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**ANYONE CAN BE GLAMOROUS:** SIMON DOONAN'S GUIDE TO PERSONAL STYLE

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**DERRIERE DO**  
**CONSTANTINO MENDIETA, MD**

**SPECIALTY:** Miami plastic surgeon Mendieta had the tough job of evaluating the rear ends of more than 1,000 women to figure out what makes the ideal butt. He uses a combo of liposuction and fat grafts to craft a perfect posterior—what he calls an A shape, which is slightly fuller on the bottom.

**SECRET WEAPON:** To get skin in prime presurgery condition, Mendieta suggests that patients moisturize with antioxidant-laden Dermalogica Ultrarich cream.

**QUICK FIX:** Two weeks post-new-behind-sculpt, he prescribes endermologie on removal areas only “to drain lymph nodes, speeding recovery.”



**THE KIT**  
*(Clockwise from left)*  
“Start taking **GNC BIO-REMEDY Arnica Relief** tablets a week in advance to reduce the chance of bruising.”  
“Before I do a liposuction, I usually have the patient gain weight, so that there’s more fat to work with. I love **MCDONALD’S**, so I tell everyone to go there.”  
**DERMALOGICA Ultrarich Body Cream.**



**THE ERASER**  
**MADY SHANY**

**SPECIALTY:** Facialist Shany, owner of Jady Advanced Skincare in L.A. and a former chemist, whips up her own products—including more than 45 types of masks—to treat the acne of Hollywood’s A-list.

**SECRET WEAPON:** “Bacteria figures out what you are using to kill it and becomes immune to ingredients,” Shany says. For that reason, she has clients rotate their skin-care regimens every three to four months.

**QUICK FIX:** “The Peter Thomas Roth Power C Soufflé is amazing for dry, blemish-prone complexions,” she says. “It’s especially great at minimizing inflammation.”



**THE KIT**  
*(Clockwise from left)*  
**JADY Kick-Ass Mask** treats cystic acne with sulphur, camphor, and zinc. **PETER THOMAS ROTH Power C Soufflé.** “So many cleansers for breakouts strip skin, but **B. KAMINS Bio-Maple Hydrating Acne Wash** leaves it supple.”



**MOUTH GUARD**  
**STEVEN BUTENSKY, DDS**

**SPECIALTY:** A director of aesthetic dentistry at New York University School of Dentistry in NYC, Butensky treats financial titans and Nobel Prize winners.

**SECRET WEAPON:** According to Butensky, 85 percent of the population grinds its teeth, building muscle on the sides of the face. To prevent chipmunk cheeks, he prescribes a night guard to limit gnashing.

**QUICK FIX:** “Crest Whitestrips are a simple product, and I like them,” he says. “Bleach is bleach, but using these a couple of times a year won’t put you at risk of damaging enamel by abusing the active ingredient.”



**THE KIT**  
*(Clockwise from left)*  
**CREST Whitestrips.** Even perfect teeth don’t look as good when the lips are in poor condition: “My favorite treatment is **KIEHL’S Lip Balm SPF 15.**” Ask your dentist for a customized hard plastic **NIGHT GUARD.**



**BEAM DEAN**  
**DAVID J. GOLDBERG, MD**

**SPECIALTY:** Dermatologist Goldberg, the director of laser research at New York City’s Mount Sinai School of Medicine, spends almost as much time publishing research on lasers as he does seeing patients.

**SECRET WEAPON:** Nothing gets rid of cellulite permanently, but “we tested Accent, and the results lasted six months—longer than Vela-Smooth or other devices,” he says.

**QUICK FIX:** The new fractionated CO<sub>2</sub> laser. It has fewer risks of adverse reaction than the original CO<sub>2</sub>, formerly tops for removing deep wrinkles. “You get the same line reduction with no hyperpigmentation threat,” he says.



**THE KIT**  
*(Clockwise from left)*  
**FORLLE’D Hyalogy P-effect Nourishing Cream** is “made with nanosize hyaluronic acid spheres, which really get into skin.” **NEOCUTIS Bio-restorative Skin Cream** “contains growth factors that are good for healthy tissue.”  
“There’s a strong argument to use a sunscreen, such as **NEUTROGENA Age Shield Face SPF 55,** after a laser treatment because skin is sensitive.”

Reporting by Maggie Bullock, Nicole Calanese, Megan Deem, and Poopika Nayar

All still lifes: Steven Krauser; portraits: courtesy of subjects; french fries: Alamy.com