



The Price of Beauty

by Lacy Boggs / photo by Ray Rushing, January 2010 Issue



From affordable to expensive, simple to extreme, ahhh to ouch! and natural to...well, not-so natural, we've collected 60 of the hottest trends in health, beauty, diet and more to help you enhance your healthy lifestyle and retain your youthful look.

1) A New Lease on Life

Yellow Scene Magazine and Aesthetic Solutions Center for Laser and Aesthetic Medicine are looking for an area resident who would benefit from laser treatments to remove deep burn scars. Steve Zakany, M.D., of Aesthetic Solutions is offering his complimentary services to one resident, using Total FX resurfacing treatments to remove scars and allow new, healthy collagen to grow in. Yellow Scene will follow and document the patient's progress through the series of treatments. If you or any person you know would benefit from scar revision—and would be willing to share their experience with the public—please

submit an email to editorial@yellowscene.com explaining how you or the person you care about would benefit from the treatments that Dr. Zakany offers. For more information on the treatment, visit aestheticsolutionsinc.com.

2) Hot Yoga

Sweat out toxins and get your circulation going in a heated power yoga class. Check out Solar Yoga in Prospect or CorePower Yoga Broomfield and their new studio to open in January, CorePower Yoga Flatirons Mall.

3) DNA Face Cream

New York-based company Lab21 offers a face cream they claim is specifically tailored to your DNA. With a cheek swab and an in-depth questionnaire, you too can have genetically-tailored beauty products.

4) Wooden Bones

Italian scientists are on the cutting edge of new bone replacement technology—using wood. Their theory is that the inherent sponginess of the wood will encourage new bone growth more than current metal and ceramic implants.

5) Thermage

Thermage uses radio-frequency technology to tighten skin and help eliminate wrinkles—no needles, no downtime and less expensive than invasive surgery. Offered at Mountainview Dermatology in Boulder.

6) Hair Regeneration

Traditional hair transplant procedures move hair follicles from the sides and back of the head to the front and top to fill in missing areas. New treatments being developed would clone a person's hair follicles and grow new ones—the same science that may eventually regrow organs and limbs in the lab.

7) Smart Lipo

Using a laser, fat deposits are dissolved so that they can be vacuumed out using Tumescant Liposuction

or left to be processed out by the body. The method is said to offer the best results with the least trauma and downtime. Available locally at Avanti, avantiliposculpture.com/smartlipo.html.

8) Fraxel Laser Resurfacing

Using the Fraxel laser, damaged portions of skin below the epidermis are removed, creating microscopic wounds within the skin. The natural healing process results in the production of new collagen and more radiant skin. Available locally at Aesthetic Solutions, aesthetic-solutions.com.

9) Raw Food Diet

Proponents of the raw food diet believe that heating food above 116 degrees F destroys natural enzymes that can assist in the digestion and absorption of food. They claim the diet provides increased energy, improved skin appearance, better digestion, weight loss and reduced risk of heart disease.

10) Natural Breast Augmentation

You can either go to Victoria's Secret and buy a miracle bra or try your luck with herbal supplements to increase your cup size. These naturally enhancing pills can be purchased online, but do your research first: mdbreast.com.

11) Dance-inspired Fitness

The Bar Method is a revolutionary total-body workout that combines dance conditioning, interval training, isometrics and physical therapy. Try it out at the Bar Method Studio in Boulder. boulder.barmethod.com

12) Intense Pulsed Light

Correct a variety of imperfections without invasive surgery—used for the treatment of facial skin imperfections, age spots, birth marks, small veins, benign brown pigmentation and the removal of unwanted hair. Available at Meyers Aesthetic Center in Longmont.

13) Makeup to fit your eye color

Accentuate your eyes and make your natural eye color pop with expertly color-coordinated eye shadows from Almay's Intense I-Color line, available at your local drugstore.

14) Bleached Eyebrows

Bleach your brows to match your new dyed hair color, hide those dreaded gray hairs or go for a new avant garde look. Kits can be purchased over the Internet, but our recommendation is that you go to a color specialist at your salon.

15) Latisse Eyelash Lengthener

The first and only FDA-approved prescription treatment for growing darker, longer and fuller lashes. Talk to a doctor at Aesthetic Solutions to see if Latisse is right for you.

16) Broad Spectrum Sunblock

This might just be the best preventative measure for your skin—sun damage causes wrinkles, aging, sun spots and even skin cancer. A broad-spectrum sunblock, incorporated in your daily routine, protects you from damaging UVA and UVB rays. Dermatologists and plastic surgeons recommend Anthelios 15 by La Roche Posay available at Tapestry Salon and Day Spa (Boulder and Louisville locations).

17) VISIA Complexion Analysis

Digital imaging and comprehensive reporting analyzes six key factors (wrinkles, spots, bacterial content, UV spots, tone variation and pore size) to give you the diagnostic information you need to take the best care of your skin. Available at Avanti Skin Center in Boulder.

