

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

WINTER-SPRING

5 INSTANT
WRINKLE ERASERS

*Amazing results,
no surgery required*

SEXY
BREASTS

ACNE-FREE

SKIN

MIRACLE

INJECTABLES

ANTI-AGING

PRODUCTS

SHOULD YOU GET

SILICONE
IMPLANTS

YOUTH
BOOSTERS

LASER

LIPOSUCTION

AGE-REVERSING

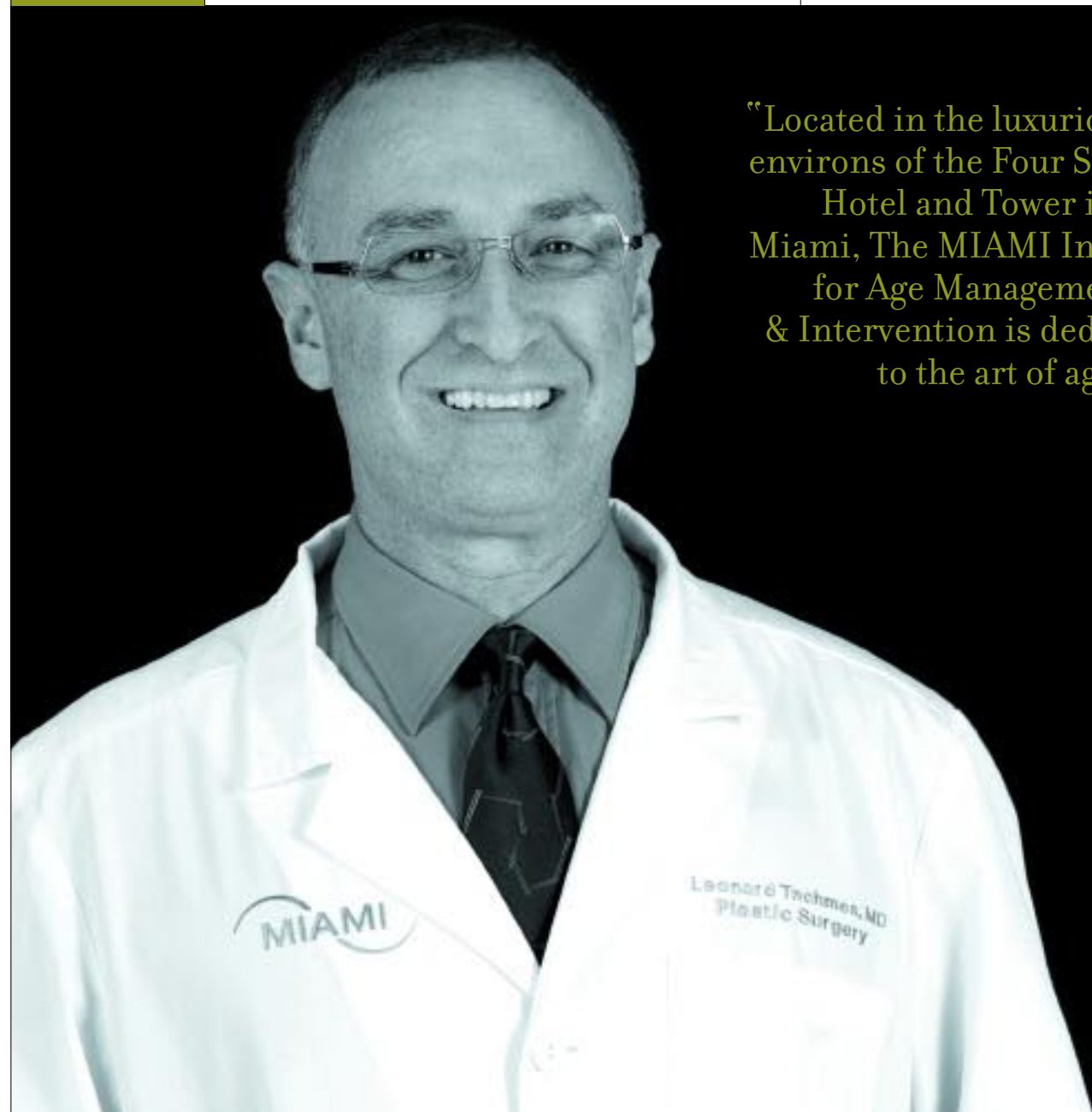
MAKEOVERS

10 INJECTABLES
YOU'VE NEVER HEARD OF

*Discover the latest long-lasting
fillers that make you
look younger in an instant*

14 BREAKTHROUGH
NEW BEAUTY PRODUCTS

*Straight from the lab...
super-charged serums that
reverse the signs of aging*



“Located in the luxurious environs of the Four Seasons Hotel and Tower in downtown Miami, The MIAMI Institute for Age Management & Intervention is dedicated to the art of aging well.”

