



Cosmetic Enhancements

LOOKING FOR A BETTER YOU?

By Savannah Ludwig

The past decade has brought about tremendous advancements in cosmetic procedures and enhancements. Surgical, non-surgical, fillers, lasers, injectables, rejuvenation and body sculpting are just a few of the many procedures being performed around the world and throughout Southern Louisiana.

With more and more adults in the US seeking cosmetic assistance for everything from mole or hair removal to complete body lifts, this multi-billion dollar a year industry continues to show double digit growth with no end in sight.

While some will argue that any cosmetic procedure is a lesson in futility, studies show that even the most basic procedure can have a profound effect on one's self-esteem and quality of life.

BE SMART – BE INFORMED

If you're contemplating a cosmetic procedure in the near future, there are a number of important things to consider before making a commitment. Do your homework on the subject and consider things such as cost, recovery time, long term effects, short term effects, possible complications/risks, etc. If you're still interested in moving forward, set up a consultation with a local expert who specializes in your desired procedure. Have a list of questions ready to discuss during your consultation. While in the office, observe the condition of the facility and the helpfulness of the staff; discuss the qualifications of the doctor or practitioner who will be performing the procedure in addition to the realistic expectations you're looking to achieve.

If you're considering elective surgery, a good Cosmetic Surgeon will screen you as well to ensure you are in a healthy mental state prior to surgery. It is important to discuss your mental health with a professional. They can help you sort through any doubts you may have about surgery and if it is right for you and your body.

The consultation should be informative and leave you feeling confident in whatever decision you make. If you feel pressured to make a decision before you're ready or if you don't feel comfortable with the doctor, practitioner or staff — thank them for their time and leave!

WHAT'S TRENDING FOR 2016?

Experts are anticipating more women will choose buttocks contouring, breast reduction or more proportionate implants for their body types. Lip, chin and neck enhancements are the new must have for women while men will be seeking to get their chest or eyelids done in 2016. Lasers, injectables, fillers and non-surgical procedures will continue to be HOT for years to come.

WHAT THE EXPERTS SAY

According to recent studies, the psychological aspect of receiving one or more cosmetic enhancement procedures can have a wide range of benefits, including a reduction in anxiety and social phobias along with improvements in goal attainment, life satisfaction, mental and physical health, and self-esteem. The study also noted that pre-procedure expectations matter when assessing the psychological well-being of patient post-procedure. If a patient had unrealistically high expectations of what the procedure would accomplish for them, they were more likely to be disappointed and wind up less happy than they were to begin with.

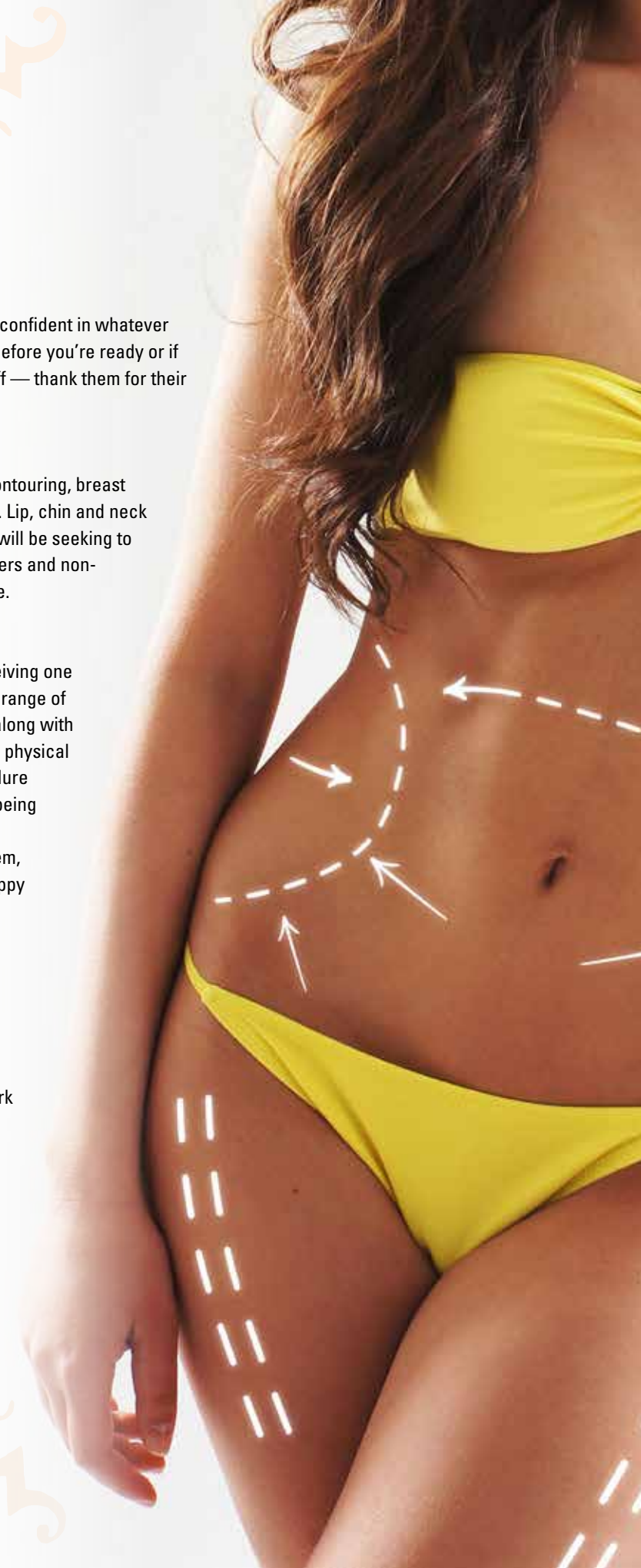
“South Louisiana is fortunate to have an incredible list of highly qualified doctors and practitioners...”

