

SPECIAL HOLIDAY ISSUE

Town & Country

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Eugenia Silva
in Armani Privé

A Holiday Gift—for You

Three women share with *T&C* beauty investments that pay big dividends even in tough times.



ELAINE GRIFFIN, interior designer and author, New York City

“My favorite gift to myself is [what I call] spa house, when you have your groomers come to you, especially when they’re the best of the best. I feel like a million bucks when hairstylist to the stars **River Lloyd** [from \$500; 646-752-0868] comes over for a cut and style, and a gazillion when eyebrow guru **Ramy Gafni** [\$275; 212-684-9500] does the same. It’s like getting dressed for the Oscars...in my pj’s.”

VICTORIA FOYT, author and actress, Los Angeles

“Les Exclusifs de **Chanel** Gardénia fragrance [6.8 oz, \$200] fits me like a second skin. I first found it in Paris almost three years ago, and I’ve gotten a lot of compliments on it since. The simple scent has a springlike quality—it’s very hopeful. So for me, Gardénia is like spring all year.” 800-550-0005.



JANE WAGMAN, co-owner of Saje-design, New York City

“I call skin-care specialist **Aida Bica** a magician! I went to every well-respected skin doctor in New York to clear up some bumps by my nose. I was popping pills and putting on creams. Three days after my first ninety-minute Biologique Recherche Remodeling Facial [\$350–\$495] with Aida, my skin woes were cured. My big give-up since the big recession? Instead of seeing Aida every four weeks, I see her every five weeks!” 212-879-5257.

NINA J. JUDAR



THE DEEP-PLANE FACE-LIFT

You never see the good face-lifts. It’s the overdone results you notice: the wind-tunnel effect, the deer caught in the headlights. In recent years, an increasing number of doctors and their patients have gravitated toward a more natural look, which, ironically, can come from a procedure that sounds quite invasive: the deep-plane face-lift. “With the traditional lift, the skin can be pulled too tight,” says New York’s **David Rosenberg, M.D.**, who is board certified in both facial plastic surgery and otolaryngology and is known for his understated work. No wonder some of us prefer the idea of sagging gracefully into maturity.

But face-lift techniques have evolved over the years; in the past ten or so, they’ve gone beyond the superficial layers of skin into deeper tissues and, in the case of the deep-plane lift, to the muscle layer, allowing for more natural and longer-lasting results. Rosenberg uses a modified deep-plane technique to elevate a droopy muscle, reposition it and secure it with sutures. “It’s like a sling,”

he explains. “Or think of it like this: I pull a tablecloth and the dishes move. So, ultimately, there’s less surface tension. This creates a softer look. Youth isn’t tight; it’s about dynamism.”

Not all surgeons like to operate in the muscle layer, in part because it’s close to the nerves, which presents a risk. Others, like Rosenberg, skilled as an ENT surgeon, prefer to work in that deeper layer. For one thing, it’s bloodless—that makes for less bruising afterward. He minimizes downtime by prescribing a pre-op regimen of vitamin K and homeopathic arnica and bromelain and by using anesthesia strategically to lessen post-op grogginess and nausea.

Pick the right surgeon and method and you may wind up with the kind of result that no one will see—but you’ll be told that you look more rested or newly returned from a vacation or in love...or something. For more information on face-lifts, visit yourplasticsurgeryguide.com and drdavidrosenberg.com.

J.C.

So natural, only her cosmetic surgeon knows for sure.