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**DR. ELIZABETH F.
CALLAHAN**
Featured In This Issue

FALL/WINTER 2012
DISPLAY UNTIL DECEMBER 24

Dr. Elizabeth Callahan

SkinSmart Dermatology

Sarasota, Florida

ASK DR. CALLAHAN

WHAT IS YOUR VISION FOR COSMETIC DERMATOLOGY IN 2012?

Creating volume in the mid to lateral upper face will be at the forefront in 2012.

THAT'S FASCINATING. CAN YOU TELL ME MORE?

I take time to study a patient's face and evaluate the "hollow zones." I use my surgical eye and take notes on bone structure and shape. My goal is to bring the face back to its natural form—well rounded, gentle and soft—through the use of volume.

WHAT DO YOU SEE WHEN YOU STUDY A PATIENT'S FACE?

Many patients are already "well volumized" in the perioral area—in the lips and smile lines—through the use of traditional fillers. But they need help in the lateral areas—the temples, the cheeks and the jawline. I complete the picture by connecting existing volume in the perioral with new volume in the lateral areas.

HOW WOULD YOU DESCRIBE THE RESULT?

When balanced volume is achieved, it is difficult for the natural eye to detect what I have done. People know that a person looks better and refreshed but they can't figure out why. It's a totally natural look—and a complete treatment!

1 + 1 = 3

"A single modality isn't going to correct all of your concerns," says Dr. Callahan. "Many patients require a combination of lasers, fillers, Botox and cosmeceuticals." She offers a suite of premier lasers and light-based sources—including IPL for brown spots and rosacea; Vbeam laser therapy for facial redness and scarring; fractionated resurfacing for wrinkles and acne scars; Pelleve for tissue tightening; and a cosmetic "toolbox" of fillers for volume restoration. "The more modalities you have at your disposal, the more targeted the treatments," says Dr. Callahan, who, when analyzing the skin, breaks it down into three different layers. "We'll first start with the epidermis, considering tone and texture. Then we progress to the next layer, addressing volume loss. Then we'll move onto the deepest layer, tightening underlying tissues when necessary."

CASE STUDY



BEFORE



AFTER

REJUVENATING WITHOUT A FACELIFT

When evaluating the skin and rejuvenation goals, Dr. Callahan looks at three key areas: skeletal structure, facial volume and the condition of the skin. "This particular patient had severe photodamage as well as volume loss," Dr. Callahan says. "So it was essential to combine volume with skin resurfacing to achieve the best possible result." After a Fraxel re:pair treatment, a series of dermaplaning and peels, as well as treatment with Juvéderm and Botox, the patient appears younger.

“my focus centers on total skin fitness”

STRESSING AN INTEGRATIVE APPROACH TO SKIN CARE, DR. ELIZABETH CALLAHAN OFFERS MEDICAL, SURGICAL AND COSMETIC SERVICES TO PATIENTS IN A NEW 10,000-SQUARE-FOOT FACILITY, COMPLETE WITH 500 SQUARE FEET OF RETAIL SPACE FEATURING SKIN-CARE PRODUCTS FROM ALL OVER THE WORLD. WITH FELLOWSHIP TRAINING FROM THE CLEVELAND AND MAYO CLINICS, DR. CALLAHAN USES HER IN-DEPTH UNDERSTANDING OF FACIAL ANATOMY AND SKIN STRUCTURES TO ADDRESS TOTAL SKIN FITNESS WITH HER PATIENTS. “MEDICAL AND COSMETIC CONCERNS OFTEN OVERLAP,” DR. CALLAHAN SAYS. “HEALTHY SKIN IS BEAUTIFUL SKIN, AND I GUIDE MY PATIENTS ON THE PATH TO THE BEST-LOOKING SKIN POSSIBLE.”

MEET THE EXPERT

Dr. Elizabeth Callahan

American Board of Dermatology

SERVICES OFFERED

Botox®, Restylane®,
Dysport®, Juvéderm®,
Sculptra®
Fraxel® re:pair
IPL™ (Intense Pulsed
Light) / Photofacial
Vbeam® Vascular Laser
Pelleve™ Skin Tightening
eMatrix™
SmartXide Dot® Laser
Gentlelase®
CoolSculpting®

ABOUT DR. CALLAHAN

WHAT PERSONAL TRAIT HAS BENEFITED YOUR PRACTICE?

My curiosity. This helps me provide the latest treatments and newest lasers from around the world.

WHAT ARE YOUR INTERESTS?

Physical fitness. I have transferred this interest to my work. I think of myself as a “personal trainer” for skin.

HOW WOULD YOU DESCRIBE YOUR CHAIRSIDE STYLE?

It’s educational, straight-forward, collaborative and thorough.

WHAT IS THE ONE THING YOU’RE NEVER WITHOUT?

My positive attitude—and my dogs Perlane and Bear.



MEDICAL DEGREE

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LOCATION

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To learn more about the practice visit
skinsmartdermatology.com