

MIAMI

# where

YOUR TRAVELING COMPANION SINCE 1936

Objects  
of Desire:  
A Dozen  
Mother's  
Day Gifts

**FOUNTAIN  
OF YOUTH**

Best places  
to go to look  
younger without  
plastic surgery

Get to know

# MIAMI

A Roundup of the City's Most  
Interesting Neighborhoods

MAY 2006

SHOPPING + DINING + ENTERTAINMENT + MAPS

# fountain of youth

With these “Lunchtime Procedures”, a *Nip/Tuck* may not be necessary

BY JAMES CUBBY

Ponce de León traveled to Florida nearly 500 years ago searching for the mythical Fountain of Youth. Today millions of visitors come to Miami, many searching for youth. *Nip/Tuck*, which follows the lives of two Miami plastic surgeons, joins shows like ABC's *Extreme Makeover*, MTV's *I Want A Famous Face*, and Fox's *The Swan* in promoting the popularity of cosmetic surgery. However Miami visitors are finding many non-surgical alternatives and they're turning back the clock.

“Lunchtime Procedures” are gaining in popularity and often used as an alternative to cosmetic surgery or as a method to delay the need for going under the knife. Lunchtime procedures are named such because these can all be performed in the time it would take to have lunch. Miami is rapidly gaining a reputation as a mecca for cosmetic surgery but Miami travelers are finding they can look younger without a *Nip/Tuck*. Have one of the “Lunchtime Procedures” below and look younger by dinner.

Miami Institute for Age Management & Intervention



**ZOOM Whitening System** is a new scientifically advanced, patent pending tooth whitening procedure. Light works to activate hydrogen peroxide to penetrate the teeth, breaking up stains and discoloration.

**Microdermabrasion** is a process that buffs and polishes your skin to achieve a healthy glow and helps alleviate fine lines, pigmentation, acne and dull, dry skin. This painless procedure combines abrasion and suction to achieve younger-looking skin. The patient leaves with slightly pink skin that will fade after a few hours.

**The Chromalift** is a non-surgical facelift that was awarded the Innovation of the Century at the International Beauty Show in Paris for being the first esthetic treatment based on physics rather than chemistry. Using Chromatherapy, Lymphatic Drainage, and vibrational therapy, this sophisticated treatment obtains remarkable results.

**Oxygen Boost Facial** is a process that oxygenates your skin with a state-of-the-art treatment of pure oxygen with 87 vitamins, minerals and enzymes producing an instant face-lift.

**Contour Thread Lift** uses implantable, specially designed surgical threads to lift sagging skin on the midface, forehead, eyebrows and neck.

**Cynosure TriActive LaserDermology System** does a quick face-lift increasing collagen and tightening the skin using a laser massage.

**Botox** tops the list of injectables that are on the market today. Botox (Botulinum Type A Neurotoxin) prevents the formation of facial wrinkles and creases and improves the look of existing furrows.

**Perfector Non Surgical Facelift** is a fairly new system that utilizes micro-current to help increase collagen and elastin production as well as stimulating blood circulation.

