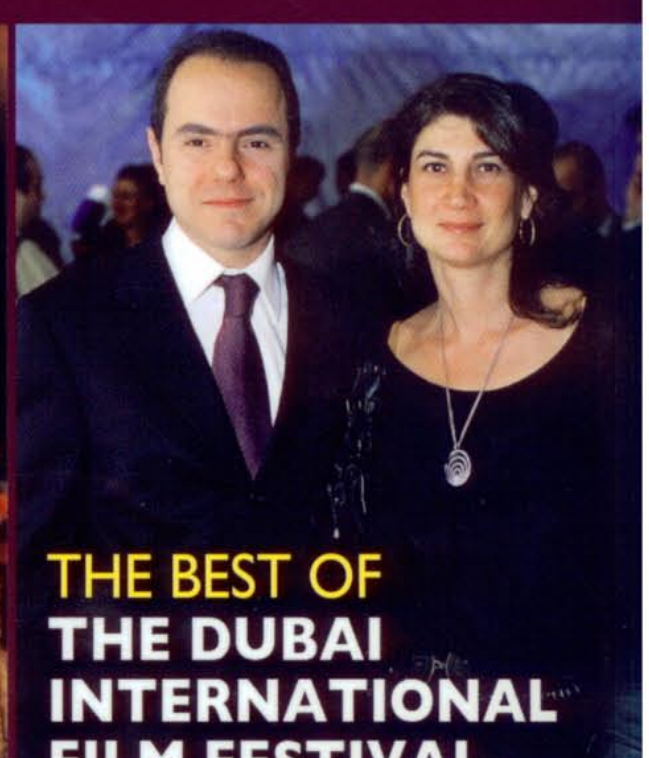
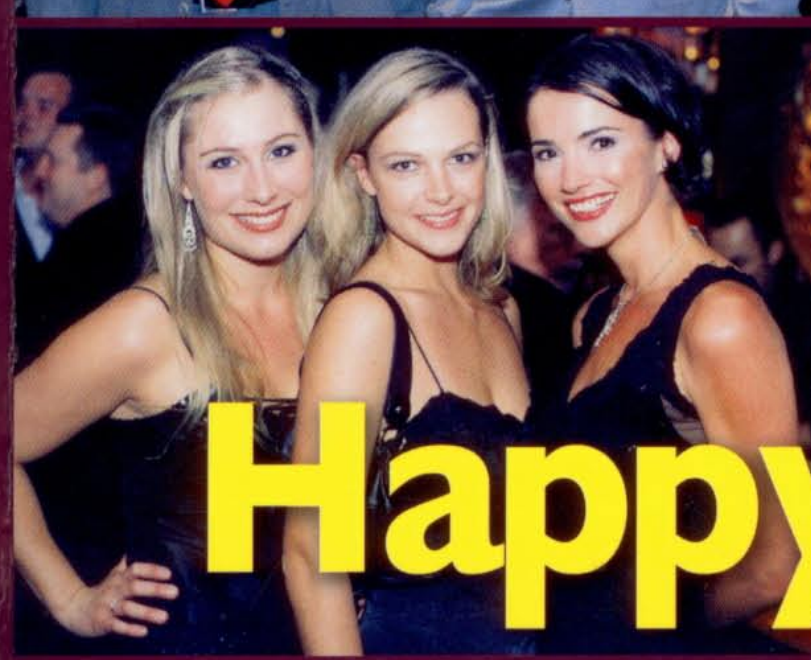