18) Sunless Airbrush Tanning

Cheaper than a flight to the Caribbean and warmer than laying out in the winter sun, get the year-round

bronze look through airbrush tanning. Local tanning salons like At the Beach and Veranda Sun offer this service.

19) Permanent Makeup

A form of tattooing that applies long-lasting color, usually to eyes (eyeliner), lips and eyebrows. This type of micropigmentation can also be used as a cosmetic aid in scar coverage, lip deformities and reconstruction of the areola. thebeautyspotboulder.com

20) Organic Skin Care

Forget apples and bananas; the organic trend has migrated to face and body products as well. Local company Pangea Organics produces products that are hand-blended by artisans in small batches using pure, organic ingredients. pangeaorganics.com

21) Xtreme Lash

Eyelash extensions can open the eye area and divert the eye away from fine lines and wrinkles. People will be looking at your big beautiful eyes, not your eye bags. Offered by Cohayla Salon and Spa in Longmont. cohayla.com

22) Beauty Recipes

Got a flair for science and beauty? Mix up your own remedies and products with natural recipes from thegreenbeautyguide.com. Everything from insect repellents, face masks, cleansers, toners, balms, fragrances and hair treatments.

23) Natural hair color

The trend in beauty is natural everything, so why not hair color? PM Shines is a demi color made from soy protein to enrich hair without ammonia. The color lasts for 4–6 weeks and adds extreme shine. Try a natural (or not-so-natural) color from the color bar at FIX Salon in Boulder.

24) Adhesive Breast Enhancer

Bring It Up has a line of adhesive products designed to instantly shape, cover, smooth, lift, and well...bring them up. Check them out online at bringitup.com.

25) Lunch Hour Procedures

Check your pain tolerance but not your watch. These procedures are done in 45 minutes or less: Botox, facial fillers, laser skin resurfacing, dimple surgery, laser hair removal, zeronal lipolaser treatment and mesotherapy. Lunch hour just got pretty.

26) Dimple Surgery

Dimple surgery is becoming a hot trend with the lunchtime procedure set. A surgical procedure to create dimples can be done under local anesthesia and takes around half an hour.

27) Rounded Shoes for Fitness

The ultimate fitness tool for everyday living is actually a sneaker with a rounded sole. These unconventional shoes look a little like moon shoes but make up for it with a plethora of benefits: better posture, stronger core, toned legs and a butt that no longer looks like a lunar landing site. Check out Sketchers Shape-Ups and Reebok EasyTone.

28) Regenexx Procedure

A controversial alternative to traditional orthopedic surgery, the procedure uses injections of your own stem cells to treat issues such as arthritis, rotator cuff tears, lumbar disk bulges, hip and knee replacement alternatives and more. regenexx.com

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29) Total Bodylift

If you're thinking of going on The Biggest Loser, then you need to know about total bodylifts. The procedures are extremely effective at removing excess skin resulting from dramatic weight loss. Patients can take up to six weeks to heal and the procedure can cost upward of \$50,000.

30) Pheromones

Forget the cheesy one-liners, and let pheromones do the dating work for you—odorless pheromone perfumes and colognes stimulate subconscious attraction of the opposite sex. (Sex panther really is real!?) We don't know how it works, but it does.

31) Shaping Jeans

The problem isn't you, it's your jeans—so say high-end brands like Not Your Daughter's Jeans and Skinny Jeans. Living up to the 'skinny' jean label, these jeans are actually built to slim, flatten, lengthen and shape your figure. nydj.com and skinnyjeans.com.

32) Nia

Nia is so hot right now. This cocktail of yoga, dance and martial arts is a holistic blend of spiritual and physical fitness that should be shaken and not stirred. It's said to make participants feel joyful. Mmm.

33) Kettlebells

An old Russian fitness trick is the newest trend in strength training. Kettlebells, which look like cannon balls with a handle, are turning up in gyms all over the place, replacing traditional free weights and weight machines.

34) Paraffin Treatments

The warm wax not only feels great, but also softens and moisturizes your hands. Get a complimentary paraffin treatment when you get your hair colored at FIX Salon in Boulder.

35) Zoya

It's the longest-wearing, natural nail polish out there. More than 60 beautiful, lasting colors without the toxic additives.

37) Functional Fitness

The latest fitness trend is functional fitness, getting your body ready to do what it does best. The key is integrated exercises, teaching your muscle groups to work together, rather than in isolation. Contact Fitness Together of Louisville to see a trainer who can show you the ropes.

38) Boot Camp Fitness

Even if your lip trembles at the thought of the words "boot camp," a fitness boot camp might be for you. Fitness for Living offers five-week "camaraderie-style" boot camps so that campers can achieve amazing fitness—without the tears.

39) Artificial Nails

Hands tend to show our true age, often because we overlook the skin on our hands when it comes to our beauty routine. Kymm Barton, owner of Cohayla Salon and Spa in Longmont, suggests that artificial nails, "specifically the pink and whites, tend to take years off of haggard looking hands." So next time your manicurist asks what color, opt for a classic French manicure look. Your hands will thank you.

