

LONG ISLAND Beauty

Chic.Stylish.New.You.

EXCLUSIVE
*Beauty
Calendar*

Look Younger!
Threadlift
Non-Surgical
Facelift

SKIN SAVING
*Trade
Secrets*

**NEW FOR
2018**

Long Island Beauty
SKIN CARE & COSMETICS



FROM THE PUBLISHERS

We hope you enjoy this issue of *Long Island Beauty Magazine*.

We are thrilled to announce the launch of Long Island Beauty Skin Care and Cosmetics, our luxury line of medical-grade products. Turn to page 20 to learn more about this exciting addition to our practice.

Our cover model, Danielle Boyd, is an aesthetician at Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY, and was photographed wearing Long Island Beauty Skin Care and Cosmetics. The beautiful results speak for themselves!

To celebrate the launch of our new line, we are including some Long Island Beauty products in our 2018 Loyalty Program, the Long Island Beauty Club. More information can be found on page 18.

At Cosmetic Surgery of NY, we have invested in the most advanced technology available to ensure that our patients receive the best treatment results possible.

Our latest addition is the Elite+ Laser System, the gold standard in hair removal, leg and facial vein removal and pigmented lesion removal. On

page 27 there is an FAQ to address any questions you might have about the Elite+ Laser System.

Our popular Threadlift non-surgical facelift procedure is featured on page 12, and it delivers amazing results in less than one hour!

Whether you are having breast surgery, liposuction, a tummy tuck, having your eyelids surgically rejuvenated or your nose refined, it is very important to choose the right professional who can guide you through the process and is Board Certified in Plastic Surgery by the American Board of Plastic Surgery.

The Face to Face column on page 6 is a must-read for anyone considering any type of surgical or non-surgical procedure.

We invite you to schedule a complimentary consultation to discuss how we can help you look and feel your best.

Warm Regards,

Hillard Warm, MD, FACS
Robert Jacobs, MD, FACS



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LONG ISLAND BEAUTY COSMETICS

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Contents

- 4 **BEAUTY BUZZ**
BUZZ-WORTHY NEWS
- 6 **FACE TO FACE**
A BEAUTY CONVERSATION WITH OUR
BOARD-CERTIFIED PLASTIC SURGEONS
- 8 **CONVERSATION STARTERS**
TIDBITS TO TALK ABOUT
- 10 **TRADE SECRETS**
BY: ANNE-MARIE BELLAVIA
- 12 **THREADLIFT:**
AN INSTANT, NON-SURGICAL FACELIFT
- 15 **COVER MODEL:**
DANIELLE BOYD
- 16 **BARBARA BILOTTA:**
AWARD-WINNING LI ARTIST
- 18 **LONG ISLAND BEAUTY CLUB**
- 20 **INTRODUCING:**
LONG ISLAND BEAUTY
COSMETICS & SKIN CARE
- 23 **2018 LI BEAUTY CALENDAR**
- 26 **ELITE+ LASER SYSTEM**
- 31 **2018 BEAUTY TRENDS**
- 32 **FASHION FORWARD**
- 34 **ANGEL CARDS**
HOROSCOPE

LONG ISLAND Beauty MAGAZINE

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INFO@LONGISLANDBEAUTYMAGAZINE.COM

Beauty BUZZ



Oral Spray VITAMIN SUPPLEMENTS

INSTAVIT.COM

If you have difficulty swallowing your daily vitamin or supplement, Instavit® is a pill-free approach to sleep, energy and health support with a line of oral spray supplements that includes: Vitamin B12, Instant Energy, Vitamin D, Daily Health, Sweet Dreams, Immune Strength, Instavit for Kids, and Prenatal Care. Portable 1.4 oz. spray bottles contain about 28 doses per bottle. Instavit is sugar-free and can be sprayed directly into the mouth without the need for any liquids or chasers.



