

# Scene

THE SILICON VALLEY WOMAN'S GUIDE TO STYLE

## A passion for giving

Amazing women who found their calling  
— and themselves — in helping others

## QUICK FIXES

for face and body

## DETOX DIETS

Do they work?

# HOLIDAY BRILLIANCE

Divine dresses, standout gifts, perfect parties

WINTER 2009-2010

U.S. \$5.95



**INSIDE:**  
**SPACES MAGAZINE** — design, décor and more

## Get party-ready with these quick fixes for face and body

With the stresses of a flailing economy and the holidays just around the corner, you may have awakened to notice those folds between your brows deepening, or your once-plump cheeks giving way to gravity.

If you're looking for that quick beauty pick-me-up that's a step above the traditional spa facial — but short of going under the knife — you could be the perfect candidate for one of the many non-surgical treatments available at your local dermatologist's office or nearby medi-spa.

Commonly referred to as “lunchtime treatments,” the vast array of facial rejuvenation and body adjustments, which require little to no downtime, have recently grown in popularity because of their effectiveness, availability and significantly lower cost as compared with invasive surgical procedures, says Dr. Greg Morganroth, a dermatologic surgeon and founder of the Bay Area-based California Skin Institute.

Although procedures are marketed as being quick and easy, from the zap of a laser that evens out skin tone to dermal filler injections that can create more voluptuous lips, physicians caution that these are still medical procedures that should be researched carefully, and expectations of results should

# A better you—*fast*

By Nerissa Pacio

# beautyreport

be realistic.

"Non-surgical procedures are very good at giving you changes, but there are limitations to all of these procedures," says Palo Alto-based Dr. Seung Kim, a plastic surgeon and adjunct clinical assistant professor in plastic surgery at Stanford University.

"There's no such thing as a very short weekend procedure that will give you a long-lasting tremendous effect. You put in a small effort, and you get a small result. But for most of us, that small result is good enough. If we could only make that one wrinkle just a little bit better, we'd be happier."

Following are a few of the treatments that could get you party-ready fairly quickly:



**Goal:** Tighten and flatten abdomen, tighten and tone loose skin around the face and neck

**Procedure:** radio frequency and infrared light. Procedures such as VelaShape, Thermage and Titan use radio frequency and light-energy devices that are massaged over the skin to theoretically heat the collagen underneath the dermis and break down underlying fatty tissue without damaging the outer layer of skin. New collagen grows back, replacing the collagen that was purposely damaged, to reveal smoother and tighter skin. To prevent a burning sensation during the procedure, typically a topical anesthetic is applied to the skin first, and the head of the device is chilled. There is no downtime.

**Replaces or postpones:** Tummy tuck or face lift.

**Results:** In time, the abdomen or neck can look firmer and smoother. The companies that manufacture the devices recommend three to six treatments to achieve results, which can last from six months to two years.

**Side effects:** Some people have experienced temporary bruising, redness or a burning sensation. Skin blisters, dimpling and scarring can occur in rare cases.

**Caveats:** According to Kim, the efficacy of these procedures is not yet "scientifically proven" and results are "not predictable." Some members of the dermatological and plastic surgery community do not support the use of these devices.

# A CHRISTMAS STORY

Don't shop away the holidays, experience them with your family!

We double-dog dare ya!

BY PHILIP GRECIAN

Based upon the movie written by Jean Shepherd, Leigh Brown and Bob Clark

DIRECTED BY CHRIS SMITH NOV 21 - DEC 20, 2009

FOR TICKETS 408.367.7255 ONLINE SJRep.com

SAN JOSE  
RCP

Photo: Steve Zachary/PhotoBank, Terry O'Neil, Eran Golan, Photo: Pat O'Neil

**Cost:** Initial series of six weekly treatments, \$1,000 to \$5,000, depending on the areas treated.

**Goal:** Relax wrinkles between the eyebrows caused by muscle movement, reduce crow's feet and neck lines

**Procedure:** Neurotoxin injections. A liquid neurotoxin, such as Botox or Dysport, is injected with a fine needle into the active facial muscles that cause frown lines. The neurotoxin blocks the release of the chemical that causes the muscles to contract. No anesthesia is required, there is no downtime and patients experience a few pin pricks that each last a second.

**Replaces or postpones:** Delays formation of wrinkles and delays a brow lift, face lift or laser resurfacing.

**Results:** Within a day or two, lines and wrinkles soften and smooth. Results last between three to four months.

**Possible side effects:** Some people experience temporary bruising, swelling or rarely the unintentional relaxing of a muscle next to the targeted muscle, causing the eyelid or eyebrow to droop.

