

Jenny McCarthy's Slimming Secret: **SKINNYSTIX** See p204

# SHAPE

SHAPE  
YOUR  
LIFE

**Our Genius  
Body-Changing Plan**

**FLAT  
ABS  
LEAN  
LEGS  
FIRM  
BUTT!**

**Zero  
Belly  
Diet**

6 Foods That  
Burn Fat Fast

**Get More  
Energy for  
Everything**



**Jada**  
Pinkett Smith

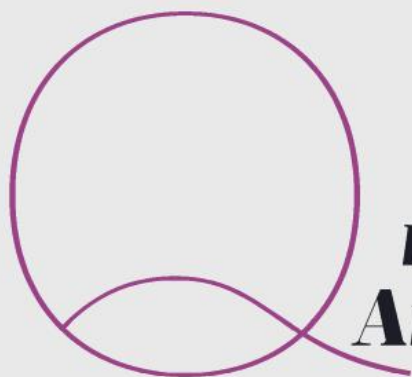
**HOW SHE  
STAYS  
ON TOP  
AT 43**

**5  
Minutes  
To Flawless  
Skin**

**Closer,  
Sexier Sex  
In Just  
One Move**

**New! SPORTY  
STYLES FOR  
KILLER  
CONFIDENCE**





## **I'm not loving my neck. Any help?**

**A century of fashion illustrations** would lead you to believe that feminine beauty has been defined by long, graceful necks. But a swan-like neck à la Audrey Hepburn is rare and not a goal toward which one can work: You have it, or you don't. Most women don't. In fact, even most beautiful women don't.

So why discuss this subject at all? Because the neck—for our purposes, the area between the chin and the collarbones—is as visible as the face. And there are ways to improve the flaws that can mar an otherwise elegant appearance.

Take the double chin. Fullness under the chin is often present as early as adolescence and most of the time isn't due to weight gain. The good news is that there is a quick and simple fix: microsuction, the term used for liposuction performed with a fine sterile cannula. This procedure can be done through a nearly invisible quarter-inch incision under the chin, is minimally invasive (recovery is a matter of a few days), and

produces dramatic, and permanent, results.

Often, a thick neck or double chin is made more noticeable by a weak jawline. Increasing the prominence of the chin can fix that. Chin augmentation, a simple procedure, has traditionally required the insertion of a small silicone implant to enhance the size. More recently we have begun to augment the chin using fat transfers, which have the advantage of being fast, painless, and natural-looking.

The skin of the neck and the underlying platysma muscle are quite resilient. But, over time, gravity takes its toll—the skin loosens, and circular wrinkles become prominent. These can be addressed with

noninvasive laser or ultrasound treatments. The theory is that the heat generated by the laser is directed to the deep, dermal layer of the skin, and stimulates collagen growth to tighten it. Not everyone reports a measurable improvement, and even when it works, it is a fleeting response and must be repeated yearly.

When neck muscles loosen you'll start to see the two vertical bands that are often associated with aging. At this point, the only solutions for rejuvenating the neck are surgical. It can be done by tightening the skin and the underlying muscles, either through an almost invisible incision under the chin, or with the

addition of incisions behind the ears. The latter operation, a neck lift, is the real thing, and can totally rejuvenate the area.

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*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 U.S. News 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 of the same name can be purchased at [amazon.com](http://amazon.com) and is also available at Books for iPad including instructional videos.*

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Have a question for Dr. Imber? Email him at [info@drimber.com](mailto:info@drimber.com).



**HEADS UP**  
The number of neck lift surgeries performed in the U.S. increased by 6 percent from 2012 to 2013.

**“New procedures to improve the neck have the advantage of being fast, painless, and natural-looking.”**