Magnetic EYELASH EXTENSIONS

Now you can have long, thick and luxurious eyelashes in an instant! One Two Lashes are reusable and are made of high-quality synthetic fibers housed on two magnetic strips that are placed above and below your natural lashes. No glue is needed, making these lashes a must for women who are allergic to mascara, and are safe for daily use. Different lengths and styles are available starting at \$59 per set.

ONETWOLASH.COM

KISS "KRINKLES" GOOD-BYE

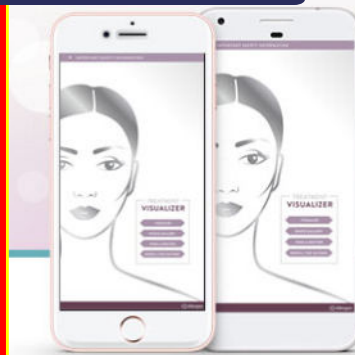


Sagging skin around your kneecaps can ruin the look of any style clothing that falls above the knees. While Botox can smooth out the wrinkles, it won't lift sagging skin. Thermage, a non-invasive firming laser treatment, targets and tightens the knee area and can improve the look of your knees in just a few treatments.

TO SCHEDULE A COMPLIMENTARY CONSULTATION, CALL LONG ISLAND BEAUTY, THE NON-SURGICAL DIVISION OF COSMETIC SURGERY OF NY, AT 631-473-7070.

BOTOX TREATMENT VISUALIZER

Download the Botox Treatment Visualizer app and you can preview what you will look like after a Botox and/or Juvederm filler treatment. Use the tools provided on the app and bring your results when you visit Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY for your treatment. Free in the App store.



Juvederm Botox Cosmetic

NEW TREATMENT VISUALIZER AVAILABLE FROM ALLERGAN



Square Meal Kitchen

Square Meal Kitchen creates healthy, pre-cooked and packaged meals for busy Long Islanders. Those looking to lead a healthy lifestyle but don't have the time to cook can conveniently order meals and pick them up at local gyms or health food stores. All meals are made with top-quality ingredients and prepared by experienced and renowned butchers.

SQUAREMEALKITCHEN.COM | 516-625-0809

Pictured: Vegetable Chili Topped with Low-Fat Cheddar Cheese served over Quinoa

Apple Cider Vinegar NATURAL CLEANSER & MAKEUP REMOVER

You don't have to look further than your kitchen cabinet for a natural cleanser and makeup remover. To cleanse your face, use a combination of Olive Oil (1/2 cup), Apple Cider Vinegar (1/4 cup) and 1/4 cup of water. Apply to a cotton ball or sponge. After cleansing, apply the mixture again and leave on overnight to lighten dark spots, eliminate bacteria and moisturize your skin.

CHIN UP WITH SCULPSURE



SculpSure is now available as a fat blaster for double chins! In just 25 minutes, you can achieve a slimmer neck contour and defined jawline. The SculpSure applicator is specifically designed to be used under the chin, with absolutely no downtime! Schedule a complimentary consultation at Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY, by calling 631-473-7070.

FACE TO FACE

A BEAUTY CONVERSATION WITH
BOARD-CERTIFIED PLASTIC SURGEONS:

HILLARD WARM, MD, FACS

ROBERT JACOBS, MD, FACS



Hillard Warm, MD, FACS

An Educated Patient Will Receive the Best Surgical Results

When it comes to cosmetic surgery, the key to its success is not just in the surgeon's hands, but in his brain.

Excellent results are derived from a plastic surgeon who consistently refreshes his skills and uses his knowledge and experience to guide his hands.

Experience Matters!

Unfortunately, many patients shop for a plastic surgeon the same way they shop for shoes. Many look for the lowest price first, with quality coming in second. Consider this:

“Good plastic surgery is never cheap, and cheap plastic surgery is never good.”

When discussing the price of a procedure at a consultation, in addition to the surgeon's fee, be sure to ask about any additional charges such as for use of the surgical facility and anesthesia. Also ask about any fees for breast implants, medication and private home care, if needed.

