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CHINESE LUXURY AND LIFESTYLE



The Couture White Coat

手術袍後的訂製美學

Interviewed by Diana Wang

A consultation on facelifts and fashion with Vogue 100's plastic surgeon, Dr. Carolyn Chang

專訪曾獲Vogue評選為百大時尚人物的知名整形醫師張俊琳，探討美麗背後的秘密以及她的時尚觀...



Dr. Chang with patient

整形醫師張俊琳 (Dr. Carolyn Chang) 兼具精準美感與精巧技術。畢業於史丹佛大學的她是加州太平洋醫學中心整形科 (Plastic Surgery at California Pacific Medical Center) 副主席，在其他知名團體也常見她的名字。張俊琳的客戶網羅知名搖滾歌手、演員、執行長、政治人物以及社交名媛等等，許多人甚至從國外遠道而來，只為了張俊琳最擅長的、效果真實自然的回春手術。也因為如此，張俊琳常登上知名雜誌 W、全美頂尖醫師 (Best Doctors in America) 等媒體評選的頂尖醫師之列。對這些令人佩服的經歷，她的態度卻是一派謙和。「除了技術，還能夠依照客戶特點而有所斟酌調整。」

除了專業方面的傲人表現，張俊琳的好品味也讓人激賞。她對於比例與細節的精準眼光讓她成為一名優秀的藝術評鑑家。執業之外，她常擔任個人藝術風格評鑑。Vogue雜誌每年評選最具有好品味的專業人士，名為百大時尚人物 (Vogue 100)。而張俊琳連續三年名列其中。也許，正是這種與生俱來的精準眼光讓她成為卓越的整形醫師。

訪談期間，在北加州成長的張俊琳與我們分享工作哲學和她可信的執業哲學。對她來說，整形手術不僅要能讓外表更迷人，同時還必須能對現下多如過江之鯽的整形技術深入判斷並加以取捨。同時，她也大方分享關於生活、時尚的心得以及美容祕訣。

什麼特點讓你成為一名卓越的整形醫師？

客戶最推崇的是我非常自然的術後成果。這對他們來說非常重要。還有就是量身打造的眼光。整形不能一成不變，我會視不同客戶的外觀特性、時間需求以及經濟情況打造不同建議。例如：一個年約六十多歲的客戶可能需要十項療程，但她對某些療程有所擔憂，而且只有一個星期的復原期。那我通常會選擇最小規模療程，既能讓她看起來煥然一新，同時又不至於需要太長的復原時間。

妳提到「希望自己能協助客戶分辨一時的整形熱潮以及真正可靠安全的療程」，可以告訴我們哪些是你所謂的一時的熱潮？

在整形醫學中，往往規模越小的手術成效也越不明顯。目前，有許多號稱無侵入性並快速復原的迷你拉皮或者豐唇手術，我不認為這些療程可以有很大的成效，或者可以持續很久。更糟的是，有些花招根本不安全。數年前，人們將樹脂注入臉部，導致許多可怕的後果。現

在，網路無所不有，包括藥物。最近，報紙甚至提到有消費者從網路上買到假的注射藥劑。因此，我建議務必確認整形醫師是否有執照、良好信譽，還有就是藥物與療程要經過FDA核准。對於不需手術療程的未來發展，你有什麼想法？

對於無手術療程，我非常期待。比如說，肉毒桿菌的安全性與效果遠勝許多其他療程，但同時，肉毒桿菌無法取代傳統拉皮手術，因為它無法緊實肌膚。我希望未來發展出更多可以緊實肌膚的方式。目前，鐳射有不錯的成效，但可能造成色素沈澱不均的問題。我雖然不提供以上這些療程，但我認為他們可說是近年來醫美方面最好的新技術。

