

100+ TRICKS FOR YOUNGER SKIN

# SHAPE

SHAPE  
YOUR  
LIFE

**EAT THIS,  
DROP  
POUNDS**  
*Foods That Shred Fat*

**FLAT  
BELLY,  
SLEEK  
LEGS,  
TIGHT  
BUTT**

*In Just 3 Steps*

**DEFY  
YOUR AGE  
IN MINUTES**

HOLLYWOOD MOGUL  
& BEST-SELLING AUTHOR

**MARIA**  
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*The Easy Way  
She Stays  
SO Sexy!*

**TEST YOUR  
BREAST  
CANCER IQ**

**7 SEX  
MOVES  
THAT  
SIZZLE**

OCTOBER 2014  
SHAPE.COM



DISPLAY UNTIL OCTOBER 13, 2014



## Gerald Imber, M.D.'s *The Youth Corridor*

Q:

**"I'm 35 and hate the bump on my nose. Am I too old to have it removed?"**

Lots of changes occur between teen years and adulthood, and believe it or not, your nose changes as well. As we age, two things alter the equation. Facial fat decreases and falls from the cheekbones, which had given balance and harmony to the strong nose you wore so well as a teenager. Then, the soft tissue of the nose begins to lose elasticity so the tip droops a bit...particularly while smiling, which can make the hump stand out more. The sum of these changes is that even though the hump hasn't gotten larger, it looks more prominent because the youthful tip and round cheeks no longer disguise it. What was cute becomes a more dominant feature. Having established the chain of events, let's get back to the original question.

The answer is this: Even at 35 or 55, you are definitely not too old to improve your nose. It is a simple procedure that adds facial harmony and actually provides a youthful lift to the face. I often raise the nasal tip for patients undergoing face-lifts simply for its youthful effect. However, I often refrain from operating on teenagers who have not achieved full growth, or seem too emotionally immature to make this decision.

Which brings me to having a

realistic view of how your nose fits with the rest of your face. It's understandable why patients often bring pictures of attractive noses to their consultation; this is a way to communicate their desires. But remember, your nose and your features have to work together, and the objective here is a nose that fits your face. Strive for the best version of your nose, not someone else's nose.

Your doctor will be able to show you excellent clinical photographs of what yours

will look like, and that's the time for your input. Having performed more than a thousand nasal surgeries, I cannot stress strongly enough that both the surgeon and patient have to be realistic. A woman with strong, broad features would look silly with a tiny, upturned nose.

The operation takes less than an hour to perform, and you sleep through it. It's done through the nostrils, so there are no visible scars. There is moderate pain on the night of surgery, which is easily controlled by oral painkillers. After 24 hours, there is nothing more than minor discomfort. A week after surgery, the splint is removed and you can face the world. Patients are always concerned about what their friends and family will think, but here's the good news: People rarely notice anything more than a happy, better-looking you.

*Gerald Imber, M.D., is a renowned plastic surgeon to the stars, an author, and a teacher. He heads a private clinic in New York City and is affiliated with the Weill-Cornell Medical College. Imber is cited by Castle Connolly and USNEWS as among the top 1 percent of plastic surgeons in the country. His philosophy, "The Youth Corridor," is defined as the period of life when you look your healthy, youthful best. His book, The Youth Corridor, can be purchased at amazon.com and is also available at Books for iPad including instructional videos.*

Model photograph by Sune Czajkowski/istockphoto.com

### Road Test: Brushless Blow-Dryers

## BLOWN AWAY

The latest in blow-dryers?

"Brushless" motors, which are powered by magnets rather than traditional carbon brushes. The new technology touts a slew of benefits, including increased longevity, less noise, and faster drying. To see if it delivered, we recruited staffers with varying hair types to test the [1] **Bio Ionic 10X** (\$299; ulta.com), [2] **BaBylissPro Italia Brava** (\$300; stylesource.com), and [3] **Infiniti Pro by Conair 3Q** (\$120; drugstores). All three lived up to the hype for speeding dry time—by anywhere from two to 15 minutes—and earned raves for their light feel. Still, one dryer ran too hot, another ran too cool, and our volunteers didn't really notice any decibel reduction. But if you want to shave time off your blow-dry, these tools are a worthy investment.

