


**FIND A BEAUTY
DOCTOR NOW!**

The essential guide to help you make the right choices. Turn to page 195.

BUTT MYTHS

true

MYTH 01

Liposuction won't completely get rid of cellulite on the butt.

THE TRUTH

Liposuction may help camouflage the look of cellulite in some patients but it is not usually the best solution.

The search for the Holy Grail in the fight against cellulite continues, and there are multiple machines and treatments on the market that target the problem. But liposuction itself is not the answer doctors turn to when looking to smooth out dimples on the butt and thighs (and beyond). Instead it's more likely your plastic surgeon will recommend an anti-cellulite specific solution like Endermologie, VelaShape or Cellulaze to address cellulite dimples on the backside. "Liposuction can make cellulite worse because if the superficial layer of fat is removed, the skin will take on that cobblestone appearance," says Dr. Higgins.

WE ALL WANT A TIGHTER, BETTER, MORE LIFTED BUTT. AND, WHILE THERE ARE VARIABLE WAYS TO GO ABOUT GETTING THAT PERFECT BACKSIDE, KNOWING WHAT TREATMENTS REALLY WORK AND WHICH ONES WILL GARNER GOOD RESULTS ARE THE REAL SECRETS AT HAND.

false

MYTH 02

You can never gain weight in the butt if you've had liposuction there.

THE TRUTH

Treated areas are more resistant to weight gain; it's everywhere else on the body where it can happen.

Liposuction (which should never be used as a weight-loss tool) targets specific areas of the body that are resistant to losing those few extra pounds when diet and exercise just won't cut it. Liposuction should be considered when you're looking to spot treat an area, not when you need to lose a significant amount of weight. Once an area has been treated surgically there are fewer fat cells physically living in the area. Because the body does not create new fat cells the chances of gaining weight in a treated area are very slim, but that's not to say it can't happen at all. "If you are taking in more calories than you burn, the fat cells throughout the body, or wherever you are most prone to weight gain, will start to swell. But since there are fewer fat cells in the areas where lipo was performed, those body parts become less apt to hold onto additional weight or if they do, there are fewer fat cells in the area to expand so weight gain isn't as obvious," says Dr. Sanders.



**NEVER
GAIN
WEIGHT
AGAIN!**



ADD FAT FOR A BETTER BUTT

INSIDE tip

Cellulaze, the most recently FDA-cleared treatment for cellulite, was proven to offer up results that now last upward of three years with just one treatment.

false

MYTH 03

Sitting for too long will cause the effects of a Brazilian Butt Lift to dissipate.

THE TRUTH

After you have fully healed, sitting for prolonged periods of time won't affect your results.

During a Brazilian Butt Lift, fat is extracted from one part of the body, like the stomach, hips or flanks, cleaned and then injected into the butt for volume and shape. Since fat is a naturally-occurring substance that is found in the butt it becomes partially absorbed by the body over time but sitting or any other menial amount of pressure that's placed on the backside won't have much of an effect on the transferred fat. "I've never had a fat grafting patient have fat cells transplanted to the butt and lose all their fat," says Dr. Markmann. The reason why fat takes in some and not so well in others mostly comes down to technique. "The right amount, not too much and not too little, needs to be put in at just the right level. Sure, sitting and working out can have an effect on the end results, which is why I always tell my patients to stay out of the gym for the first three months and off their butt for the first two weeks," he adds. **MB**

BEFORE



AFTER



A Brazilian Butt Lift and liposuction gave this patient a more sculpted look. Procedure performed by Payam Jarrah-Nejad, MD; Pasadena, CA.