Exclusives:
CAMERON DIAZ
CNN'S MONITA RAJPAL
ASPREY'S BASH



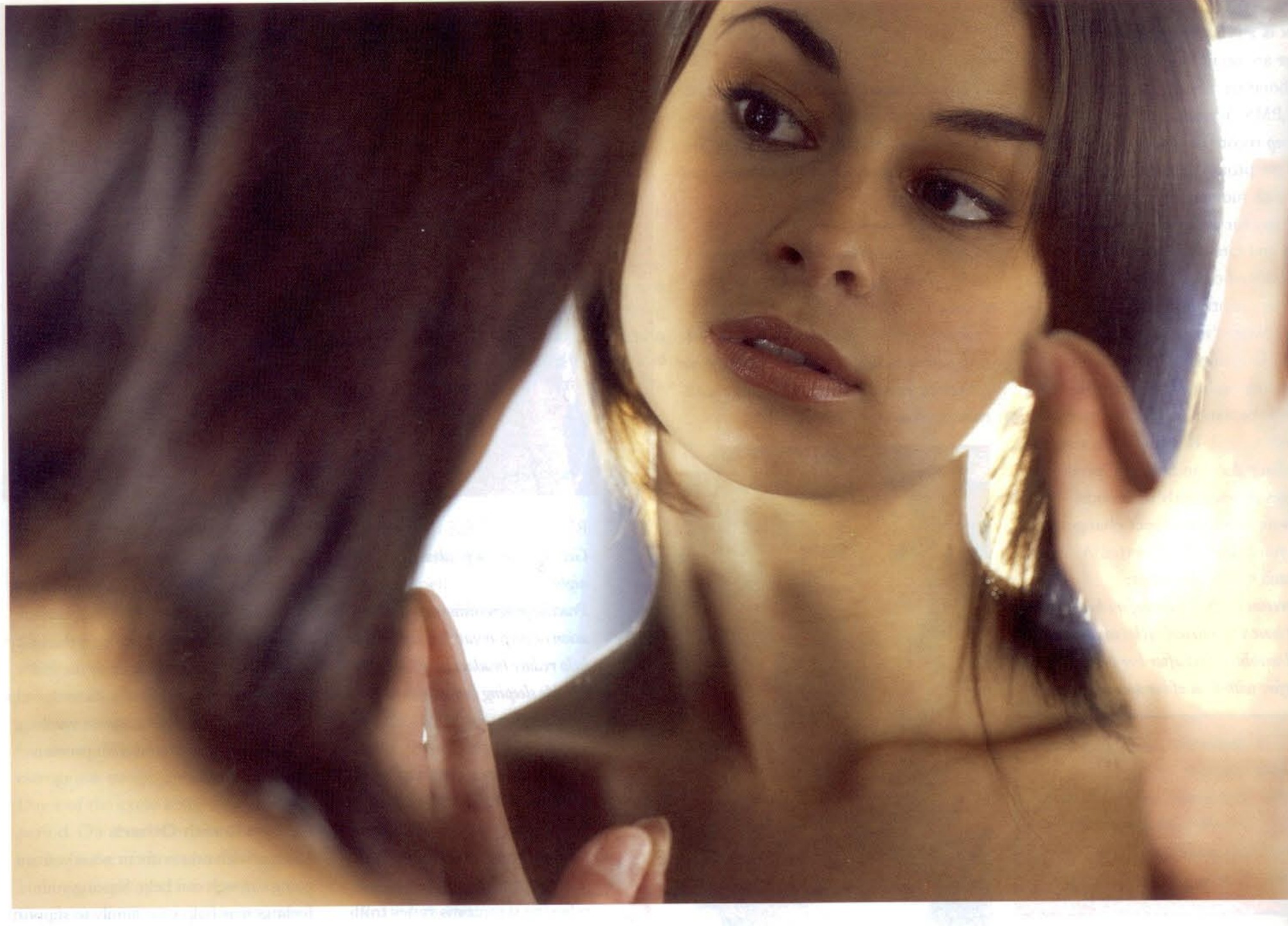
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AIMING TO ENHANCE

Dr. Hamdan clues us in on the latest in cosmetic surgery

Confidence and self esteem play a huge role in a person's sense of wellbeing. Most people have experienced the undeniable confidence boost that a new pair of shoes, a beautifully tailored suit, a new haircut, or a couple of kilos off can have. We stand taller, walk better, smile more often, and are more at ease when we think we look our best. Is it any wonder that cosmetic surgery has proven so popular? A few wrinkles/lines less here, a couple of centimeters off there, smoother skin, a more toned shape, and so on...

What's more, as fast as demand for these procedures is rising, technology is one step ahead, with cosmetic surgery more effective, safer, and quicker than ever before. Mondanité spoke to renowned surgeon Dr. Firas Hamdan,

famous for his light touch and honesty, about the ins and outs of cosmetic surgery and the latest breakthrough procedures. He prides himself on 'giving patients the results they need by emphasizing on their inner beauty and avoiding the 'operated look'. With offices in Florida, Kuwait and Beirut, Dr. Hamdan is now available for special consultations in the UAE.

On his specialty

My philosophy is that plastic surgery is just a tool to enhance the beauty of each person. It has nothing to do with the Xtreme makeup shows on television. On the contrary, we focus on the latest minimally invasive procedures.

On misconceptions

It's a common misconception that the surgeon can 'fix' you. Many people go

to their surgeon and ask them 'tell me doctor, what do I need?'. That's not the way to approach it. The patient must tell us what they would like to change, what they are not happy with, and then we will do our best to improve them.

On patience

Many women come to me and want a tummy tuck after giving birth. First of all, it takes time to get back in shape and they must go the conventional routes first. Secondly, I tell them that if there's any chance of them conceiving again, then they should wait till after they've had all their children to have the procedure.

