



# HOLIDAY BEAUTY SURVIVAL GUIDE

BY: DANA MARTINEZ

**T**he countdown to the ho-ho-holidays has officially begun. Make sure you're fully prepared with a pre-holiday beauty blitz that will not only ramp up the glow factor in your holiday photos, but have you feeling ultra-healthy going into the busiest time of the year.

## BYE-BYE BREAKOUTS

Because the holidays are a busy time, many women don't pay as much close attention to their skin as they do normally. That, coupled with inflammation, is a surefire way to get unexpected breakouts. Advanced planning is the key to keeping your skin on track! Treat your skin to a light and flaky enzyme peel early in the month, or a deep-cleansing facial and microdermabrasion to reboot your skin and clear out your pores.

## DEFLATE AND DAZZLE

Alcohol, salty foods and holiday parties may be fun, but they wreak havoc on your skin, making everything seem puffier than usual, especially the eyes. To deflate, flush your body with anti-inflammatory foods — think fruits, vegetables, salmon and un-salted nuts — and drink plenty of water. And be diligent about applying a serum like Revision Retinol Eye Repair or a moisturizer like DEJ or Teamine Eye Complex, both of which are loaded with skin-plumping antioxidants and much-needed hydration. Finally, to help prevent fluid retention in the eye area, try to sleep with your head slightly elevated.

## REDUCE WRINKLES

Though wrinkles are primarily caused by age and sun damage, other factors make them more

noticeable like sweets, stress and drinking. Of course, eating clean and flushing your body with water is the first step to rehydrate your skin and lessen the appearance of wrinkles, but what's the fun of that?? Never underestimate the power of Botox! Botox smooths away lines, crow's feet, even stubborn mid-brow furrows to create a smoother, more relaxed look almost instantly. Coupled with fillers like Juvederm and Radiesse, you can restore your youthful complexion in minutes. As a bonus, dermal fillers trigger your body to create more of its own natural collagen, so each subsequent treatment has an additive effect to slow the steady march of time.

## SCULPT YOUR SILHOUETTE

If you haven't quite reached your target tone in time to don that gorgeous sequin party dress, why not supplement your exercise regime with a last minute body sculpting treatment? Exilis's targeted fat reduction and skin tightening treatment can help you tighten and tone, shed a few inches off your key areas and reduce the appearance of stubborn fat.

## LUXE YOUR LASHES

Make sure your lashes are fabulously flirty and lustrous by treating them with Latisse. It's a luxe lash treatment guaranteed to get your peepers in tip-top shape, but you have to act quickly! It takes 4-6 weeks to see the longer, fuller, fabulous results, but standing under the mistletoe will be that much more fun.

## POWER BOOST

Cooking. Shopping. Parties. Travel. Family. Work. Kids. What does that spell?? Stress!! If just thinking about it makes you tired and cranky, consider ramping up the B vitamins this season. Weekly Vitamin B12 and B Complex injections rev up the metabolism, increase energy, and keep your mood in check, making it a completely natural, healthy way to feel better, from the inside out.

## BANISH DARK CIRCLES

Sleep is your beauty best friend, but if she goes on vacation - or a holiday bender - try Belotero to fill out those under-eye circles and bags. Unlike other dermal fillers that remain separate from the dermis, Belotero is actually absorbed by the skin. This process allows the filler to adjust to unique facial features and delivers a natural look. Beside treating dark circles, it's also highly effective for those hard to reach areas like the corners of the mouth like upper lip 'smoker lines,' and naso-labial folds.

## SAYONARA SCARS

Though time may heal all wounds, the leftover scars serve as ugly reminders to something we'd rather forget. Which makes the following news particularly appealing — Trinity Medical Pharmacy's new, prescription-only, Scar Gel is the perfect fix for new and old scars alike. Not only does this custom-compounded topical treatment reduce the appearance of scars, including those pesky hypertrophic or keloid scars, but it virtually eliminates them all together.

## UNDER THE MISTLETOE

The secret to a younger, sexier, more kissable lip?? Two words - hyaluronic acid. Fillers such as Restylane, Juvederm and Silikon 1000 provide permanent or temporary lip enhancement solutions. Each has its own pros and cons, so be sure to discuss your options with a medical professional.

## PEAK-A-BOO

Sometimes a lady needs to take something off before she can put something special on. From the latest "cheeky" styles to classic waxing treatments, skip the razor this December and try something a lot smoother.

## LIGHTEN UP

If losing weight during the holidays sounds like the impossible dream, think again! Now may just be the perfect time to jump start those New Years' Resolutions. Why? Because studies show that the most significant weight loss occurs in the first month of any new program. So... start today and lose 10 pounds before Hannukah, or 20 pounds before Christmas. Increased confidence and a shapelier waist? That's the perfect gift to give yourself.

## BODY BUFFING

For a final body-beautiful prep, treat yourself to an hydrating and tightening "no-one-will-see-those-few-extra-pounds" wrap to ensure your skin is primed to look its best on your holiday.

Putting yourself at the top of your holiday to-do list means making an investment in your own well-being. It will not only having you feeling good about yourself, but enlarge your capacity to be there for others. And that leads to a joyous holiday for you and yours.

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*The experts at Lecada Medical Artistry ensure you look your best in any season. Contact Lecada at 813-874-2332 for a complimentary consultation and take advantage of special holiday pricing.*