BREAST SURGERY

Dr. Tachmes has a special interest in **RECONSTRUCTIVE OR REVISIONAL BREAST SURGERY** for patients who have undergone previous breast surgery and present with saline or silicone breast-implant-related problems. “There exists a growing population of women with breast-implant-related complications who require complex and sophisticated revisional surgery solutions for their unique issues,” says Dr. Tachmes. “Each patient must be evaluated individually, and a customized surgical plan must be tailored to address and correct their aesthetic deformities.” Procedures involve removal of existing breast implants, repair of pocket deformities, removal of breast pocket scar tissue, secondary mastopexy procedures and **RE-AUGMENTATION WITH NEW SALINE OR SILICONE IMPLANTS**, which were recently approved by the FDA. “The goal is always to achieve and restore a natural, anatomically correct breast shape and symmetry,” he says.

INSIDE INFORMATION

body of work

“Our guiding philosophy is to be our patients’ partner in the aging process and to develop customized treatment care,” says plastic and reconstructive surgeon Dr. Leonard Tachmes. “We are here to help improve the quality of their lives.”

Dr. Tachmes specializes in aesthetic breast surgery and body contouring surgery, which includes ultrasonic liposuction of the body and abdominoplasty surgery. Indeed, The Institute provides a wide range of treatments: cosmetic surgery for the face, body and breasts; facial rejuvenation using lasers and soft tissue fillers; hormone replacement, nutritional counseling and weight-loss management; and skincare analysis, microdermabrasion and photofacials. With a focus on aesthetic surgery of the body, Dr. Tachmes is on hand to perform liposuction and sculpting of the body. “I’ve developed a unique method of abdominoplasty surgery that produces a contoured, anatomically correct abdominal wall,” says Dr. Tachmes. His technique involves targeted liposculpting of the abdominal skin flap and the areas surrounding the umbilicus. His method of non-tension umbilicus reconstruction creates an aesthetically satisfying bellybutton with minimal evidence of previous surgical intervention.

The MIAMI Institute’s modern Scandinavian-style office exudes understated elegance. Privacy and discretion are paramount: there is a VIP pre- and post-surgery entrance and exit, along with private waiting rooms, VIP suites and a recovery room just an elevator ride away. “Ultimately, we believe in catering to our patients,” says Dr. Tachmes.