PHOTO CREDITS

PAGE 10: Michael Steineback/Spalsh News/Corbis PAGE 20: (TOP TO BOTTOM) Tiffany Rose; Jiang Hongyan/Shutterstock PAGE 30: Michael Hoeweler PAGE 32: (CLOCKWISE) Polka Dot/Jupiterimages; Shutterstock PAGE 34-35: Ada Summer/Corbis PAGE 36: Masterfile PAGE 38: (CENTER) Adrianna Williams/Getty Images; (CLOCKWISE) Temmuz Can Arslan/iStockphoto; Frank Oppermann/iStockphoto; Maxim Filipchuk/iStockphoto; Neustockimages/iStockphoto PAGE 40: ZenShui/Michele Constantini/Getty Images PAGE 41: Petr Malyshev/Shutterstock PAGE 44: (RIGHT CORNER) Stefanie Bernhard for GST Body PAGE 44-45: chaoss/Shutterstock PAGE 46: (TOP LEFT) kryczka/iStockphoto PAGE 46-47: chaoss/Shutterstock PAGE 47: (TOP TO BOTTOM) Beata Becla/Shutterstock; anaken2012/Shutterstock PAGE 51: Sonja Pachon/Shutterstock PAGE 52: Tetra Images/SuperStock PAGE 54: (LEFT TO RIGHT) PhotoAlto/Frederic Cirou/Getty Images; Devon Julia Cahan PAGE 56: PhotoAlto/SuperStock PAGE 61: (LEFT TO RIGHT) kuleczka/Shutterstock; Donna Ward/PR Photos PAGE 64: (LEFT TO RIGHT) John Shearer/Getty Images for Vanity Fair; Eugene Gologursky/Getty Images PAGE 65: Andrew Eccles/ABC via Getty Images PAGE 66: Jeff Vespa/WireImage PAGE 67: Landmark/PR Photos PAGE 68: Gustavo Caballero/Getty Images PAGE 69: John Lamparski/Getty Images PAGE 70: Duffy-Marie Arnout/WireImage PAGE 71: Gary Gershoff/WireImage PAGE 83: Julia Savchenko/Getty Images PAGE 84: Inga Ivanova/iStockphoto PAGE 90: (LEFT TO RIGHT) Michael Simon/Startraksphoto.com; Hahn-Marechal-Nebinger/ABACA/Startraksphoto.com PAGE 91: (CLOCKWISE) s_bukley/Shutterstock; Mike Marsland/WireImage; s_bukley/Shutterstock; Andrew Evans/PR Photos; Sara DeBoer/Startraksphoto.com PAGE 92: (CLOCKWISE) Michael Simon/Startraksphoto.com; s_bukley/Shutterstock; Amanda Schwab/Startraksphoto.com; Sara De Boer/Startraksphoto.com; Tony DiMaio/Startraksphoto.com PAGE 94: (TOP) Marion Curtis/Startraksphoto.com; Madlen/Shutterstock (LEFT TO RIGHT) Gisele Rebeiro/PR Photos; Charles Norfleet/PR Photos; Tony DiMaio/Startraksphoto.com; Allen Berezovsky/Shutterstock PAGE 96: Jeff Vespa/Contour by Getty Images PAGE 98: Jeff Vespa/Contour by Getty Images PAGE 108: imagebroker.net/SuperStock PAGE 109: Elena Schweitzer/Shutterstock PAGE 111: Fabrice Lerouge/Onoky/Corbis PAGE 116: Fabrice Lerouge/Onoky/Corbis PAGE 120: Peter Frank/Fancy Collection/SuperStock PAGE 127: Macefoto/Shutterstock PAGE 128: Emely/Corbis PAGE 130: iStockphoto PAGE 131: Kei Uesugi/Getty Images PAGE 132-133: Steve Hammid/Corbis PAGE 135: (SCARS) Journal of the American Academy of Dermatology PAGE 136-137: Steve Hammid/Corbis PAGE 138: Alex Galmeanu/iStockphoto PAGE 143: Alex Staroseltsev/Shutterstock PAGE 144: Pacific Stock/SuperStock; (TOP RIGHT CORNER) Shutterstock PAGE 146: Jean-Philippe Lacube/Photononstop/SuperStock PAGE 149: Jean-Philippe Lacube/Photononstop/SuperStock PAGE 150-151: Jean-Philippe Lacube/Photononstop/SuperStock PAGE 153: Jean-Philippe Lacube/Photononstop/Corbis; (BOTTOM RIGHT CORNER) Beverly Hills Physician PAGE 155: IMAGEMORE Co. Ltd./Getty Images PAGE 156: Mayer George Vladimirovich/Shutterstock; (BOTTOM LEFT CORNER) Africa Studio/Shutterstock PAGE 157: (LEFT TO RIGHT) Juan Moyano/iStockphoto/Thinkstock; Dimitar Petarchev/Shutterstock; Diana Taliun/Shutterstock; NADKI/Shutterstock PAGE 158: Volosina/Shutterstock PAGE 159: Floortje/iStockphoto PAGE 160: Maria Toutoudaki/iStockphoto PAGE 161: Steve Gorton/Getty Images PAGE 162: Dionisvera/Shutterstock PAGE 163: Anastasiya Smirnova/Shutterstock PAGE 165: Petr Vaclavek/Shutterstock PAGE 166: Beauty Archive/Getty Images PAGE 168 & 169: Pablo Blazquez Dominguez/FilmMagic PAGE 173: Image Source/Getty Images PAGE 175: ZenShui/Eric Audras/Getty Images PAGE 181: bonchan/Shutterstock PAGE 183: Ethan Miller/Getty Images PAGE 185: Jim Spellman/WireImage PAGE 186: Frederick M. Brown/Getty Images PAGE 189: Jason Merritt/Getty Images