On weight loss

It's the same with women or men who want to use plastic surgery for weight

loss. Plastic surgery is not a weight reducing procedure. The person must first achieve their ideal weight and then we can help shape them.

On the latest procedures

There are three main advances; ■ Now it's all about "doing the minimum to get the maximum". Before we used to work on 2 or 3 planes (the face, skin, the muscles, etc), now we try to stay closer to the surface, yet retain as good or better results. Minimal invasion is key. ■ We also now try to avoid 'doing it all at once', as we see them do on TV. To subject someone to that much surgery, which can last up to 9 hours, is not easy. ■ Another major change in procedures is that we now tend to stay away from general anesthesia as



much as possible. All three changes mean that costs are lower and recuperation time is much shorter.

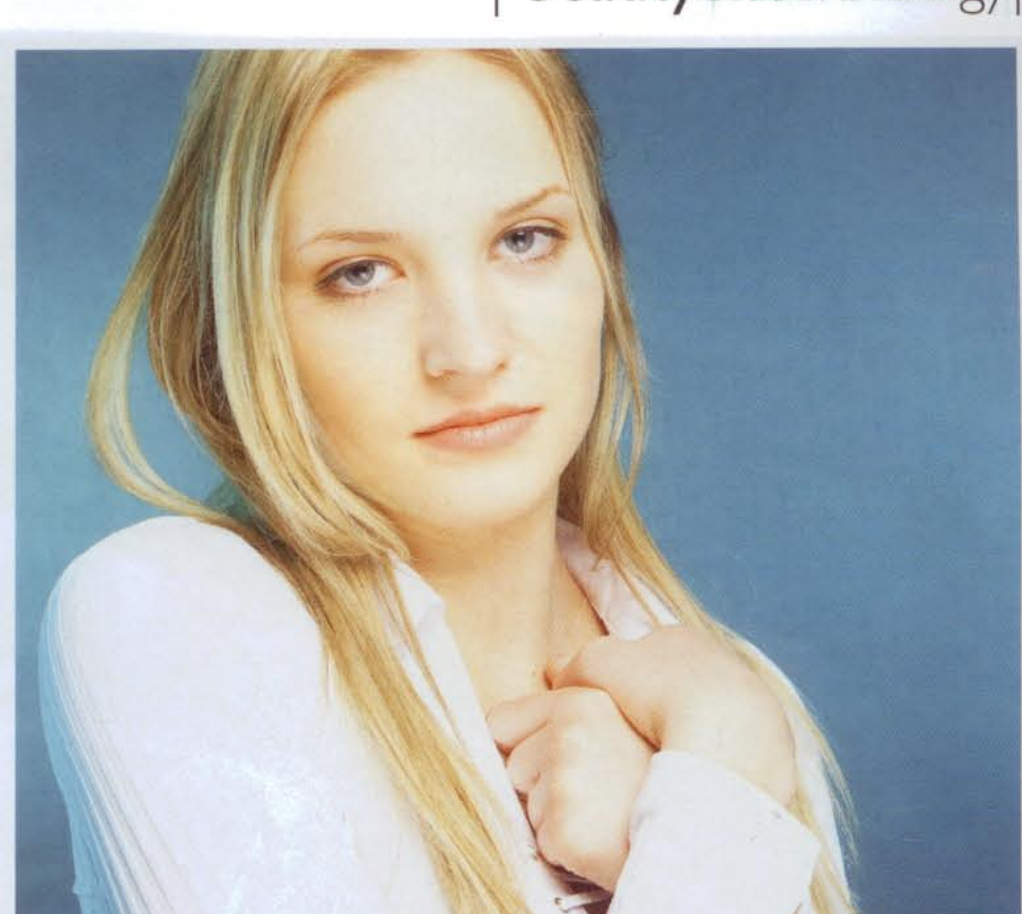
On the most popular procedures

The 30's to 40's are very into botox injections in their faces. Botox takes away fine lines and wrinkles and improves facial expressions, it's only if you overdo it that you get that 'frozen expression'. Mesotherapy is also brand new and is doing very well. It's a topi-

cal cream that provides skin with the nutrients it needs through electroporation, which opens the pores and drives the nutrients through. This is a great antiaging procedure and gives the skin a healthy glow.

On patient care

I'm not just a technician, I'm a provider who tries to help others. I offer advice on inner health and confidence. I always try to figure out if they really want the procedure or whether, perhaps, someone talked them into it or they are doing it because 'everyone else is doing it.' I always offer other options, and among them each time is the option to do nothing.



