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Nunsense



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Get Gorgeous Reunion Guide

By Christina Vercelletto

Your high school or college reunion nears and your ex will be there – and – you just may have enhanced your Facebook pic just a little. Need some anti-aging help? We've got you covered with beauty advice from the pros, plus some easy DIY tips.

Q: What treatments do women and men in their 50s and 60s ask for to refresh their appearance for a reunion?

A: "They tend to be concerned with sagging, wrinkled skin, excess fat, and believe it or not, their aged-looking hands. Most opt for quick procedures with minimal downtime. Among the most popular choices these days is laser therapy to treat blotchy-looking skin and wrinkles, and filler treatments to lift and fill out sagging skin. Laser fat reduction is always a common request, as is Kybella Therapy, an injection that "eats" fat. And it's not only before high school reunions that I see this. I also hear it from divorced women who are going to see their ex at a wedding and want to look great."

— Norman Rowe, M.D., plastic surgeon at Tight Medical Spa, Water Mill

Q: How do filler treatments work?

A: "There are two main types of fillers: hyaluronic acid, like Belotero and collagen-producing biostimulators, like Radiesse. Hyaluronic acid is a sugar molecule that's normally found in our body that we start to lose as we age, so fillers are able to replace that lost volume. Patients see immediate results, so they leave the office with more definition in their face, offering a youthful and natural look. Radiesse can also correct volume loss in the back of the hands."

— Stephen T. Greenberg, M.D., a cosmetic plastic surgeon in Woodbury.

TAT BE GONE

A new laser tattoo removal patch from Merz Aesthetics can get rid of that tribute to Van Halen tattoo and other regrettable tattoos before the reunion. Only available through your physician. describepatch.com