

# BARE TO BE BEAUTIFUL:

## 5 steps to Gorgeous Gams

By: Jacqui Ipp

Another Canadian winter is behind us, and now the annual dread of short shorts, mini skirts, and bikinis descends upon us, once again. Every year we ask ourselves, "How did I get so lazy this winter?" "Why didn't I learn my lesson last year?" You feel pasty, dry, dull and lumpy. You say to yourself, "I can stick it out in pants for a little longer," and then the heat begins to soar. You realize this plan is going to be short-lived and the daunting feeling of removing the skinny jeans and baring those gams sets in.

So when the luxury of hiding behind your jeans and tights betrays you, and you're forced to succumb to the weather demands, don't punish yourself with shame and lack of confidence. Get started right away on making those pins sexy for summer. It will take some work, but will be well worth it to achieve that silky, smooth, glowing look you see on the legs of the models in magazines. So what -you let yourself go, now bring yourself back!

With our 6-step guide on how to achieve and maintain great legs, you will be sure to find the perfect solution to whatever flaw it is that bothers you the most (or the least). Dr. Lisa Kellet, dermatologist, will take you through various skin care tips, treatments and procedures. Apart from emphasizing the undeniable importance of sunscreen, she will also offer you practical and valuable advice for a multitude of skin issues - from sunspots and cellulite, to understanding what exactly is causing those 'mystery' bumps and spots you're finding, and effective remedies to remove them.

For those women who find the maintenance of shaving exhausting, Susan Shiriff of Avenue Skin Care introduces us to one of the latest and greatest laser hair removal systems, CoolGlide® from Cutera. So toss

those razors in the trash, in just 3-6 treatments, smooth, hair-free legs can be yours, all summer!

If you're looking to surgically remove fat and/or tighten flabby areas, Dr. Peter Bray, Plastic Surgeon, explains in detail the appropriate way to go about getting this done, correctly and safely. Since everyone's bodies are different and individual desires and goals vary tremendously from person to person, treatment protocols need to be individually tailored. Reduction of fat, addition of volume, and tightening of the skin may all be used, or only one of these treatments may be deemed necessary. Bray makes it clear, that first and foremost, it is imperative that you seek the opinion of an experienced plastic surgeon to gain information before taking further steps in this process.

While tricks and treatments help us all look our best, everyone knows that the first step to a healthy looking physique is diet and exercise. Bruce Krahn, celebrity personal

trainer and best selling author of 'The Fat Fighter Diet,' provides in detail the best exercises to tone your legs. Krahn will guide you through the best equipment for legs and butt training, anaerobic exercise, resistance training and the best moves.

For women on the go looking for the best shaving tricks, the experts at Gillette Venus discuss the secrets behind the smoothest shave in the business. The best prepping methods, spectacular shaving tricks and the importance of top moisturizing techniques that will leave your legs smooth and shiny!

So, with a boost of energy, some dedication, and sticking to some of the top products and technology offered today, our team of experts will guide you into the best secrets (some not so secret) of the trade. Not only can you ensure that your legs will glow all summer, you will discover ways to maintain your sexy look all year round.

Goodbye ghastly winter legs! Hello gorgeous summer gams!

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## Skin Care

*Dr. Lisa Kellett M.D., F.R.C.P. (C), D.A.B.D.*

The most important issue for the skin on the legs by far is sun protection for a number of reasons.

The sun is the primary cause of the number one cancer in North America, skin cancer. It is also the cause of photoaging, namely wrinkles, brown spots and uneven skin tone.

Malignant melanoma is a potentially deadly form of skin cancer. In women, one of the most common body sites to develop malignant melanoma is the calf. As a result patients are instructed to examine their own skin once a month looking for any new moles or brown spots or any change in these lesions.

Other common skin cancers seen on the legs are precancerous spots called actinic keratoses, basal cell carcinomas and squamous cell carcinomas.