CONTRIBUTING PHOTOGRAPHERS: Jenny Acheson Photography; Sheila Addleman; Jonathan Allain; Deborah Antonese; Carlos Arisizabal; Jason Arnold Photography; Randy Bacon; Portraits by Thomas Balsamo; Barefoot Studios; Sonia Barrett; Beth Bass; Jonathan Beckerman; John Benson; Alan Blakely; Bonita's World Photography; Allan Borenstein; Dan Borris; Mitch Bowers; William Brehm; Charlie Brooks; Nancy Brown; Rebecca Brown Photography; Jay Browne; Ron Calamia; Andrew Campbell; Jay Carlson; Lisa Carpenter Photography; Heather Carr; Philip Castleton; CCSphotography; Sylvie Coggan; Jamie Cohen; Jeff Coleman; Michael J. Connor; Chris L. Cook; Patrick Cox; Sue Culig; Thomas Del Brase; Dan Delaney; Paul Dimalanta; Eric Dobbs Photography; Matt Dunn; Eileen Escarda; Shari Fleming Photography; Jeni Fong; Fotikphotography.com; Ron Franklin; Douglas Friedman; Francois Gagné; Eddie Garcia; Bob Gassen; Douglas Gates; Joe Gemignani; Terri Glanger; Socrates Gomez; Adrienne Gonde; David Goodman; Douglas Green Photography; Stephen Scott Gross; Charlie Grosso; Diana Hall Photography; Steve Harmon; Sam Harnack; Jennifer Hassrick; Jeff Hawkins Photography; Dane Heithaus; Bryan Hemedinger; Hue Photography; Craig Huey; Julie Hughes; Jean Louis Husson; Jack Hutch Photography; Integrity Studios-Todd Burnett; Glenwood Jackson Studios; Gary James; Keith Jensen; John Jernigan; David Johnston; Kevin Justice; Jennifer Kerker; Tony Kirves; Jordyn Kirtley; Kleinpeter Photography; Robert Klemm; Rebecca Knowles; Parish Kohanim; Greg Kolanowski; Alex Koloskov; Jonathan Kolsen; Mary Kristen; Tom Krueger; Irish Studios; Vim Kruger; Ken Kugler; Ryan Kurtz; Steven LaBlanc; John Lair; Chris Lake; LILA Photo; Daniel Lippitt; Lunardi Photography; Pablo Mason; Suzanne Mead; Steve Meltzer; Michael's Photography; Hether Miles; Mod4 Photographic; Moods Image Photography & Video, Inc.; Pascal Monmoine Photography; Mozingo Photography; Shiran Nicholson; Caroline Nicole Photography; Patti O'Mara; Matthew O'Shea; Pierre-Antoine Oury; Paul Overstreet; Mandy Patrick; Richard Patterson; Jay Paul; Mark Perlstein; PME Photography; Gerald Pope; Don Putnam; Steve Ragland; Mitch Ranger Photography; Michelle Recine; Stephen C. Reed; Rebecca Rivera; Howard Robinson; Kerry Rodgers; Frank Ross; Jeff Ross Photography; Taii Song Roth; Anthony Rumley; Gary Ray Rush; Karen Sayre; Eikon Photography; Charlie Scheuren; Tim Schooler; John Schultz; Eric Sellers; George Sellman; Daniel Sheehan; Jerry Siegel; Norah Silva; Sarah Silver; Jon Simpson; Roger Slater; Steve Slor; Hyon Smith Photography; Oscar Sosa; Bryan W. Steffy; Grover Sterling; Jeff Stockton; Studio 3 Photographs; Kevin Syms Photography; Martina Tannery; Mark Taylor; Rachel M. Taylor; Jonathan Timmes Photography; Deborah Triplett Studios; Monica True Photography; twodphotography.com; John Urban; vgallery.net; Bryee Vickmark Photography; Michael Vonal Photography; Curt Waltz; Kimberly Wassenberg; John Waters; Andrew Werner; Barry Westerman; Joe Wigdahl; Adrian Wilcox; Storey Wilkins; Amani Willett Photography; Joe Wittkop; Bill Zemanek

Celebrity images and photographs are used solely for news, editorial and informational purposes. NewBeauty expresses no opinion as to whether any celebrities mentioned or depicted in this story have had any cosmetic treatments, procedures and/or surgeries. Furthermore, NewBeauty has no knowledge as to whether or not the celebrities or the individuals making statements about specific products and/or services are past endusers of the products and/or services referenced in the statements.

