside the nose that can pull on the nose from the inside out. While the swelling may last longer than closed rhinoplasty, the long-term results for the patient are superior.

HOW TO refresh your face

According to Dr. Jacob Steiger

How do you achieve a youthful, yet natural, appearance? I recommend the deep plane facelift. The goal of a facelift should be to restore your youthful appearance rather than make you look different. The result should appear natural. To achieve my patients' desired results, I use my understanding of the facial aging process to analyze their specific aging pattern and determine the most effective way to rejuvenate their face using the most advanced and proven techniques.

How does blepharoplasty, or cosmetic eyelid surgery, enhance the face? The eyes are the most engaging facial feature and should be the focal point of the face. The goal of a blepharoplasty is to enhance the appearance of the eyes and provide a more rested look by restoring the eyelid to a youthful state. Most patients return to work within one week and are back to full activities after 10 days. Results last 10 to 15 years.

What procedure is on the horizon? Piezosurgery, also known as ultrasonic rhinoplasty, is a procedure to precisely sculpt the nasal bones without causing any trauma to surrounding tissue. In other words, the "nose job" can be achieved without breaking any bones or harming tissue. These tools help remove/sculpt a nasal hump to achieve a smooth nasal dorsum. The amount of surgical bleeding, post-surgical bruising, swelling and pain is significantly decreased with Piezosurgery. Plus, patients achieve a more accurate aesthetic.