Thus, when legs are exposed to the sun, even when wearing stockings, the skin should be protected. The best way to do so



is to use a broad spectrum sunscreen of SPF 30 or higher and sun protective clothing of UPF 50 or higher.

Another common concern on the legs is brown sun spots called lentigines. These are benign in nature and are as a result of sun exposure. The treatment for these is the Lumenis One light source which targets pigmented lesions and effectively removes them.

For women one of the most common complaints is cellulite on the legs. It is characterized by an irregular, dimpled appearance of the skin. Treatment of this is with the Synergie which improves the appearance of the skin making it smoother with a more even texture.

Women and men often complain about a long standing, common skin condition characterized by small bumps on the back of the thighs called keratosis pilaris. For many people the look of this is quite disturbing as it can be quite red and often irritated. One effective treatment for this is the diamond peel which removes the keratin plugs resulting in smoother, softer, more even toned skin.

No discussion on summer skin care on the legs would be complete without mentioning the self imposed problem of tattoos. In women these are often found on the

lower legs and for many they inhibit their choice of clothing. The gold standard for tattoo removal is the Q switched Ruby laser which removes tattoos using specific wavelengths of light to effectively remove tattoos.

Folliculitis is an inflammation around the hair follicle which manifests as irritated red bumps on the legs. It can be caused by a number of things including lake water, hot tubs and shaving. Blue Light therapy can be used in addition to a topical antibiotic wash.

Dermatofibromas are firm papules found mainly on the legs and are as a result of ingrown hairs or insect bites. These are found in both men and women and can be treated with surgery.

Age spots called seborrheic keratosis are warty - like lesions found on the legs of patients over the age of 35 and can be easily removed by a procedure called electrodesiccation which carefully removes them to result in smooth, flawless skin.

Finally, regardless of your skin ailment the first step is to consult with a dermatologist for a medical assessment so that a proper diagnosis and management plan can be made.

Dr. Lisa Kellett M.D., F.R.C.P. (C), D.A.B.D.  
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## 2 How To Achieve and Maintain Sexy Legs

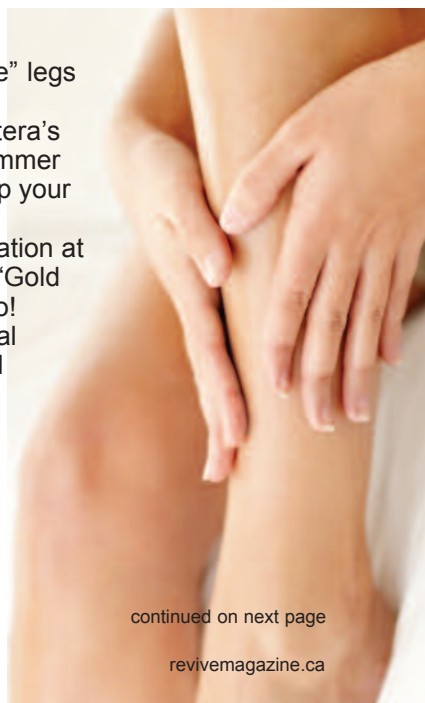
By Susan Shirriff

Tired of shaving and think you can't have sexy and "hair free" legs for the summer?

Yes you can! With the most innovative technology Cutera's CoolGlide® Nd:Yag laser hair removal, you can enjoy the summer and continue to enjoy tanning without the worry of having to stop your treatments.

With most Laser Hair Removal Systems this is a contraindication at any time, so why not start or continue your treatments with the "Gold Standard" Laser treatment for all skin types and tanned skin too!

The CoolGlide® from Cutera is the best laser hair removal system on the market because of its longer wavelength and cooling system design which allows for an effective and safe treatment with permanent hair reduction results. No matter how fair, tanned or dark your skin may be; thick or fine your hairs may be; the CoolGlide's® wavelength provides with the results you are looking for. The laser's wavelength targets melanin which is pigment found in the hair. It confines heat to the hair follicle to cause damage to the root. With the CoolGlide® Nd:Yag wavelength being 1064nm, it is less like-



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ly to attract pigment in the skin causing hyperpigmentation or trauma on the surface, as well as with the cooling system built in the CoolGlide® it allows for epidermal safety.