**Caveats:** Non-FDA approved, or "off-label," uses for neurotoxins include injections into the forehead, the neck, and around the mouth and the eyes to reduce the appearance of laugh lines,

neck lines and crow's feet. Off-label use is legal as long as it is prescribed by a physician and the patient is informed of off-label use.

**Cost:** \$250-\$400 per area.

**Goal:** Fill in laugh lines, plump lips and boost sunken cheeks

**Procedure:** Dermal filler materials — which include hyaluronic acids (Restylane, Perlane, Juvederm Ultra and Ultra Plus), polylactic acid (Sculptra) and porcine collagen (Evolence) — are injected into the skin using fine needles. Patient may be pretreated with ice and topical or local anesthesia. As with Botox, patients experience momentary pin-pricks.

**Results:** Increased volume in the lips, cheeks and other areas of the face. Each filler is used for different purposes. For example, hyaluronic acid fillers are FDA-approved for filling in laugh lines, and can be used off-label for plumping cheeks, the chin, nose, temples, lips and tear troughs (depressions under the eyes). The procedure requires no downtime, and results can last six months to one year, depending on the filler.

Sculptra, however, can last two or more years. This is because it is actually injected under the skin and induces new collagen formation over months. Originally used for HIV-positive patients who had facial fat atrophy from their medications, Sculptra is used to fill the whole cheek, folds and temples vs. the more focal





"To me, friends are more important than anything. I love people, and that's why I moved to The Sequoias. Of course, the move has also given me the peace of mind that comes with anticipating my future medical and housing costs. Life is full of surprises. But now I know they'll be good surprises."

*Resident Pat Brown,  
Independent spirit and  
former Givenchy model*

© 2009 NCPHS, Inc. All rights reserved.

You can't know what the future will bring. But you can be prepared for it.

To find out how you can gain the peace of mind shared by Pat Brown and all our residents, call Pam Marron at 650.424.4307 and ask about our **new contract options**.

TOTAL LIFE CARE  TOTAL FREEDOM™

The Sequoias-Portola Valley is an accredited continuing care retirement community.  
501 Portola Road, Portola Valley, CA 94028 | Tel: 650.851.1501 | [www.sequoias-pv.org](http://www.sequoias-pv.org)



The Sequoias-Portola Valley is a not-for-profit community of Northern California Presbyterian Homes and Services. License# 410500567 COA# 075



# OLIVIA Boutique

ITALIAN  
WOMEN'S  
& MEN'S

266 Main St.  
Los Altos  
650.949-3003

injections of hyaluronic acids.

**Possible side effects:** Some people may bleed at the injection site, bruise or swell. Poor injection technique can result in bumpy or uneven skin texture.

**Caveats:** Bruising can be prevented or reduced by avoiding aspirin and other blood thinners two weeks before the procedure, but check with your physician before changing any medications. Use of fillers should be postponed if there is a rash or infection.

**Replaces or postpones:** Face lift, eye lift, laser surgery for wrinkles and fat transfer surgery, which involves taking fat from one area of the body and injecting it into the face.

**Cost:** \$500-\$750 per syringe; \$1,000-\$1,200 per bottle for Sculptra.

**Goal:** Improve the skin's texture and remove pigmentation caused by sun damage or hormonal changes

**Procedure:** TCA Skin Peel. A 25 to 30 percent strength trichloroacetic acid solution is applied onto the skin, typically on areas of the face, neck, chest and hands. Patients experience two to three minutes of burning or stinging upon application.

**Results:** Over the course of several days to a week, the top layer of skin reddens, dries up and peels off, exposing a new smoother and more evenly colored layer of skin. Recovery takes one week. As long as the patient takes care of the skin and avoids sunburns, it can take years for further sun damage to develop.

**Possible side effects:** In rare instances, scarring, irregular or uneven pigmentation, and infection.

**Caveats:** Skin is more sensitive to sunlight six to eight weeks post-peel. Patients should wear sunscreen daily, apply moisturizer continuously, and avoid strong exposure to sun.

**Replaces or postpones:** More expensive laser skin resurfacing.

**Cost:** \$1,200-\$1,800, depending on physician's experience.

**Goal:** Reduce the appearance of skin redness, pigmentation, wrinkles and acne scars

**Procedures:** Fractional CO2 lasers and intense pulsed light (IPL) devices. For Fractional CO2 lasers, a local anesthesia is used to numb the face, and a laser device zaps targeted areas of the skin, causing mild pain or discomfort.

