

# GAME CHANGE

From fillers to firming treatments, our cross-country cosmetic enhancement guide to the latest trends and techniques.

## MONTREAL

**DR. MARIO F. BERNIER** *Plastic and Aesthetic Surgery Clinic, 3030 Le Carrefour Blvd., Suite 500, Laval, 450-686-4755, drbernier.com.* For untraceable breast work, Dr. Bernier's clients head to Laval, where he enhances their assets through a tiny incision under the arm. He also offers a Laser Icon procedure to tackle stretch marks.

**DR. ROBIN BILLICK** *Jewish General Hospital, 3755 de la Côte-Ste-Catherine Rd., Suite G026, Montreal, 514-340-8272.* Dr. Billick performs what is now known as "the vampire facelift," touted as a natural way to get rid of wrinkles. New to the menu is Modelis, a dermal filler that sculpts cheeks and chins.

**DR. ARI DEMIRJIAN** *1320 Graham St., Suite 127, Montreal, 514-344-6654, ledermato.com.* Eliminate age spots with the LimeLight laser or ask for a peel or microdermabrasion facial. For a fuzz-free bod, try the CoolGlide laser, which is quick, gentle and suitable for dark skin. Dr. Demirjian combines it with the ProWave, which works wonders even on coarse hairs.

**DERMAPURE MONTRÉAL** *19 Le Royer St. W., Suite 305, Montreal, 877-781-1811, dermapure.com.* Whether your concerns are frown lines or crow's feet, there's a full menu of injectables to choose from here. Thermage can help tighten the abdomen, knees and tush, while UltraShape zaps fat.

**LES COURS MEDICAL CENTRE** *1455 Peel St., Suite III, Montreal, 514-905-1234, les-coursmedical.ca.* This centre offers Thermage for tightening up jiggle areas, and UltraShape, which employs non-invasive ultrasound technology to reduce fat and tighten curves. Botox and a range of face-sculpting fillers are also available.

**MÉDECINE ESTHÉTIQUE DR. YVES HÉBERT** *1832 Sherbrooke St. W., 2nd floor, Montreal, 514-935-6616, dryveshebert.com.* Dr. Hébert offers lots of youth-enhancing injectables, including Sculptra and Selphyl. There's also BodyTite, which uses radio frequency to melt away fat, and VelaShape, which combats cellulite.

**MEDISPA AT VICTORIA PARK** *376 Victoria Ave., Westmount, 514-488-7722, vicpark.com.* Popular requests here include Botox, fillers and laser treatments, as well as Thermage and UltraShape for skin sculpting and tightening. The building also houses a health club, full spa and hair and nail salon, so you can make a day of it.

**DR. V.W. PAPANASTASIOU** *Westmount Institute of Plastic Surgery, 4131 Sherbrooke St. W., Westmount, 514-933-3009, plasticsurgery-montreal.com.* Considered Montreal's "Boob Man," Dr. P. has technology that allows clients to preview their results—in 3-D. Also available are laser-based SmartLipo and UltraShape, less invasive alternatives to liposuction.

**DR. JORGE SCHWARZ** *Westmount Cosmetic Surgery, 245 Victoria Ave., Suite 300, Westmount, 514-938-4017, drjorgeschwarz.com.* The cohesive silicone implants here are pricier than the saline option, but the more natural-looking results are worth it. Dr. Schwarz is also known for his nose jobs, tummy tucks and facelifts.

**DR. ARTHUR SWIFT** *Westmount Institute of Plastic Surgery, 4131 Sherbrooke St. W., Westmount, 514-933-2353, drarthurswift.com.* Besides surgeries (breast augmentation, SmartLipo and nose jobs), Dr. Swift offers the "Beautification" procedure, which uses a caliper measuring tool to determine where

injectables and fillers should go.

**DR. TEANOOSH ZADEH** *Verité Esthetic Surgery, 1 Westmount Sq., Suite 1200, Westmount, 514-933-9131, verite-esthetique.com.* Facial sculpting, from mini-lifts to Botox, is in high demand here. Also known for sculpting bodies, Dr. Zadeh prescribes complementary treatments such as liposuction for contouring, followed by Thermage to tighten skin.

## TORONTO

**DR. PETER ADAMSON** *150 Bloor St. W., Suite M100, Toronto, 416-323-3900, dradamson.com.* This otolaryngologist (head and neck surgeon) who practises facial plastic surgery gets a multitude of requests for a tighter face and neck. He uses submentoplasty to sculpt the muscles under the chin, remove fat and tighten the skin.

**DR. WILLIAM ANDRADE** *712 Davis Dr., Suite 305, Newmarket, 905-898-2519, willandrade.com.* A plastic and reconstructive surgeon, Dr. Andrade caters to those who live north of the 401. Breast augmentation, body contouring and tummy tucks are this pro's prime work—many of his clients want to reshape their post-baby bods.

**DR. TREVOR BORN** *199 Avenue Rd., Toronto, 416-921-7546, tmbcosmeticsurgery.com.* Splitting his time between Toronto and New York, Dr. Born commands lengthy wait lists on both sides of the border. His specialties: blepharoplasty, facial surgery and micro-fat grafting. "It's not so much about pulling and overfilling faces," he says. "Patients should look rested, healthy and like themselves."

**DR. PAUL COHEN** *Rosedale Dermatology Centre, 1366 Yonge St., Suite 306, Toronto, 416-487-3453, drpaulcohen.com.* Hand treatments keep this top derm busy. A combination of laser resurfacing (out, brown spots!) and plumping filler Radiesse revitalizes frail hands. Meso-therapy is also gaining ground; the injection of vitamins and hyaluronic acid is often paired with traditional fillers. »