DR. LEONARD TACHMES

BOARD CERTIFICATION

American Board of Plastic Surgery

PLASTIC SURGERY OF THE BREAST AND MICROSURGERY FELLOWSHIPS

Memorial Sloan-Kettering Cancer Center

AREAS OF EXPERTISE

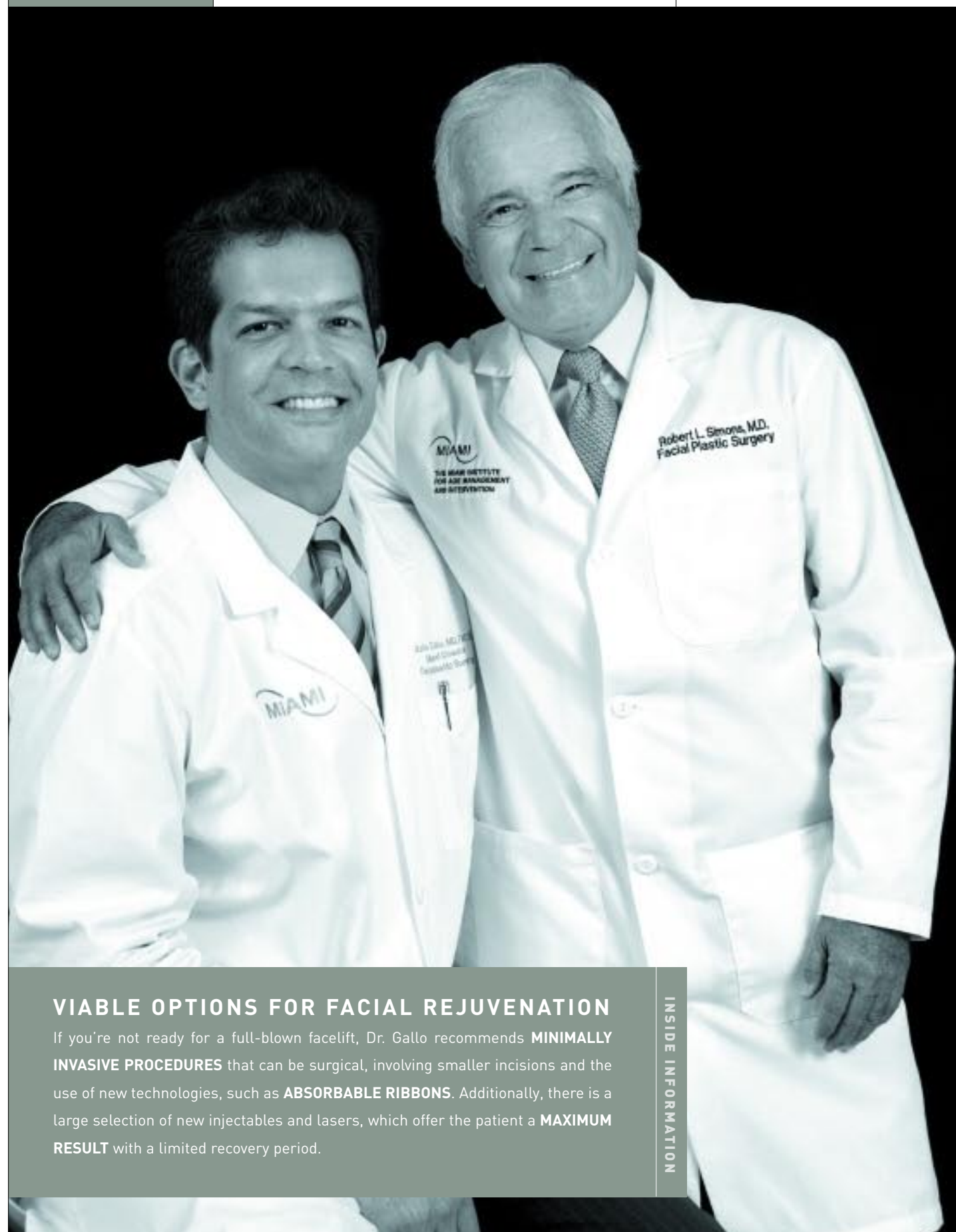
Abdominoplasty
Aesthetic Injectables
Body Contouring
Breast Augmentation
Liposuction

LOCATION

Miami, Florida
305.624.0009

WEB SITE

www.MIAMI-Institute.com



quality of life

Located in the luxurious environs of the Four Seasons Hotel and Tower in downtown Miami, The MIAMI Institute for Age Management & Intervention is dedicated to the art of aging well.

The multi-specialty team, led by facial plastic surgeons Drs. Julio F. Gallo and Robert L. Simons, is committed to managing the aging process for its patients. An impressive array of procedures and treatments are offered, including surgical and nonsurgical aesthetics, a variety of wellness programs and skin-care treatments. According to Dr. Simons, achieving successful outcomes begins with the consultation. "A surgeon's ability to understand what a patient needs is critical to making the patient feel better about themselves afterward," he says. He writes comprehensively about the history of the discipline in his book, *Coming of Age: A Twenty-Fifth Anniversary of the American Academy of Facial Plastic and Reconstructive Surgery*. What he realized as he worked with his patients was that there were many similarities between aesthetic facial plastic surgery and the reconstruction work he was performing. "It wasn't a far leap for otolaryngologists because we understood that part of the body so well," explains Dr. Simons. In the decades that followed, Dr. Simons was a driving force in obtaining proper recognition of and, more importantly, proper training for facial plastic surgery certification. In his long-term career, Dr. Simons continues to focus on rhinoplasty and on his recently published book, *HERE TO STAY: A Brief History of the American Board of Facial Plastic and Reconstructive Surgery in Celebration of its Twentieth Anniversary*. The doctors at The Institute have redefined the concept of how to view and treat the aging process. "We manage the whole patient, not only in terms of plastic surgery but also with regard to addressing cosmetic enhancement concerns and how they feel on the inside and outside," says Dr. Julio Gallo, who joined Dr. Simons after training with him during a fellowship. "We both believe in super specialization," says Dr. Gallo, who focuses on cutting-edge techniques in soft tissue work such as brow elevations and endoscopic surgery. "I enjoy the face because you're dealing with so many different tissues and structures," he adds. "My father was a sculptor, and I think there's a parallel there."