為什麼你不提供這些不需手術的療程？

首先，對於這些非手術性的療程，我會推薦其他優秀的皮膚科醫師。我選擇不提供太多服務項目，而專精拉皮、腹部整形、豐胸、眼部整形等等。很幸運的，由於卓越的術後效果，這些服務就已經讓我非常忙碌，我也很享受自己的工作。

對於如何保養亞洲人的肌膚，妳有什麼建議？有什麼手術是你非常建議給一般亞洲女性的？

亞洲肌膚的最大挑戰是疤痕。因為膚色較深、肌膚較厚，也更有彈性，因而老化速度較慢。但同時，疤痕顏色也較深，且不易消退。因此，建議進行手術前先確保醫師僅可能地減少疤痕的產生、讓傷口最小，並且儘量隱藏疤痕在不明顯的位置。

我認為拉皮可說是最適合亞洲女性的手術。拉皮手術可以改善約七成亞洲女性經常的問題。可能讓人難以置信，但我有許多年輕客戶非常滿意拉提眉毛手術的效果。多數亞洲人沒有白種人的深邃五官，壓迫的眉毛會讓眼睛顯得更小。即使作了雙眼皮手術，如果沒有眉毛拉提，也難以有很好的成效。此外，這些手術的疤痕都隱藏在髮線之後，很適合亞洲女性。



At the Chanel show in Paris

對於目前亞洲風行的一些整形手術，妳有什麼看法？

我不擅長鄂面整形手術（orthognathic surgeries, jaw corrective surgery），因此無法有太多建議。但是，以我的經驗來說，這種手術規模大，如果手術不夠縝密完善，可能帶來長期的後遺症。即使有時候可能無法盡如人意，但我不喜歡完全改變客戶的樣貌，因此我也不施作這種手術。我的目標是讓客戶呈現更美的自我，而且維持長久的效果。不僅在術後效果良好，還能持續十年、二十年。

最近，妳被舊金山常春藤基金會（Ivy Academy Foundation of San Francisco）選為傑出女性。對妳來說，成功充實的生活為何？

誠信的工作哲學是我非常看重的一部份。我以卓越的工作表現、讓顧客開心，並同時讓自己深感驕傲為目標。我剛滿週歲的女兒也是我人生重要的一環。多謝有先生與家人的支持，我可以維持相同的生活步調。但因為女兒，我更努力兼顧工作與生活，找到兩者之間的平衡。

跟我們分享一下妳當了母親之後的每週行程？

我週一工作到週五，每天早上七點到下午五點或者六點。下班後回家陪女兒直到她上床睡覺。如果晚上有其他活動，我會試著提前開始工作，然後早點下班。我試著每週安排一到兩次的夜間活動，包括新店開幕活動或者慈善會等等。更大型的活動往往需要更多時間，因而我一年只參加四到五次。其餘就是家庭時間，我跟我先生儘量每週挪出一天晚上來約會。

妳被Nob Hill Gazette選為最會穿衣服的品味人士。妳對潮流時尚有沒有興趣？怎麼形容自己的風格？

比起潮流人士的稱謂，我認為自己更像一個唯美主義者。我喜歡做工精細的服飾與居家裝潢。細節是我挑選衣服時的重點。同時，身為整形醫師，對細節的重視也非常重要。我也重視比例，服裝搭配要適合場合。此外，我也非常享受居家與辦公室的改裝過程，喜歡乾淨、經典、極簡與摩登的風格。我的家是摩登的大樓，有大型落地窗戶，採白色系。古董服裝混搭H&M不是我的風格，我喜歡一致的感覺，即使居家隨性的休閒服也是。我想，這些就是我發揮創造力的出口。