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THE LOWDOWN ON THE LATEST PROCEDURES

FACELIFT

The way that we feel about ourselves may not be the reflection that we see when we look into the mirror. During the aging process changes appear gradually. A facelift (mini-, LifeStyle or full-facelift) can help give you a natural, more youthful appearance. The ideal candidate for a facelift is someone who has laxity of skin, excess fat in the neck, wrinkles and deep lines that run from the corner of the nose to the corner of the mouth. Other factors may be the loss of a well-pronounced jawline, skin that is sagging near the cheekbones and deep wrinkles in the cheeks.

LIPOUSUCTION

Sometimes a nutritional diet and the right exercise program may not be enough to conquer areas of excess fat. Liposuction may be the answer if you are seeking a smoother and more proportionate body contour. With liposuction you can achieve slimmer hips and thighs, flatter abdomen and waist, shapelier calves and knees or the elimination of a double chin. Dr. Hamdan uses a small state-of-the-art instrument called a cannula to artistically sculpt and contour the body. Liposuction can be performed under both local and general anesthesia. The results are generally seen within a few weeks of surgery and improve over the next 6 months to a year. The tumescent technique minimizes bruising and speeds the recovery period.

BREAST AUGMENTATION

Dr. Hamdan is one of the few surgeons in the region that offers the transumbilical approach - the belly button breast augmentation procedure. This technique leaves no visible scars on the breast and

allows for a faster recovery period compared to other techniques. He is also highly experienced in breast lifts and breast reduction procedures.

BROWLIFT & EYELID

Facial expression lines and crow's feet, as well as droopy brows and puffy eyelids can give the false appearance of being angry, tired or sad. A forehead or brow lift can help create a more relaxed appearance. A forehead and browlift softens the horizontal lines across the forehead and repositions the eyebrows. Dr. Hamdan uses an endoscopic technique - using a tiny telescope and video imaging to lift the drooping eyebrows and improve the frown lines through a series of small incisions in the hairline. This browlift technique leaves no visible scars and results in no loss of hair, and allows for a faster recovery period. Eyelid surgery will help create a well-rested and refreshed appearance. For puffy lower eyelids, surgery can be performed with no visible scars. Through a small incision, excess fat is removed and the skin can be tightened with a chemical peel or laser treatment. For droopy upper eyelids, an incision is made in a crease for the removal of skin and fat. The skin sutures are removed within 5-7 days and the patient can resume light regular activity.

MESOTHERAPY

Dr. Hamdan offers the different type of MESOTHERAPY modules using the finest and purest ingredients and the latest techniques to achieve the desired goals. Such goals are: Glow and vitamin replenishment to the facial skin, Localized fat treatment,

Cellulite treatment, Alopecia therapy,...

ACHTYDERM: Mesotherapy without the needles!

This advanced electroporation system allows the deep penetration of bioactive ingredients and large-molecule cosmetic ingredients that are normally unable to penetrate the outer layers of the skin. Achtyderm was developed and patented by biomedical engineer Dr. Renato Torre of Italy, who, after its spreading success in countries across Europe, decided to introduce the technology to North America in 2004. The Achtyderm treatment is a quick, safe, and pleasant approach to achieving full-body skin nourishment and rejuvenation. In addition, the delivery of powerful formulations into subcutaneous fat tissue will effectively reduce the appearance and the further development of cellulite. Finally, your skin gets the deep down attention it deserves. Applications include: Anti-aging, firming, cellulite, slimming & body sculpture, breast tone, stretch marks.

Minimally Invasive Procedures

Dr. Hamdan offers the minimally procedures that can be used to bring out the beauty in you without the major downtime of a surgical procedure. These include BOTOX injections to improve on the wrinkles of the forehead, around the eyes, nose and lips, as well as the frown lines. In addition, FILLERS such as RESTYLANE or FAT GRAFTING can be used to give volume to the areas affected by the aging process or just to contour and enhance special areas (Lips, Cheeks, around the nose and lips, as well as back of the hands). M



Dr. Hamdan specializes in facial reconstruction and rejuvenation procedures including nose surgery, eyelid surgery, facelifts, Contour Thread Lifts, Lifestyle Lifts, brow lifts, Botox, Fillers as well as different forms of Mesotherapy. He also offers a full range of cosmetic surgery procedures such as body contouring, liposuction, tummy tucks, breast lifts, breast reduction by Liposuction, and breast augmentation. In fact, Dr. Hamdan is one of the few surgeons in the region to offer the transumbilical (TUBA) or belly button breast augmentation. He can be contacted on fabamdan@pol.net, and at his various centers.
* Cosmetic Surgery Clinic - GEFINOR Center, Beirut, Lebanon Tel: (961) 1-738325 www.cscbeirut.com
* Al-Zubair Medical Center - Salmiya, Kuwait, Tel: (965) 224 8777
* Capital Plastic Surgery - Florida, USA, Tel: 850-584-8123