Now you can have smooth and silky skin all over because most areas can be treated. In most cases you can achieve your results within 3-6 treatments. Keep in mind the number of treatments required for long term benefits are dependant on a multiple of factors such as: area being treated, hair thickness and the hair growth cycle.

Following a treatment, it is normal to be a bit red and swollen in the area. Within the next couple of days following the treatment expect to have regrowth in the area, followed by shedding of 20% of the hairs. Because of our hair growth cycle, an average of 20% of our hairs are attached to the root (the ideal stage for laser hair removal)

however 80% of the hairs detached from the root being dead hairs. This is why multiple treatments are needed to see optimal results. Also you don't need to let your hair grow out; you can shave between treatments and you can return to your regular activities. Make sure to protect the areas treated with sunscreen when being exposed to the sun.

Don't delay! This treatment is ideal for men and woman who wish to have smooth and silky skin free of hair. Go ahead and show off your sexy legs this summer! Try it, you will love the results!

Susan Shirriff  
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The Leading provider for Anti-Aging  
Treatments and Procedures

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## 3 Achieving Great Legs – Surgical Options

By Dr. Peter Bray

Summer temperatures and activities typically spawn our desire to expose larger areas of the legs. But the goals of one client, who just wants to look decent in tennis shorts, might differ dramatically from another who craves drop-dead legs, hip-to-toe, in a string bikini. Consequently a detailed consultation with your Plastic Surgeon is essential such that an individualized treatment plan can be created.

When working with a client to improve appearance of the legs I group the treatment options into three main categories; reduction of fat, addition of volume, and tightening of skin. Depending and the goals of the client and characteristics of their legs employing options from any or all of these categories may be required.

### Fat Reduction

Some of the trouble-spots in the legs are so common that they have acquired familiar and somewhat unfortunate nicknames. These include terms like saddle-bags, banana rolls, muffin-tops, thunder thighs, tree-trunks, cankles, and so on. Regardless of the name given or part of the leg affected the common underlying feature is that each of these areas is predisposed to the accu-

mulation of fat.

Liposuction has become the mainstay for removal of unwanted fat deposits in the legs and is generally an effective and reliable option. By reducing pockets of excess fat the proportions of the leg can be improved and the overall contour streamlined and made more uniform.

But removal of fat is the easy part; of particular importance is the amount left behind and avoidance of certain "danger zones". Excessive liposuction can lead to depressions, irregularities, loose skin or other contour abnormalities. These danger zones are those where the fat layer is thinner and less forgiving, such as the front of the thighs. Liposuction in these areas should be done conservatively and with care, or avoided altogether. An experienced Plastic Surgeon will be familiar with these difficult areas and advise you regarding realistic treatment expectations.

Other areas of the legs tend to have thinner skin with poor tone or elasticity, such as the inner thighs. Skin contraction after liposuction is less effective here resulting in a greater tendency for folds of loose, floppy skin. Some Plastic Surgeons have advocat-

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ed forms of energy-assisted liposuction techniques for these areas, hoping to obtain improved skin-tightening. My own preference is BodyTite liposuction, which provides gentle computer-controlled heating of the skin. Early research has found skin contraction rates of up to 30-40%, compared to approx 10% with traditional liposuction.

### **Addition of Volume**

In addition to some natural concavities in the legs, patients may suffer from divots, depressions, and dents of various types. These contour problems may be caused by injuries but are also common after previous liposuction or other surgical treatments where there has been excessive tissue removal. Other clients might have straight, "spindly" or somewhat shapeless legs and desire additional fullness or curves. Consequently, it is sometimes desirable to add volume to the legs to improve proportions and overall shape.