Be aware that the low price you were quoted initially could be much higher with extras that were not included in the basic price, or if you require more surgery. Keep in mind that if your surgical results are less than what you expected, the few dollars you may have saved will be gone quickly.

Before you make a commitment, ask the surgeon if there is a revision fee for a touch-up, and an additional charge for use of the facility and anesthesia during the touch-up if you are unhappy with your initial results.

It's easy to research pricing, as the American Society of Plastic Surgeons has a list of procedures and their average cost on PlasticSurgery.org.

Be a Surgical Sleuth

We can't stress enough that anyone with a valid medical license can call themselves a cosmetic surgeon. It is up to you to investigate their credentials. At the top of the list are Board Certified Plastic Surgeons, who have between six and nine years of training before they can be certified by the American Board of Plastic Surgery (ABPS).

Even if a doctor is certified by the ABPS, it doesn't mean he's the right surgeon for your procedure.

For example, a board-certified plastic surgeon who specializes in hand reconstruction is probably not the best choice to perform a facelift.

High-Volume Surgical Centers

Some surgical centers are owned and operated by non-physicians, who hire independent plastic surgeons that need extra work. At some centers, the surgeon has little or no control over his schedule or how the surgical facility is maintained and operated.

If you are considering having your procedure at a high-volume surgical center, there are some important questions to ask:

- Will you be treated by the same surgeon you had the consultation with?
- Is your surgeon the most qualified for your procedure, or is your consultation and surgery based on what doctor is available at the time of your scheduled surgery?
- How many surgeries does the doctor have scheduled on the same day as yours?
- Will your plastic surgeon perform the entire procedure? Some high-volume surgical centers use surgical assistants to help during the procedure. If assistants are used, be sure to inquire if they are licensed physicians.

Reputation is Everything

Does your plastic surgeon have a stellar reputation? Find out by doing some online investigating to learn if there are any pending malpractice lawsuits or judgments against the doctor or practice.

Aging is Inevitable

No one has figured out how to stop the clock on aging, so keep in mind that even after a facelift you will continue to age and eventually wrinkles will reappear. How to maintain your new look should be discussed at your consultation.

Complimentary Consultations

Every successful procedure should begin with a meaningful one-on-one conversation with a board-certified plastic surgeon.

At Cosmetic Surgery of NY, we welcome your questions and hope you will schedule a complimentary consultation with us before making such an important decision.

TO SCHEDULE YOUR COMPLIMENTARY
CONSULTATION, PLEASE CALL US AT

631-473-7070

or go online to

CSNYCOSMETIC.COM

Robert A. Jacobs,
MD, FACS



CONVERSATION STARTERS >>>>>>

Master the art of starting a chat with these little tidbits of information that we think are pretty interesting.

cardani. Eyebrow Style Guide



Eyebrow #15 - Rounded Arch



Eyebrow #17 - Regular Arch



Eyebrow #12 - Subtle Arch

EYEBROW WIGS

Forget micro-blading, stick on eyebrow wigs are going to be the next big beauty trend. Human hair eyebrows create a 3D effect that make the most natural looking eyebrows available. Now those who suffer from alopecia or have lost their brows due to cancer treatments or other illnesses, can have beautiful, natural-looking eyebrows without applying makeup.

HEADCOVERS.COM



BUMBRELLA HIP SLIP

Bumbrella is not your grandma's slip! A 2-in-1 mini-panty slip provides coverage without compression. The lightweight short slip has attached panties that eliminate annoying panty lines and is perfect to wear with a clingy or sheer skirt or dress. WEARBUMBRELLA.COM

SMILE! DIMPLES ARE "IN"

Actress Jennifer Garner is known for her adorable dimples and infectious smile, and as the popularity of taking selfies continues, everyone wants to look sexy, cute, and friendly in their photographs. Now you can "add" dimples to your smile in as little as an hour with a Dimplectomy, a procedure that requires a small incision inside the cheek to create a surgical dimple. Interested in knowing more? Call Cosmetic Surgery of NY at 631-473-7070 for a complimentary consultation.