妳最喜歡的设计師是誰？妳習慣在哪些地方購物？

我喜歡結構性的、合身的、俐落、材質好的服裝，避免太傳統、花俏有皺摺的设计。有趣的比例、前衛的細節也很吸引我。諸如古馳（Gucci）、Roland Mouret、Andrew Gn、Rick Owens、范倫鐵諾（Valentino）與香奈爾（Chanel）都是我欣賞的品牌。此外，我也有很多巴黎世家（Balenciaga）知名的機車包（City Bag）。我在這設計還沒開始風行之前就很喜歡了。香奈爾適合工作使用、設計師Rick Owens則適合休閒裝扮。當然我衣櫃裡也有其他的設計品牌。風格方面，其實香奈爾的设计跟我慣常喜歡的風格不太一樣。但她的设计与作工讓人難以抗拒。

購物方面，我會先行預定喜歡的设计師的最新系列，他們會持續提供我各種訊息。我常到網站net-a-porter以及style.com瀏覽最新服裝系列，所以不用出門就可以汲取最新時尚新知。我也出席時裝周活動，精彩炫目的巴黎時裝周是最喜歡的。如果到店裡購物，我喜歡精品店與Barneys New York以及Neiman Marcus提供的隱私性高的私人專屬購物服務。我有熟習的購物顧問，他們知道哪些是適合我喜好的設計。

在健身與肌膚保養上，妳有什麼訣竅？

我採取低碳水化合物飲食，避免加工食物與精製糖。但是，馬鈴薯片跟麵包是我的罩門，還有活動時的美食往往讓我的飲食計劃破功（笑）。



Dr. Chang with husband Patrick King, Chair of the CPMC Wishes for Wellness

從年輕開始，我就很注重保濕。乳液是臉部肌膚保濕最重要的手續。沒有適度的保濕，肌膚會老化、失去彈性。防曬也很重要。我的保養程序其實很簡單：首先，用溫和的清潔用品，然後是我喜歡的、叫做Lytera的保養品，讓肌膚光潔明亮，再接著使用保濕精華、保濕乳液與防曬。

我最喜歡的美容保養產品還有Malin + Goetz的護唇膏以及Joe Malone的橙花身體乳。

妳最喜歡的度假去處和餐廳？

巴黎跟紐約。我喜歡他們都會與時尚的氛圍。如果想要放鬆舒服之旅，我最愛的就是夏威夷四季飯店的Hualalai Spa。餐飲方面，在舊金山不用花大錢就有很多美食可供選擇。我特別喜歡一家雅痞風格的義大利餐廳Cologna; Slanted Door融合各地風味的新式料理也很棒。一旦習慣舊金山，我很難在別的地方找到讓我驚豔的餐廳（笑）。



At the San Francisco ballet gala

Dr. Carolyn Chang is a rare mix of good eye and gifted hands. The Stanford University trained doctor is the Vice Chairman of Plastic Surgery at California Pacific Medical Center and sits on some impressive medical credentials. But Dr. Chang seems to take those accolades lightly. Optimal surgical results take more than grasping measurable skills; rather, in her words, "you have to be able to see and interpret the skills on individuals." And these individuals form an interesting clientele. From A-list rock stars, actors, prominent CEOs, and politicians to socialites, her celebrity patients travel from around the globe for some deceptively natural rejuvenation, a signature she has mastered. As a result, it's not surprising to often spot her on "top doctors" lists in publications like *W* and Best Doctors in America.

And yet, her career alone doesn't fully define Dr. Chang's notability. A self-claimed aesthete, her obsession with proportions and visual details extends to her off-duty hours. She is a regular on lists that prize personal class and style. For three years in a row, *Vogue* magazine has named Dr. Chang a member of the *Vogue* 100 – a group of movers and shakers also known for their cultured taste. Perhaps a razor-sharp natural instinct of an artist is what really makes the precise cuts in a fine-tuning nip and tuck? Dr. Chang gave my suspicion an approving laugh.

As we chat, this northern California native opens up about her work philosophy and her ideal of running an honest practice to not only transform her patients' appearance, but also enable them to develop a scientific judgment of the mushrooming cosmetic technologies. She goes on to divulge her lifestyle favorites, style tips, and most importantly, answer our most burning cosmetic questions.