There are two basic techniques available to add volume to the legs, including fat injection and artificial implants. This latter option is really only used for the calf region, where a silicone implant is inserted under the skin over the calf muscle (gastrocnemius). These muscles are notoriously difficult to develop through exercise, and an implant is sometimes desirable in order to create a more sculpted and shapely contour.

Fat injection techniques have become popular in recent years to add volume to many different body areas. In the legs this treatment is performed in a similar manner. Excess fat is removed by gentle liposuction from another area, purified, and then re-injected into the area of interest. I consider fat injection to be the prime technique for correction of contour problems resulting from surgery, injuries, or previous liposuction and can often provide meaningful improvements. In addition, fat injection provides another option to augment the calves but without the use of an artificial implant.

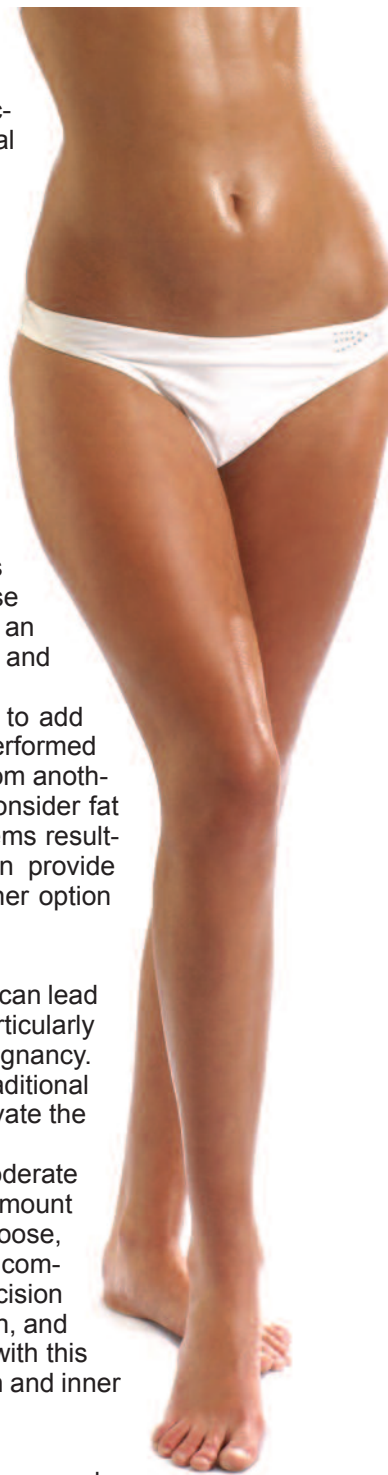
### **Skin Tightening**

Weight loss, increasing age, and the ever-present effects of gravity can lead to areas of loose, floppy skin in the legs. The inner thighs are particularly prone to this problem in a similar manner to the abdomen after pregnancy. Given that the problem is not one of excess fat, solutions like traditional liposuction are really not appropriate and would tend to only aggravate the problem.

Some forms of energy-assisted liposuction can help with moderate skin-tightening of the thigh region, but there is still a limit as to the amount of correction obtainable. As in other areas of the body folds of loose, floppy skin are often best treated by excision. In the legs the most common such procedure is a thigh lift. It is performed by making an incision within the groin crease, removing the excess skin of the thigh region, and then closing everything with stitches. While a long scar is created with this procedure, it is usually well-concealed within the crease of the groin and inner thigh.

### **Next Steps to Great Legs**

The wide variety of leg lengths, shapes, and proportions between people means that there is no single treatment option that will satisfy every client's goals. Fortunately, the techniques above can be applied in various combinations and locations to provide a powerful platform for Plastic Surgeons to achieve satisfying improvements for their patients. Naturally an important first step for anyone seeking rejuvenation of the legs, or any other area, is to seek a consultation with an experienced Plastic Surgeon and share their goals and seek information.



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