Photo Credit: POPSUGAR.COM



Dr. C

I'm Feeling

Google

e-diagnosis

g lcky

Second Opinions

DIGITAL DIAGNOSIS

TOP 10 MOST-GOOGLLED MEDICAL CONDITIONS

According to a Pew survey, more than one-third of all American adults have gone online to search for a diagnosis before heading to their healthcare provider. The top 10 most-Google diseases are: Diabetes, depression, anxiety, hemorrhoids, yeast infections, lupus, shingles, psoriasis, Schizophrenia, and Lyme disease.

PANERA SWEET FACTS CUPS

Panera Bread is listing the amount of added sugar and calories on their 20-oz. cups to make people aware of just what they are drinking. In addition, to take the lead on transparency, sugar will be listed in teaspoons instead of grams to make deciphering the information less confusing. Panera's 20-ounce cola has a whopping 17.25 teaspoons of added sugar and 250 calories. Yikes! What's in the 12-ounce size?

PANERA.COM



BEST BET? JAKE'S 58

New York State's most successful casino is located in the heart of Long Island at Jake's 58 in Islandia. Right now, Jake's 58 is the "only game in town," and is packing in gamers who are looking for something different to do when it comes to recreational entertainment. With gross revenue touted at more than \$200M a month, the casino will be on the watch list to see if the public will continue to bet their hard-earned cash on winning a big payoff. JAKES58.COM



Your Drink (20 fl oz without ice)	Teaspoons of Added Sugar*
Regular Cola (250 Cal)	17.25
Agave Lemonade (140 Cal)	8.5
Blood Orange Lemonade (160 Cal)	8.25
Passion Papaya Green Tea (130 Cal)	7.5
Prickly Pear Hibiscus Fresca (100 Cal)	0.0
Plum Ginger Hibiscus Tea (0 Cal)	0.0
Unsweetened Black Iced Tea (0 Cal)	0.0

TEASPOONS ARE EASIER THAN GRAMS.

* 4 g / teaspoon

TRADE SECRETS

*Medical Aesthetician and Skin Care Coordinator
Long Island Beauty at Cosmetic Surgery of NY*

The Beauty Bar is Now Open!

If you'd like to slow down the aging process, let me create your signature skin care cocktail. I will introduce you to a combination of skin care products made exclusively for your individual skin type.

Using only pharmaceutical-grade products with all-natural ingredients, I can help you achieve your anti-aging skin care goals!

The "Magic" of Thermage

All Thermage treatments are not created equal; the "magic" is in the aesthetician's application.

Thermage is a non-invasive skin tightening procedure.

Many patients have undergone this treatment as an anti-aging ritual with me, not only on their face, but on their legs and arms, with outstanding results. Not everyone is a candidate for this procedure, so a complimentary consultation is extremely important, as my reputation precedes me!



The Skincare Department at Cosmetic Surgery of New York is clinical, which means we do not offer traditional facials.

Anne-Marie Bellavia is a Member of the Society of Plastic Surgical Skin Care Specialists, a Member of Decisions Women in Commerce Professions and a Member of Long Island Business and Professional Women.



Maxi-mize Your Skin's Beauty with our Exclusive Facial Maxi-Peel

The Maxi-Peel is a revolutionary brightening peel that will have you back in action within a week! Maxi-Peel is specifically formulated not to burn, wound or injure the skin.

This in-office treatment is a match for most skin types and designed to brighten skin tone and reduce the appearance of fine lines and wrinkles.

Long Island Beauty Skin Care is Now Available!

Intense Barrier Recovery

An intense moisturizer with Vitamin B to improve texture and reduce redness; Paraben, fragrance and solvent-free.

