

PLASTICS

The HOLISTIC GRAIL

The latest trend in plastic surgery isn't about a newfangled technique or a buzz-worthy advancement, but rather the adoption of a very old approach. Welcome to the new age—and the New Age version—of going under the knife. **By FIORELLA VALDESOLÓ**

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JAN SMUTS, THE SOUTH AFRICAN statesman who coined the term *holism* in his 1926 book, *Holism and Evolution*, likely never imagined that his word would, in the next century, find itself attached to rhinoplasties and breast augmentations. But the well-established credo of alternative medicine—that a person's condition should be evaluated not by individual symptoms but as a whole—is now finding its way into an unex-

pected place. And the person carrying out the surgery practices what she calls "holistic" addressing as many aspects of the patient for a procedure as possible. "Madhere this approach transforms healing, with incredible results. And while it's not a quick fix, it's actually quite revolutionary. It is, to put it plainly, the opposite of a quick fix."

For patients open to the four-to-six-week surgery prep, she prescribes the blood type diet for weight loss and overall health, acupuncture for improved pain management, reiki for stress reduction, and vitamin supplements and homeo-

Carolyn Chang's surgical methods are classic, although because her practice is in San Francisco (the unofficial epicenter of holism), she embraces alternative therapies as well. It's not uncommon for Chang to work in conjunction with a patient's naturopath (many have them) to adapt herbal regimens for surgery, and she encourages the continued use of acupuncture or massage therapy for pain management.

This more integrative mind-set regarding plastic surgery seems at odds with the burgeoning popularity of minimally invasive procedures such as fillers and injectables, but the same rules can still apply. "Surgery won't fix skin quality issues, only skin contour issues, so for a younger patient minimally invasive procedures can be the best things to do as a threshold," Chang says. Whether procedures are used as alternatives, as stopgap measures, or as complements to surgery, according to Madhere the key to achieving the best result still lies in taking the same big picture—i.e., holistic—stance. In the anti-aging competition, it seems that slow and steady does win the race. •



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Gianna Basso of Hollywood's Most Powerful Families

LOOKING GLASS / PLASTICS

stopped smoking.' This person may need a face-lift, but what they need more is a conversation.

A similar outlook prevails at Gerald Pitman's New York City plastic surgery practice. Pitman, a longtime health and exercise nut, is considered one of the foremost authorities on liposuction. "Many patients still have the mistaken notion that lipo will cause you to lose weight," he says. "It is a

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CUTTING TIME

A primer on whether to choose the needle or the knife.

FACIAL REJUVENATION

Fillers can camouflage imperfections, especially in patients in their thirties and forties, but they're not always the best choice. "As we get older, not only do we lose facial fat, the tissues sag and move," Chang says. "So at some point—it sounds hilarious—in order to get the most natural result, surgery is a better option than fillers."

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CK LIFTS

ial surgical route, and procedure Ulthera. tens up the skin in all es on the same layers surgeons target," says surgeon Gabriel Chiu. results last two to five t's closer to one to two.

"With breast augmentation you'll get the best results, as far as proper volume, look, and size go, with surgery," Chiu says. "While still surgical, the next step lower would be to do a fat transfer from one area of your body—say, your stomach, if you're already doing lipo—though usually with this method you can go only about half a cup size larger."

NOSE

"If you're making the nose smaller, there is no option besides surgery," Chiu says, "but if you're correcting a bump or depression or making the tip a little sharper, that can be done with filler." The so-called nonsurgical nose job is becoming increasingly common. The fillers Radiesse and Voluma are popular choices, and results can last more than a year.

FAT REDUCTION

Specific—and small—problem areas, especially those on the tummy or love handles, can benefit from treatments like CoolSculpting, which is completely non-invasive. But the results are subtle, and treatments can be time-consuming and as costly as surgery. With tummy tucks or larger liposuction cases, surgery is the only option, since there will be excess skin to remove.

DAN CHIPPINDALE/GETTY IMAGES (SCALPEL); LUIS PEDROSA (ACUPUNCTURE NEEDLES); CULTURA SCIENCE/GETTY IMAGES (SYRINGE)

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