For intense pulsed light treatment, a very bright light device is pulsed over broad areas of the skin. Downtime for Fractional CO2 laser treatments is typically one week. There is no downtime for IPL.

IPL is done in a series of four to five treatments and is performed more commonly by a registered nurse under the supervision of a doctor. Fractional CO2, performed by a doctor, is a

## Before you book

Looking more youthful may be your ultimate goal, but making sure that you choose the right procedure and the right doctor for you is important to your health and safety. Here are the top five factors you should consider before you make that appointment, according to dermatologist Dr. Greg Morganroth.


- Verify that your chosen doctor is board-certified in a specialty that is appropriate to the procedure you are having done. "You shouldn't shop for a physician the way you'd shop for a dishwasher or a car," Morganroth says. "You should shop for a physician the way you'd shop for an artist you are hiring to paint your family portrait. You should not just be considering cost, but the person's skill, experience and artistry."
- Check that the procedure is in that doctor's daily scope of practice. "There is no substitute for experience, especially if you are looking for a customized result. A doctor who injects Botox on 10 patients per day will provide more consistent results than a doctor who injects a few times per month."
- Confirm that your procedure is being administered by the physician or by a staff member who is being directly supervised by the physician. "There are plenty of places that are run by non-physicians without a physician on site. Since the physician is ultimately responsible for the outcome of your treatment, they should be readily available if there are any questions or problems."
- Ensure that the procedure is FDA-approved, has stood the test of time and is widely available. "If there is a technique or a technology that works well and is supported by peer-reviewed research, it will be widely available in many different doctors' offices. Be cautious about new techniques that may have a lot of hype without evidence of effectiveness."
- Ask to see before and after photos. "A physician who has a healthy practice in cosmetic surgery should be able to provide you with dozens and dozens of examples of the procedures that they perform themselves. You should also ask, 'Am I the first, the tenth or the hundredth patient?'"

much more significant procedure with at least two months of follow-up for skin monitoring in addition to the week of downtime.

**Results:** Skin has a more even color and texture. Use of Fractional CO2 lasers may also result in skin tightening. Like TCA peels, as long as patients take care of their skin and avoid sunburns, further damage could take years to develop.

**Possible side effects:** Skin pigmentation or texture changes.

**Replaces or postpones:** Chemical peels or dermabrasion.

**Cost:** \$400-\$5,000. 



# SAN FRANCISCO SYMPHONY

MICHAEL TILSON THOMAS • MUSIC DIRECTOR

## Holidays with the Symphony

Celebrate Nov 27 – Dec 31

### San Francisco Symphony Chorus sings Bach's *Christmas Oratorio*

Fri Nov 27 8pm Sat Nov 28 8pm Sun Nov 29 2pm

### Mariachi Sol de México with the San Francisco Symphony

Thu Dec 3 8pm

### An Evening with Barbara Cook and the San Francisco Symphony

Fri Dec 4 8pm

### Cirque of the Season with the San Francisco Symphony

Sat Dec 5 8pm

### Deck the Hall: Children's Holiday Concert and Party

Sun Dec 6 11am & 3pm

### Prokofiev's *Peter and the Wolf* with Linda Ronstadt

Sat Dec 12 3pm Flint Center, Cupertino Sun Dec 13 1pm & 4pm

### Holiday Pipe Dreams

Sun Dec 13 7pm

### Colors of Christmas starring Peabo Bryson, Jennifer Holliday, Sheena Easton, and Maxi Priest

Mon Dec 14 8pm Tue Dec 15 8pm Wed Dec 16 8pm

### Choral Christmas Spectacular

Thu Dec 17 8pm Fri Dec 18 8pm Sat Dec 19 2pm

### Preservation Hall Jazz Band

Sat Dec 19 8pm

### New Year's Eve Masquerade Ball with the San Francisco Symphony

Thu Dec 31 9pm

Special pre-concert dinner packages are available. For details call (415) 864-6000 or visit [sfsymphony.org/newyears](http://sfsymphony.org/newyears).

[sfsymphony.org/holiday](http://sfsymphony.org/holiday)

(415) 864-6000

Media Partners



Box Office Hours Mon-Fri 10am-6pm, Sat noon-6pm, Sun 2 hours prior to concerts  
Walk Up Grove St between Van Ness and Franklin

Programs, artists, and prices subject to change. Concerts at Davies Symphony Hall unless otherwise noted.