HP Booster

Moisture Enhancer that reduces the appearance of fine lines and wrinkles and is Paraben and fragrance-free.

Retexturizing Plus Pads

Smooth skin texture and reduce the appearance of large pores, with 10% Azeloyl trichloroacetamide, combined with Salicylic acid.

Daily Brightening Pads

Alcohol-free cleansing pads gently exfoliate and brighten skin; Fragrance and Paraben-free.

Retexturizing Complex Cream

Intensive combination of a retinoid, peptides, anti-oxidants (Vitamins C, E and Ferulic Acid) and Nicotinyl trichloroacetamide.

Triple Action-i

For the eye area, improves the appearance of fine lines and wrinkles, plus addresses puffiness and dark circles. Paraben-free.



IF YOU WOULD LIKE MORE INFORMATION ABOUT ANNE-MARIE'S TRADE SECRETS FOR BEAUTIFUL SKIN, CALL 631-473-7070

PURCHASE TNS ESSENTIAL SERUM AND RECEIVE
A GIFT BAG WORTH \$120* \$25 BEAUTY
BUCKS TOWARD ANY SKIN CARE TREATMENT!



**WE'VE ALL
DONE IT...**

Long Island Beauty at Cosmetic Surgery of NY Now Offers...

Threadlift:

AN INSTANT, NON-SURGICAL FACELIFT!

We stare at the mirror and hold our skin back with our fingers to see what we would look like without sagging skin and a double chin.

While technology has made tremendous advancements in cosmetic surgery procedures, the missing treatment was a non-surgical solution for lifting the deeper layers of skin. Though skin tightening treatments like Thermage firm and tighten the skin, many of our patients wanted something more immediate to give them a lift, while re-contouring their face and neck area.

Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY, now offers two treatments to address this concern: Silhouette InstaLift and NovaThreads. Both procedures are safe and effective and achieve excellent results for men and women between the ages of 35 and 70 who want an immediate lifting of the face, with very little downtime.

Threadlifts literally lift the skin back to its original position, giving a true age-reversing effect. While fillers plump up the skin, in some instances patients need a lift without the added volume from fillers. Plus, one Threadlift treatment immediately lifts sagging skin, and keeps working long past the initial treatment with a double-action effect that restores smoother and more toned skin over time.

Cosmetic Surgery of NY's non-surgical division, Long Island Beauty, is one of the first plastic surgical practices on Long Island to offer the option of either Silhouette InstaLift or NovaThreads to their patients.

"The newer technology and the fact that the treatment can be performed in under an hour are two big reasons why Threadlifts are very popular as a facelift alternative at Cosmetic Surgery of NY," says Dr. Robert Jacobs, board-certified plastic surgeon

"The gradual regenerating effect of the Threadlift includes increased collagen production over the course of a few months, which helps to gradually restore depleted facial volume lost with age. The result is a firmer, plumper and more youthful-looking face. It also delivers superior and immediate results to the neck," he added.

While each treatment is considered minimally invasive, it's important to use a board-certified plastic surgeon, as proper placement of the threads is vital to the success of the treatment.

"During the consultation with my patients, I determine the number and placement of the threads, which depends on the

patient's skin laxity and condition. I mark out the treatment areas, then administer a local anesthetic," explains Dr. Hillard Warm, board-certified plastic surgeon from Cosmetic Surgery of NY.

"Patients will see an immediate lifting effect as soon as the threads are inserted underneath the skin. Once the thread is in place, I apply slight pressure to the area to lift and smooth the skin's surface. Threadlifts can be used to treat various areas like the jawline, cheeks, mid-face area, eyebrows and neck," added Dr. Warm.

Silhouette threads dissolve in about 12 to 18 months after treatment, and its effects are maintained for another 6 to 12 months, depending on factors like lifestyle and genetics. NovaThreads results will last 9 to 12 months, depending on the patient's age and metabolism.

Like filler, a Threadlift is not permanent and will need to be repeated, but the non-surgical lifting and tightening effect is of major interest to many who are looking for a less-invasive alternative to a facelift.

