

SOCIAL LIFE

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In the Hamptons with

**CHRISTIE
BRINKLEY**



NYC'S ULTIMATE ANTI-AGING CENTER

BY FRANCES GORMLEY



The Earth will keep orbiting and you'll age a year with each revolution. But you don't have to look it. Really you don't. Anna Avaliani, M.D., knows exactly how to help you slow to a crawl the signs of face and body aging. She is an UES medical doctor whose expertise is in totally non-invasive cosmetic procedures for the face and the body. Her patients come from all walks of life, including fashion, sports, and finance. Her philosophy is to maintain a true doctor-patient relationship over the long-term. She takes pride in the fact that her work is invisible and always natural looking.

Treatments are not necessarily interchangeable. Dr. Avaliani will carefully consider what is best for *you*. Below are only some of the options from which she can choose for your bespoke consultation and treatment. Dr. Avaliani's medical knowledge, expertise, eye for symmetry, integrity, and devotion to being up to date in her training and equipment ensure excellent results.

Dr. Avaliani is a veritable queen of lasers, offering only the latest and most cutting-edge FDA-approved equipment. She has 24 lasers in her aesthetic practice to address any concern, on any part of your face and body. She also chooses among 14 injectables and several other technologies. Some of the most popular are listed as follows.

TIGHTEN & CONTOUR

- **Ultherapy** — uses ultrasound to tighten skin by promoting collagen, and usually only one treatment is necessary.
- **TempSure ENVI, TempSure Firm, and TempSure Vitalia** — FDA-approved in 2018, uses radio frequency (RF) to tighten skin anywhere on the body, from eyelids to vaginas.
- **Genius RF** — a radio frequency microneedling device to smooth and tighten skin virtually anywhere on the body.
- **Sculptra Aesthetic** — an injectable to fill deep lines, folds, serious wrinkling, and hollows. It works by promoting collagen over time.
- **Nova Thread Lift** — absorbable PDO threads that work immediately to lift skin. They promote collagen and result in continued improvement as they slowly dissolve over several months.

- **Kybella** — a natural body acid that permanently removes under-chin fat by breaking down fat cells.
- **EmSculpt, CoolTone, CoolSculpting and WarmSculpting by SculpSure** — devices that build muscle and/or destroy fat cells.

CONTOUR & VOLUMIZE & SMOOTH

- **Restylane (6 types), Juvéderm (5 types), and Sculptra Aesthetic** can fill, smooth, soften and contour the face or body.
- **Botox, Dysport, Xeomin, and Jeuveau** have a relaxing effect on facial muscles. They can smooth foreheads and the space between eyebrows, lift eyebrows, correct gummy smiles, slim jawlines, rejuvenate necks, and reduce underarm sweating.

Her state-of-the-art cosmetic and laser center is one of the few that has been honored with the prestigious Cynosure Center of Excellence Award. She is a national master trainer for Galderma products (Restylane, Sculptra, and Dysport); and she is an aesthetic and anti-aging advisor for the board of Galderma.

RESURFACE

- **PicoSure Focus & PicoSure Zoom** deliver short bursts of energy to erase brown spots, freckles, scars, acne scars, stretch marks, and tattoos anywhere on the body.
- **Icon™ photofacial/IPL** uses intense pulsed light to eliminate facial veins, redness, light wrinkling, acne, and hyperpigmentation.
- **Icon 1540 Fraxel Laser** resurfaces skin by removing wrinkling and brown spots and adding plumpness for a refreshed look.

► To learn more about the latest cutting-edge technologies, have a bespoke consultation with Dr. Avaliani.

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