



**anti-aging**

**FIVE WAYS**

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**Make a good first impression**

**SMILE**

"It's in our genetics to look at a person's smile before anything else," explains Dr. Ed Philips, DDS, of The Studio for Aesthetic Dentistry in Toronto. Back in the caveman days, we'd search for prospective mates with jagged, sharp teeth to provide us with food and protection. "Now a white, even smile signals a person we can be comfortable around."



**TRESS TO IMPRESS**

A great hairstyle has an impact from near and far. To get one, Fady Assaad, stylist and owner of Hair Junkie by Fad in Ottawa, offers this advice: "A picture is worth a thousand words. So bring one to your stylist, along with a set of realistic expectations." Fady also feels the biggest mistake people make when trying to impress with their tresses is fighting their hair's natural attributes, so try to "keep it real."

**FACE TIME**

Don't simply banish wrinkles temporarily when you can stimulate collagen growth at the same time with a Radiesse dermal filler treatment. "What Radiesse can offer in a single session are smooth, natural-looking results that can last for up to two years," says Dr. Behnaz Yazdanfar, MD, of Toronto Cosmetic Clinic. "This represents a huge leap over the four to six months offered by other leading injectable fillers."



**WHAT TO WEAR**

"According to a study on non-verbal communication by Druckman, Rozelle & Baxter, when you meet someone for the first time, 55 per cent of your message is conveyed by your appearance," says Janise Bachler, owner of J3 Image Consulting in Calgary. "Your body is begging to be adorned



beautifully right now, so dress in clothes that fit properly." Settling for less until you reach a certain size or shape will only make you feel less powerful.

#### KISS AND TELL

While having a stiff upper lip emotionally may be a good thing, you don't want to make it a reality. "For lips, smoother is always better," explains Dr. Fred Weksberg, MD, FRCP, owner and medical director of the Centre for Cosmetic Dermatology in Toronto, who recommends Teosyal dermal fillers. "Teosyal gels have exceptional viscosity and elasticity, which enables a very effective filling." These 100 per cent hyaluronic acid-based fillers are also highly biocompatible, making inflammatory reactions rare.

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