After the procedure, a patient may experience soreness for a few days along with mild bruising that is easily covered with makeup.

"This procedure will not replace a surgical facelift, but it's a great alternative for patients who aren't quite ready for surgery," says Dr. Warm.

A Threadlift is a beautiful, natural, anti-aging treatment when performed by a skilled plastic surgeon.

If you would like to schedule a complimentary consultation to find out more about Silhouette and NovaThreads, Call Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY

631-473-7070

or go to

CSNYCosmetic.com



Cosmetic Surgery
OF NEW YORK PC

HAPPIER HOUR

EVERY 3RD THURSDAY 4 PM TO 8 PM!

With Cosmetic Surgery of NY Board-Certified Plastic Surgeons
Robert Jacobs, MD, FACS and Hillard Warm, MD, FACS

HAPPIER HOUR MENU INCLUDES:

Special Pricing on Botox & Fillers!
PLUS With Any Injectable Service
Receive a MAIA Happy Hour
Pedicure (\$60 Value) AND
a Happy Hour Cocktail

**SPACE
IS LIMITED!**
TO RESERVE A SPOT EMAIL
INFO@MAIASALON.COM

COMPLIMENTARY CONSULTATIONS FOR SURGICAL
AND NON-SURGICAL PROCEDURES ARE AVAILABLE BY
APPOINTMENT WITH DR. JACOBS AND DR. WARM!

Long Island Beauty

Danielle lights up the room in this beautiful Amalia bottle-green silk blouse *by Kobi Halperin*

AMALIA BLOUSE

Ornate beading at the neckline with long bell sleeves and scalloped lacy cuffs.

\$398, *Neiman Marcus, Roosevelt Field*
NeimanMarcus.com

MISMATCHED, DOUBLE-DROP EARRINGS *by Alexis Bittar*

10-karat gold-tone and rhodium-tone hardware. Pyrite-colored doubled with Pavé crystals.

\$195, *Neiman Marcus, Roosevelt Field*
NeimanMarcus.com

DANIELLE'S MAKEUP BY:

Anne-Marie Bellavia

COSMETICS BY:

Long Island Beauty

PHOTO BY:

Lenny Marks,
LenMarksPhoto.com



OUTGOING TIDE

"The symbolism of water has a universal undertone of purity and fertility."



SEABREEZE

"It is often viewed as the source of life itself. Water is considered an aspect of wisdom."



COOL WATERS

"The concept is that water takes on the form on which it is held and moves in the path of least resistance."

Cool Waters

Suffolk County native Barbara Bilotta began painting as a child. She is now an award-winning artist who divides her time between Long Island and Miami and says, “Long Island has the spellbinding allure of summer and a way of life that I love.”

She credits Long Island’s coastal geography and the modern architecture of Miami as being a major influence for her vibrant paintings.

“I love to create works of art that are alive with color and movement. My goal is to transform natural order into a suggestive interpretation to stimulate the imagination.”

Bilotta is an Abstract Expressionist, an art form that was developed and introduced by Jackson Pollock, who was best-known for his non-traditional, large-scale paintings using non-traditional materials. Pollock’s artwork revolutionized the world of modern art and helped cement New York City as the center of the western art world in the 1940s.

By using contrasting elements of the city and the Long Island coastline in her large-scale work, with a color palette that ranges from intense colors to earth tones, Bilotta calls her painting style “**Elemental Strength.**”

“Much of my interpretation is rooted in my color palette. I love everything that is brilliant and incredible and I attempt to incorporate it into my work.”

Bilotta generally works on a 48” x 48” canvas, but whenever possible loves to create her art on a larger scale, up to 78 inches.

Working mostly in acrylics glazed with resin, Bilotta believes that the acrylic’s softness and resin’s hardness creates a “charged atmospheric space,” where the viewer is made to feel the movement of the paint.

