

Get Glam!

THE LATEST IN TREATMENTS, FILLERS AND PROCEDURES TO HELP KEEP YOU BEAUTIFULLY RADIANT—AT ANY AGE. HERE'S THE INSIDE TRACK ON WHAT TO DO, AND WHO TO GO TO, TO PUT YOUR BEST SELF FORWARD.

By Phebe Wahl

THANK YOU TO OUR EXPERTS

Atlanta Dermatology & Laser Surgery, AYA Medical Spa, Buckhead Facial Plastic Surgery, DiFrancesco Plastic Surgery, Emory Aesthetic Center, GRAVITY Studio, Maloney Center for Facial Plastic Surgery, Dr. Mike Majmundar, Panacea Plastic Surgery, Plastikos, Sculpted Contours, Steele Dermatology, WIFH


30s

"Beginning in our mid-30s collagen production begins to slow,

so we start to break our collagen down faster than we build it, resulting in early fine lines, particularly in areas of repetitive motion," explains Dr. Theresa Jarmuz, a double-board certified facial plastic surgeon at Buckhead Facial Plastic Surgery (buckheadfacial.com). "We also begin to slim down our faces, with volume loss in some good places—but also in some not-so-good. Early volume loss occurs, most notably around the undereye (tear trough) and lateral cheekbone region, leading to early nasolabial creases and dark circles."

THE MUST-DO

Skincare "Having regular facials every six to eight weeks will help keep the pores clean and hydrate the skin," recommends Danette Baxter, licensed aesthetician at Emory Aesthetic Center. Baxter also suggests microdermabrasion as a great way to have your skin exfoliated, giving it a more refined and polished look. *Facials from \$100, microdermabrasion \$125, 3200 Downwood Circle NW, #640, 404.778.6880, emoryhealthcare.org/cosmetic-aesthetic*



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—DR. THERESA JARMUZ OF BUCKHEAD FACIAL PLASTIC SURGERY

ALSO CONSIDER

Botox Botox or Dysport injections will aid in frown-line and crow's-foot prevention as they relax muscles temporarily. Results last up to three months. \$300 approximately, Buckhead Facial Plastic Surgery, 1218 W. Paces Ferry Road NW, #108, 404.233.3937, buckheadfacial.com

Sculptra Jarmuz uses this injectable collagen stimulator to combat the earliest signs of volume loss. Generally injected on the cheekbone region to help lift and prevent cheek slide and nasolabial creases, Sculptra also improves

undereye circles, thanks to its lifting effect. Results last at least two years and you may only need a few syringes each time to maintain the effect. \$850 per vial or \$125 per syringe, Buckhead Facial Plastic Surgery, 1218 W. Paces Ferry Road NW, #108, 404.233.3937, buckheadfacial.com

Retin-A This topical nightly treatment, initially an acne medicine, has a great side effect of collagen stimulation. \$70 per tube that will last six months, Maloney Center for Facial Plastic Surgery, 6111 Peachtree Dunwoody Road, 770.804.0007, maloneycenter.com