Considering the above and placing your well-being first, if you're looking for a better you and you've done your homework on the subject, a cosmetic procedure may be right for you.

South Louisiana is fortunate to have an incredible list of highly qualified doctors and practitioners who specialize in the field of cosmetic enhancement. Make an informed decision and you'll most likely be happy with the outcome.

Sources: US National Library of Medicine, National Institute of Health, American Society for Aesthetic Plastic Surgery (ASAPS), National Center for Biotechnology Information (NCBI), Psychology Today.

Notice: This article provides general information on the subject and should not be used to replace or substitute professional medical advice. ■





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DNP



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COMBINING COSMETIC ENHANCEMENTS WITH ADVANCED SKINCARE TECHNOLOGY AND UNRIVALED EXPERTISE FOR A UNIQUE EXPERIENCE

OVER THE COURSE of the last decade, many advances have been made to non-surgical cosmetic enhancement procedures - *achieving more natural results with minimal to no recovery time*. These advances have fueled an expansion in the types and skill level of aesthetic providers, facilities and services offered. It can be very confusing for consumers seeking an effective, safe and aesthetically pleasing result. Now more than ever, it is imperative to find a board certified dermatologist that has advanced training in skincare, years of experience, and refined judgement to achieve natural results while ensuring the safety and well being of patients.

With more than 20 years of dermatologic and medi-spa/injectable experience, Dr. Christopher R. Hubbell, FAAD, and his team of certified estheticians at *a Jeuné* Advanced Medical Skin Care provide patients with comprehensive skin care services in the Acadiana region. Hubbell's injectable experience is so advanced that he is among a select group of physicians who train other providers on the intricacies involved in injectable cosmetic enhancements.

Customized Skincare Consultations

a Jeuné is focused on providing each patient with a personalized and stress-free skin care experience, tailored to suit their specific needs. Each patient receives a one-on-one private consultation with Dr. Hubbell to discuss their individual skin care goals and expectations and to address any questions or concerns to ensure you feel comfortable with your treatment options. Together, we will help you design a comprehensive skin care plan that integrates procedures, services and products to achieve the results you desire.

Innovative Technology with Safety and Comfort at the Forefront

A thorough vetting process of intensive research and clinical review is conducted prior to offering a new advanced service or procedure to our clients. While advanced technology, innovative techniques and skilled experts produce results at *a Jeuné*, safety and comfort is always a top priority. *a Jeuné* operates with the highest level of honesty and integrity with a team of certified professionals who are thoroughly trained and backed by the onsite medical supervision of Dr. Hubbell.

Our team of caring professionals is truly dedicated to the well-being and satisfaction of each of our patients. For your comprehensive skin care plan, contact the experts at *a Jeuné* for your consultative appointment.



Christopher R. Hubbell, M.D.
Founder & Medical Director
a Jeuné Medical Spa and
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Dr. Bradley J. Chastant, Dr. Jeffrey J. Joseph, Dr. Jennifer Daigle Hanby, Dr. Jason J. Durel, and Dr. Ryan Chastant are board-certified otolaryngologists specializing in the treatment of issues of the ear, nose and throat. Patients can be excited to know that there is a less invasive procedure called balloon sinuplasty available for those seeking relief from the pain and discomfort of sinusitis.

A COMPREHENSIVE APPROACH

Our doctors' philosophy utilized in their practice is that of conservatism. Creating facial harmony and balance is key to obtaining pleasing results in facial plastic surgery. Their goal is to make you look well rested and more youthful, not different.

Both Dr. Chastant and Dr. Joseph are board-certified facial plastic surgeons with many years of experience. The decision to correct or enhance the structure and appearance of your face is a significant one. And while the anticipation of your new look can be very exciting, choosing the right facial plastic surgeon is your first and most important step.

Always ahead of the curve, Acadian Facial Plastic Surgery Center offers the newly approved KYBELLA® used to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called, "double chin."

Call for a consultation today!

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Dr. Cynthia Glass



COCCOLARE SPA is transitioning. Dr. Cynthia Glass, Board Certified Plastic Surgeon and owner of Coccolare Spa, has devoted 27 years to plastic surgery.

This month she has announced her transition from surgical to non-surgical procedures such as injectables like Kybella, Botox, Juvederm, various laser treatments and more. Dr. Cynthia Glass will now be available to meet with clients to formulate an individualized non-surgical plan designed to meet their unique needs.

Call to schedule your non-surgical consultation today. All consultations will be free for the month of January. Coccolare Spa will continue to run as a full service salon and spa, offering services such as hair, makeup, facials, massage, manicures and more. A list of our services can be found on our website coccolarespa.com.

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