This acrylic and resin mixture also accentuates the intensive layering involved so that certain areas become embossed after multiple applications, while others appear flatter.

Her pieces take anywhere from a few days to months to finish, depending on the details of the intense layering.

For Bilotta, every painting is like embarking on a new adventure. Her goal is to portray art with authenticity along with a dose of reality that sets her apart as an artist.

“My hope is that what a person sees and enjoys in my work will always be a highly personal experience, drawing on their memories, personality and awareness.”

Bilotta’s next local showing will be at ArtExpo New York, April 19-22, 2018, at Pier 94. ArtExpo is a three-day show featuring hundreds of artists and thousands of pieces of their newest work.

For more information, go to:
ArtExpoNewYork.com and
BarbaraBilotta.com

Get Glowing in 2018!

JOIN THE COSMETIC SURGERY OF NY

Long Island Beauty Loyalty Club



It's free and easy to be a Loyalty Club Member!

For every \$500 you spend on fillers, Botox and qualified laser procedures, Long Island Beauty Club members will receive One Loyalty Stamp that can be used towards products and/or procedures, selected exclusively for our Long Island Beauty Club members.

THESE DISCOUNTS ARE IN ADDITION TO ANY MANUFACTURER'S REBATES OR PROGRAMS.

RECEIVE ONE LOYALTY STAMP BY PURCHASING ANY OF THE FOLLOWING:

\$500 • \$500 • \$525

In any combination of
Botox, Filler and/or
Skincare Products

Elite+
Hair Removal
Treatments

(3) Velashape
Treatments

ACCUMULATE FIVE

Loyalty Stamps

AND RECEIVE

\$100 off
Any Treatment
(over \$500)

OR

\$150 credit *towards*
a purchase from the
Long Island Beauty
Skin Care Line

Refer a Friend & Receive Even More!

- Refer a friend (new to our practice) for a filler or Botox treatment and you will receive ***\$50 off your treatment that day, or 1 Loyalty Stamp.***
- Refer more than one friend for a filler or Botox treatment and receive ***\$50 off your treatment that day, plus a Loyalty Stamp for each additional referral.***

* Your Long Island Beauty Loyalty Card must be presented at the time of service to receive rewards and/or stamps.

Long Island Beauty Loyalty Club is subject to change or cancellation by Cosmetic Surgery of New York, P.C. at any time without notice and cannot be combined with other discounts.

Long Island Beauty at Cosmetic Surgery of NY
ANNOUNCES THE LAUNCH OF...

Long Island Beauty **Skin Care**

NEW
FOR
2018

*Long Island Beauty Skin Care is a **luxury line** of **anti-aging beauty products** formulated with key **medical-grade ingredients** to penetrate the deepest layers of the skin to bring a **youthful radiance and glow**.*



A comprehensive in-home regimen that includes everything needed for treatment after a Décolletage Magic Mask.

Décolletage Renewal System

The new Long Island Beauty Skin Care line includes a Décolletage Renewal System that targets the delicate chest area.

Applied in-office, the first step is the application of the invisible Magic Mask that is worn home and removed a few hours later.

The post-treatment care kit includes products to soothe the skin after removing the mask. Patients will experience 5 to 7 days of robust epidermal peeling that is virtually painless, without burning, wounding or injuring the skin.

This comprehensive home regimen includes a gentle foaming cleanser, broad spectrum sunscreen, soothing barrier replenishment cream and Brightening Cream 2, all formulated to extend the peel benefits with a brighter skin tone, smoother texture and the reduced appearance of fine lines and wrinkles.

Long Island Beauty *Skin Care*

products are available exclusively through
Long Island Beauty at Cosmetic Surgery of NY
...

TO ORDER CALL
631-473-7070



► *Magic Mask*

.....

A revolutionary skin brightening peel designed to brightening skin tone and reduce the appearance of fine lines and wrinkles.



► *Solar Screen SPF 40*

.....