What are some of your qualities that make you stand out in a crowd?

My patients gravitate to the fact that my work is extremely natural. That's the most important thing. Number two is customization. A plastic procedure is anything but a cookie cutter. I make individual surgical plans that involve minimum work to fit different needs, time frames, and finances. For instance, a patient over sixty probably needs ten different things done but she has certain fears and only one week to recover. I usually come up with smaller procedure plans that still give refreshing results without overwhelming her.

You said you want to "help patients to distinguish fleeting fads and truly reliable and safe procedures." Can you give an example of what is just a fleeting fad right now?

The tenant is: it's difficult to get something for nothing in plastic surgery. Small surgeries generally give small results. At this moment, some mini-facelift and smart lipo procedures claim to be less invasive and heal faster. I don't think these would last the test of time, or the results would be noticeable. Even worse, some gimmicky machinery isn't safe. Years ago, people used to inject silicone into their face for volume; and now we all know it'd cause terrible consequences. Nowadays, you can get anything on the Internet, including medical products. I just read in a local newspaper that some customers chose to buy injectables online, but those turned out to be fakes. To avoid any of those, my advice is to always make sure your doctor is reputable, Board certified, and the product or procedure itself is FDA approved.

How do you foresee the future of non-surgical treatments?

I'm a big believer of non-surgical treatments. For instance, Botox is a safe and effective treatment to address certain problems that no surgeries can tackle. But Botox cannot replace surgery because



At the San Francisco Modern ball

they cannot remove and tighten skin. I hope in the future they'd develop something that tightens skin better. For now, we see some good results with laser treatments. But as a patient, you need to be aware of the potential discoloration issues. I personally don't provide those treatments, but I think they're the best cosmetic developments in the last decade.

Why don't you offer those non-surgical treatments?

I work with a group of outstanding dermatologists in the community for that part.

I choose not to run a big medi-spa and focus on high quality surgeries. My most performed surgeries are face-lift, tummy tuck, breast augmentation, and upper eyelid blepharoplasty (eyelid lift). Luckily, my practice is prominent enough that I fill my time with surgeries. And I enjoy that.

Any advice on how to care for Asian skin? And what's one surgery you think most Asian women would benefit from as they age?

One big concern to Asian patients is scarring. We have melanin-laden dark skin that's thick and elastic. That's why we don't age. But as a result, the scars also tend to be darker and stay longer. To address that issue, make sure your doctor minimizes the number of scars, line the scars perfectly in hidden spots, and improve the quality of the scars so they can optimally heal.

As for surgeries, eventually, a facelift is always the best. It corrects three quarters of the problems people have. The other thing I find in my younger Asian patients is, many of them, believe it or not, benefit from a brow lift. We don't have the Caucasian fold, so any drop in the eyelid is more prominent and makes the eye small. Even if you choose to get a Caucasian lid, it's difficult to clean up the skin without doing a brow lift at the same time. Plus, all scars are hidden behind the hairline. I think that's a beautiful surgery for Asian women.

What's your opinion on some of the more aggressive surgeries popular in Asia right now?

DR. CAROLYN CHANG

I am not an expert on orthognathic surgeries (editor's note: a jaw corrective surgery), so I cannot fully comment on that. What I can tell you from my extensive fellowship training is that these surgeries are very extreme and usually come with long-term problems, if not done carefully. I'm not the person to do a surgery like that. I don't like to change the look. In that sense, I might disappoint some people. But I practice for the goal of making people look their best selves. I don't only want my patients to look good right away. I want them to look good in ten, twenty years.

You were recently awarded the Woman of Excellence Award from the Ivy Academy Foundation of San Francisco. In your opinion, what makes a successful and fulfilled life?

I value my honest practice. I want to keep up the good work, make people happy, and be proud of what I do. That's one important goal. And my new one-year-old daughter has become another purpose. I still run the same schedule, thanks to the good support from my husband and family. But because of her, I'm working on achieving a better work-life balance.