NEWBEAUTY (ISSN 1556-4878) NewBeauty® magazine is published by NewBeauty Media Group LLLP, a subsidiary of Sandow Media LLC. NewBeauty® magazine ("NewBeauty") provides information of a general nature about all forms of cosmetic enhancement including but not limited to plastic surgery, cosmetic dermatology and cosmetic dentistry. The information contained in this publication is provided with the understanding that neither NewBeauty nor its affiliates are engaged in rendering medical services, advice or recommendations. Any information contained within this publication should not be considered a substitute for consultation with a licensed physician. Though NewBeauty uses its best efforts to ensure the scientific accuracy of the information it publishes, it is not possible to ensure that all information provided within this magazine is entirely accurate and up-to-date and impossible to determine whether it would apply to or be effective for any particular individual in each or any instance. NewBeauty Media Group LLLP, Sandow Media LLC, its affiliates, employees, contributors, writers, editors and its Editorial Board of Advisors ("Publisher") accept no responsibility for inaccuracies, errors or omissions with information and/or advertisements contained herein. The Publisher has neither investigated nor endorsed the individual doctors, companies and/or products ("Advertiser") that advertise within the publication or are mentioned editorially. Publisher assumes no responsibility for the claims made by the Advertisers or the merits of their respective products or services advertised or promoted in NewBeauty. Publisher neither expressly nor implicitly endorses such Advertiser products, services or claims, nor vouches for the accuracy of their effectiveness. Publisher expressly assumes no liability for any damages whatsoever that may be suffered by any patient, purchaser or user for any products or services advertised or mentioned editorially herein and strongly recommends that any prospective patient, purchaser or user investigate such products, services, methods, and/or procedures and the claims made thereto. Opinions expressed in the magazine and/or its advertisements do not necessarily reflect the opinions of the Publisher. Neither the Publisher nor its staff, associates, affiliates and/or its Editorial Advisory Board Members, are responsible for any errors, omissions or information whatsoever that have been misrepresented to Publisher. Laws vary from state to state, and if medical advice or other expert assistance is required, the services of a competent professional should be sought. The ideas, products and overall content of this magazine or any other medical issues should never be followed without first consulting a licensed health care professional. When choosing a doctor for a prospective procedure, consumers should always check with their state and local authorities to ensure the professional is practicing within the legal boundaries of his/her particular state. The information on products and services as advertised in NewBeauty are shown by Publisher on an "as is" and "as available" basis. Publisher makes no representations or warranties of accuracy, expressed or implied, as to the information, services, contents, trademarks, patents, materials, or products included in this magazine. You expressly agree that your use and of the information contained in NewBeauty is at your sole risk. To the full extent permissible by applicable law, Publisher disclaims all warranties, expressed or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose. Publisher will not be liable for any damages of any kind arising from the use of these products or services advertised and/or promoted in NewBeauty including, but not limited to, direct, indirect, incidental, punitive, and consequential damages. Certain state laws do not allow limitations on implied warranties or the exclusion or limitation of certain damages. If these laws apply to you, some or all of the above disclaimers, exclusions, or limitations may not apply to you, and you might have additional rights. Be advised that some of the medical providers throughout this publication have furnished consideration to NewBeauty magazine and/or its affiliates for advertising in the form of display advertising or paid advertorials some of which may be featured within the magazine. Publisher neither endorses nor makes warranties of any kind, either expressed or implied, regarding the quality, accuracy, ethics or validity of the information about or by the health care provider(s), his or her services and/or statements contained within the publication. We strongly advise you to check with your local state medical licensing boards prior to any consultation with any medical practitioner. All pictures reproduced in NewBeauty have been accepted by Publisher on the condition that such pictures be reproduced with the knowledge and prior consent of the photographer and any model concerned. As such, Publisher is not responsible for any infringement of the copyright or otherwise arising out of any publication in NewBeauty. Photographs of any model in NewBeauty in no way suggest or imply that the subject has undergone any cosmetic enhancement procedure. NewBeauty™ is a licensed trademark of NewBeauty Media Group LLLP. © 2012 NewBeauty Media Group LLLP. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without the written permission of the Publisher. **ADDRESS SUBSCRIPTION REQUESTS AND CORRESPONDENCE TO:** NewBeauty, PO Box 6192, Harlem, NJ 07632-0192. Email: subscriptions@newbeauty.com or telephone toll-free 800-563-9056 (continental U.S. only), 515-247-2984 (all others).