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40) Relastin

Unlike other anti-aging creams that contain elastin or collagen protein fibers, Relastin uses a high concentration of zinc, which stimulates the dermis to produce its own elastin to help eliminate wrinkles. Learn more at relastin.com.

41) Nutraceuticals

The trend of using nutritional supplements to enhance health has started moving into the beauty realm. Companies including Glowelle, Borba and Perricone are offering products like health drinks, supplements and even gummy bears that promise cosmetic results.

42) Zumba

Need a little extra kick to get your booty to the gym these days? Try Zumba, the fitness program that fuses interval and resistance training with bumping Latin rhythms. Classes are available at many local rec centers and fitness centers like Axis of Movement in Frederick. axisofmovement.com

43) Lasik

Improve your outlook on life—and your appearance—with laser eye surgery. Lasik is approved to correct myopia, hyperopia and astigmatism, often resulting in 20/20 vision. Contact Beyer Laser Center in Boulder to find out if you're a candidate. bouldereyes.com

44) Cellupulse

This cellulite treatment uses sound waves to thin out layers of fat beneath the skin, increase blood flow and shock tissue. First used as a treatment for sports injuries, the effects of reducing cellulite was discovered by accident. Sweet serendipity!

45) Cupid's Bow surgery

For a permanent full-lip effect without fillers or implants, some women are looking to surgery. The arch of the upper lip, sometimes called the Cupid's bow, is enhanced to create a fuller upper lip.

46) Tooth Whitening

Tons of options for tooth whitening exist (as evidenced by the barrage of web ads on the topic!) but the most safe and effective methods are still delivered by your dentist. Dr. Keene at Keene Smiles offers the Zoom! whitening system which can produce great results in a single sitting. keenesmiles.com

47) Male Beauty Products

Take care of your scruff and look your best with the products from an Aveda salon. The Shaving Ritual for Men kit includes a shampoo bar, shave crème, after-shave balm and conditioning oil. Buy Aveda products at Evergreen Salon and Spa in Lafayette and Pompadours in Boulder.

48) Lip Plumping Lip Gloss

Lip-plumping lip glosses work temporarily because they irritate and hydrate the skin. It can feel tingly or uncomfortable for some women. Try Lip Venom from DuWop. shop.duwop.com

49) Satin Pillow Cases

An oldie but a goodie, people have claimed for years that sleeping on satin pillow cases can decrease your chance for wrinkles on your face as well as keep your hair from getting frizzy overnight. Plus, they're just darned sexy.

50) Ideal Implants

The battle between silicone and saline may be over. The new Ideal Implant mimics the look and feel of a silicone gel implant using saline in multiple compartments to reduce the look of rippling.

51) Green Tea

The effects of drinking green tea have been studied for more than 4,700 years. Current studies suggest green tea may have anti-cancer properties, boost metabolism, lower stress hormones and treat depression.

52) Prepless Veneers

Prepless Dental Veneers are the answer for cosmetically enhanced teeth without removing any tooth structure. These veneers can be done without anesthetic and are completely reversible. Go to bouldercountysmiles.com for more information.

53) Murad Signature Facial Treatments

Dr. Murad specially formulates his skin-care products based on the Cellular Water Principle, a theory that cells lose the ability to retain water as we age. Test the theory for yourself at area Massage Envy locations.

54) Acupuncture Facial Rejuvenation

Don't look so scared! Acupuncture is a lot more natural than getting injections in your face—it just uses a few more needles. Ha Dang at 360 Women's Health in Boulder offers an acupuncture facial that is a great complement or alternative to cosmetic surgery or injectables and helps to improve fine lines, wrinkles, jowls, and much more.

55) Neti Pot

The Neti pot has been around for centuries but has only recently entered the consciousness of sinus sufferers in the US. The saline solution uses thins mucus to help flush it out of nasal passages and alleviate sinus symptoms.

56) Tända Regenerate Anti-Aging Light Therapy Treatment

This 660 nanometer LED light delivers light therapy in the comfort of your own home to help improve skin texture, color and tone, while diminishing the appearance of fine lines and wrinkles.

57) Photodynamic Acne Therapy

For this procedure, a clear solution is applied to the skin and then activated with a special wavelength of light which helps eliminate the acne. The advantages of this treatment are no scarring, no surgery and no systemic side effects.

58) Cosmetic Vaginal Rejuvenation

The latest trend in plastic surgery is one you can't even see. Designed to correct stretching, tearing and muscle damage during childbirth, the procedure corrects irregularities, tightens and cosmetically enhances affected tissue. Available locally at Avanti. avantiliposculpture.com.

59) Professional bra fitting

About 80 percent of women wear the wrong size bra, but you don't have to be one of them. Do the girls a favor and get fitted professionally at a local retailer (Victoria's Secret, Nordstrom, etc.) or lingerie boutique.

60) Brain Fitness

Scientists theorize that brain function can be maintained and even improved by exercise, the same way the physical body can be improved by physical fitness. Exercises could include crossword puzzles, ballroom dancing and programs designed specifically to enhance brain function like the Nintendo DS "Brain Age" series of games.

Lisa Oberstoetter contributed to this story.