DR. JULIO F. GALLO

BOARD CERTIFICATION
American Board of Otolaryngology/Head and Neck Surgery
American Board of Facial Plastic and Reconstructive Surgery

AREAS OF EXPERTISE
Blepharoplasty
Endoscopic Surgery
Facelift
Facial Rejuvenation
Laser Surgery
Rhinoplasty

DR. ROBERT L. SIMONS

BOARD CERTIFICATION
American Board of Otolaryngology/Head and Neck Surgery
American Board of Facial Plastic and Reconstructive Surgery

AREAS OF EXPERTISE
Rhinoplasty

LOCATION
Miami, Florida
305.624.0009

WEB SITE
www.MIAMI-Institute.com

VIABLE OPTIONS FOR FACIAL REJUVENATION

If you're not ready for a full-blown facelift, Dr. Gallo recommends **MINIMALLY INVASIVE PROCEDURES** that can be surgical, involving smaller incisions and the use of new technologies, such as **ABSORBABLE RIBBONS**. Additionally, there is a large selection of new injectables and lasers, which offer the patient a **MAXIMUM RESULT** with a limited recovery period.

INSIDE INFORMATION



polishing your image

“Cosmetic dentists have to see the big picture. If they think solely in terms of the mouth and the teeth, then they’ve fallen short of their mission. A successful procedure will enhance not just a patient’s teeth, but his or her entire face,” says Dr. Julio Hernandez.

That’s why, with every procedure he undertakes, Dr. Hernandez makes a painstaking analysis of the patient’s lips, profile and facial proportions. “All of these elements need to be evaluated,” he points out. When Dr. Hernandez studies a patient’s face, he says that he has the ability to envisage the final result. “Cosmetic dentists should have the ability to see the final outcome before they start,” he says. Patients might be inclined to think of it as a kind of sixth sense, but there’s really nothing mystical about it: It’s the result of years of training and experience.

Board-certified periodontist Dr. Mark I. Gutt is another of the specialists practicing at The MIAMI Institute. He has practiced the art of periodontics and implantology in South Florida since 1991 and was the first periodontist in South Florida to bring the perioscope into private practice in 2001. His passion for cosmetic periodontal plastics and smile design has benefited his patients, who value his unwavering commitment to improving their overall well-being. “My goal is to help patients reach the highest level of oral health possible so they may enjoy the benefits of a comfortable, functional, and attractive smile,” he says. Dr Gutt is also involved in new technologies relating to implant surgical therapies, including Teeth in an Hour™, utilizing CAT Scan technology and bone-augmentation procedures.

The MIAMI Institute features a state-of-the-art cosmetic dental lab and boasts a CEREC machine for custom restorations, digital x-rays, sedation dentistry and relaxation services like hand-and-foot massages and virtual-reality glasses for viewing movies. “Our patients leave the practice feeling great,” says Dr. Hernandez.



DR. JULIO E. HERNANDEZ

DOCTOR OF DENTAL MEDICINE
University of Florida

AREAS OF EXPERTISE
Conscious Sedation
Cosmetic Dentistry
Orthodontics
Smile Implants
Veneers

DR. MARK I. GUTT

DOCTOR OF DENTAL MEDICINE
University of Pennsylvania

AREAS OF EXPERTISE
Dental Implants
Smile Makeovers

LOCATION
Miami, Florida
305.624.0009

WEB SITE
www.MIAMI-Institute.com

COMPASSIONATE CONSERVATISM

The “smile lift” is gaining in popularity at The MIAMI Institute. It’s a procedure that gives the patient a custom-designed smile. The relatively **NONINVASIVE PROCESS** produces extraordinary results. Dr. Hernandez studies the patient’s facial dimensions, profile, lip position, tooth position, tooth form and function. Then he contours the shape of the teeth, using precision **HAND-CRAFTED PORCELAIN VENEERS** expressly designed for the patient’s mouth. This contouring sets off a ripple effect all around the mouth and lower face. It lifts the lips and broadens the smile. By filling the borders around the mouth, the “smile lift” removes wrinkles. The result, Dr. Hernandez adds, takes years off a patient’s face while producing a smile that friends and family have never seen before.

INSIDE INFORMATION