

It takes a certain amount of courage to face yourself in the mirror. Naked. With eyes open. And the lights on. So if you've ever thought, "Maybe just a little lipo ..." well, you'd hardly be alone. These days, no doubt inspired by the popularity of Extreme Makeover, as well as media hype about which celebs tweak their physiques with more than bikram yoga, more of us than ever are improving on what nature—or age—has bestowed. Last year, according to the American Society for Aesthetic Plastic Surgery (ASAPS), there were upwards of eight million cosmetic procedures—a 20 percent increase since 2002. A recent ASAPS survey found that 34 percent of women and 14 percent of men would consider having work done. And at younger ages, too. "It used to be just people in their 40s, but now we're getting people in their mid-20s," says Las Vegas cosmetic surgeon Dr. Julio Garcia.

Tempted to release your own inner Pygmalion? Here's a head-to-toe guide to the latest plumping, smoothing, lifting, nipping and tucking procedures to help you, as they say, be all you can be.

DENNIS HOPPER ON CINEVEGAS

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it will soon be as popular as Botox. Restalyne, the synthetic form approved late last year by the FDA for deep wrinkles around the nose and mouth, doesn't require a skin test. Neither does Hylaform, newly approved by the FDA. However, people with bird allergies should avoid it, because Hylaform is made from rooster combs. Radiance, made from calcium hydroxylapatite (found in teeth and bones) was originally developed for vocal-chord paralysis, but recently got FDA approval for deep wrinkles and scars. Artefill (bovine collagen fortified with bone cement) has been used for years in Canada and Europe and is close to receiving the OK from the FDA for deep-wrinkle treatment.

RESULTS: Hyaluronic acid fillers last twice as long as collagen, and when paired with Botox can hold up even longer. "We use Botox to weaken the muscle so the wrinkle

is not reinforced and then improve the wrinkle itself with the filler," explains Dr. Goesel Anson, a Las Vegas plastic surgeon. Radiance and Artefill last for years, perhaps indefinitely, though that may not be a good thing. "Permanent fillers have to be used carefully," Anson cautions. "When you're 70 years old, do you want the lips you had when you were 30?"

RECOVERY: Expect no more than a week of bruising, swelling and redness.

CAVEATS: Every filler handles differently, so just because a doc is Michelangelo with collagen doesn't mean he'll wield other fillers with equal finesse. For instance, Radiance seems effective for smile lines, but can go lumpy in lips. And both Radiance and Artefill have been found to cause inflamed bumps beneath the skin, called granulomas, that sometimes need to be removed.

COST: \$600 to \$1,900, depending on the filler and amount used.

WHAT'S NEW: Thermage

WHAT'S INVOLVED: A ray gun-like device passes over the skin's surface, sending radio frequency energy pulses into the collagen below. As collagen heats up, it contracts and new collagen is stimulated to grow, to firm up sagging skin. Done in the doctor's office, treatments take about an hour and can sting quite a bit. Some doctors numb the skin's surface with an anesthetic cream; others dose patients with a cocktail of prescription painkillers and muscle relaxers to reduce anxiety. Though the FDA has approved Thermage (a.k.a. ThermoLift, Thermal Lifting, ThermoPlasty and Thermoplastic contouring) only for minimizing wrinkles around the eyes and brow, physicians are enthusiastically using it elsewhere on the face, chest, neck and other body parts.

RESULTS: Don't expect the drama of a surgical face-lift. "The reality is, it's a small improvement," Anson says. "It doesn't replace the face-lift." Depending on the skin's condition at the start, the effects may last any-

where from six to 18 months.

RECOVERY: Minor numbness, redness and swelling may last a few days.

CAVEATS: Thermage seems to work best on skin that's just starting to sag. Even so, it may take three months before results are noticeable, and follow-ups may be necessary.

COST: \$2,500 to \$3,700.

WHAT'S NEW: Dental Reconstruction

WHAT'S INVOLVED: Bonded porcelain veneers and crowns are applied to teeth worn down by grinding to restore their natural length. This realigns the jaw and helps smooth out wrinkles around the nose and mouth, explains Dr. Bruce Hartley, director of the Peninsula Center of Cosmetic Dentistry in Los Altos, California.

RESULTS: "When teeth are short, the lower jaw over-closes, accentuating the nose-to-mouth wrinkle," Hartley says. "Restoring teeth to their natural length can erase 10 to 15 years from someone's face."

RECOVERY: There's no downtime, since patients are immediately fitted with temporary veneers made of polished acrylic that Hartley swears look completely natural. "Sometimes they even fool me," he says. However, doing the full mouth typically requires several visits over six to eight weeks to ensure the bite is comfortable and to refine the aesthetics.

CAVEATS: The back molars are the key. "You can't get a face-lift with just the front veneers," Hartley says.

COST: \$30,000 to \$50,000 for a full set. Dental insurance may cover part of the procedure.

WHAT'S NEW: TeethToday Dental Implants

WHAT'S INVOLVED: Titanium anchors are screwed into the jawbone, then temporary acrylic teeth are attached until permanent porcelain replacements are created. Done in the dentist office under local anesthesia and a sedative, TeethToday implant surgery—created by Dr. Jeffrey Ganeles of