Now with your baby, what is a normal weekday like for you?

I work five days a week from 7 a.m. to 5 or 6 p.m. I'd like to get home right after work and spend time with my daughter before she goes to bed. Sometimes I'll have evening events but I always try to start and end early. The events are usually a store opening, a benefit or a dinner party, which I try to keep to one to two times a week. Big events usually call for more time commitment. But I usually choose to do just four or five a year. The rest is just family time. My husband and I try to have date night once a week.

Nob Hill Gazette readers voted you "Best Dressed." Have you always had an interest in fashion, and how would you describe your style?

I consider myself to be an aesthete and I've always liked lifestyle and well-made luxurious clothing. When I style myself, the little details are always important. I guess it works well with being a plastic surgeon – I'm very detail oriented at work. Proportions also matter to me – they have to be perfect for the occasion. From remodeling our apartment to the way my office looks, I like to know everything is cohesive. And I really enjoy it. I like the minimalist, clean, timeless, sophisticated, and modern aesthetics. My home is all white; it's in a very modern high-rise building with floor to ceiling windows. I'm not the kind of person who buys vintage and mixes it up with H&M. My style is very put together, so the look is always just right, even if it's a casual outfit. I think the outlet for my creativity is fashion.

Who are your favorite designers? Where and how do you shop?

I like fashion forward and try to avoid things that are too classic, frilly, or flowery. I gravitate toward clean, structured, form fitting cut and luxurious fabrics. Interesting proportions and sharp, edgy details also get my attention. Therefore, I like Gucci, Roland Mouret, Andrew Gn, Rick Owens, Valentino, and Chanel. I also have a huge collection of Balenciaga's motorcycle city bags. I remember that I bought their first issue on sale - nobody wanted it then (laughs). Chanel is always for work; Rick is always for casual. Then I have other designers that fill in the gap. Style wise, Chanel is probably the only deviation for me, but I cannot help myself. I think Chanel makes some of the finest clothing ever.



Dr. Chang and designer Andrew Gu at the opening of San Francisco Mulberry store

To shop, I always pre-order from my favorite vendors I just mentioned. They keep me in the loop of what's going to come out. I'm also a big user of net-a-porter.com and style.com to window-shop so I don't have to step out. And then, I go to fashion shows. Paris Fashion Week is by far my favorite – people go all out. When I go in stores, I prefer boutiques and personal shopping for its intimacy. I use the personal shopping service in Barneys New York and Neiman Marcus. I work with fixed people so they know what consignments to send me based on my style.

What are your tips on fitness and skincare?

I stick with a low-carb diet. I avoid processed food and refined sugar. But potato chips and bread are my biggest weakness, and I definitely fall off the wagon on occasion (laughs).

Ever since I was young, I always used moisturizers. Moisturizer is the most important thing to keep your face hydrated. Without proper hydration, skin ages and elasticity decreases. Sunscreen is always important too. My skincare regimen is quite simple: I use a gentle cream cleanser, followed by a skin lightening product I like now – it's called Lytera, and then a hydrating serum, moisturizer and sunscreen.

Two other products I swear by are Malin + Goepz lip balm and Joe Malone Nectarine Orange Blossom Body Cream.

What are your favorite vacation places and restaurants?

Paris and New York. I love the cosmopolitan aspect and the fashion. For decompressing, my favorite spa has to be the Hualalai Spa at the Four Seasons Resort at Historic Ka'upulehu in Hawaii.

As for food, almost every local restaurant is good and it doesn't cost a fortune to enjoy good food in San Francisco. I love this yuppie Italian restaurant called Cotogna. The local Slanted Door also serves consistently good fusion cuisine. Coming from San Francisco, I find it difficult to find something outstanding elsewhere (laughs).

Dr. Carolyn C. Chang

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