Defends and protects against UVA/UVB rays and other environmental stressors.



► *Brightening Bolt*

.....

Turn up the bright to illuminate and even-out skin tone.



► *H2O*

.....

H2O Moisture Balm, a soothing barrier replenishment cream.



► *Soothing Cleanser*

.....

Wash and glow with this gentle cleanser.

UNWRAP THE LOOK
SHE'LL

Love!

WITH A GIFT CARD FROM
COSMETIC SURGERY OF NY

- *Breast Augmentation*
- *Face Lift*
- *Tummy Tuck*
- *SculpSure*
- *Liposuction*
- *Thermage*
- *Clinical Skin Care Treatments*
- *Botox & Fillers*
- *Elite + Laser Hair Removal*
- *Long Island Beauty
Skin Care Products*



Cosmetic Surgery
OF NEW YORK PC

4616 NESCONSET HWY,
PORT JEFFERSON STATION, NY 11776
CSNYCOSMETIC.COM
631-473-7070

2018

LONG ISLAND BEAUTY

Calendar



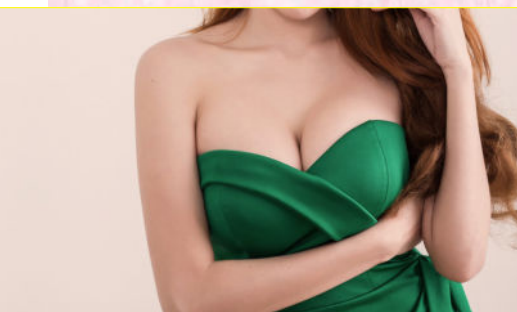
Exclusive Monthly
Special Offers to Keep You
Beautiful All Year Long

20
18

Long Island Beauty at Cosm

BEAUTY

January



It's Time for a Supernatural Body

TREATMENT: Breast Augmentation
SPECIAL OFFER: 25% off Long Island Beauty Décolletage MAGIC Peel
PRODUCT TO BUY: SkinMedica Lytera
OUR GIFT TO YOU: Long Island Beauty Décolletage MAGIC At-Home Regimen

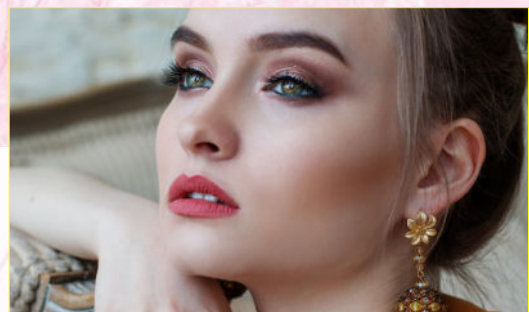
February



Luscious Lips

TREATMENT: Volbella Lip Filler
SPECIAL OFFER: 20% off Elite+ Facial Hair Removal Package
PRODUCT TO BUY: SkinMedica HA5 Lip Plumping Treatment
OUR GIFT TO YOU: Long Island Beauty Cosmetic Lip Gloss or Lipstick

March



Good-Bye Double Chin

TREATMENT: Kybella, SculpSure Chin and/or Silhouette Threadlift for the Neck
SPECIAL OFFER: 20% off Anne-Marie's Signature Triple Threat Treatment
PRODUCT TO BUY: Revision NectiFirm
OUR GIFT TO YOU: Long Island Beauty Cosmetic Concealer

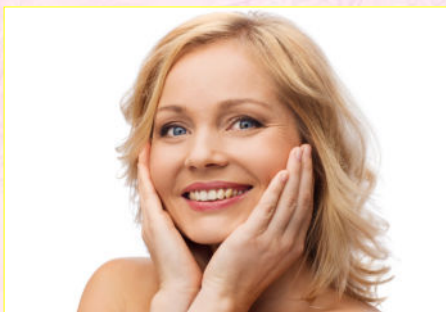
July



Don't Sweat It

TREATMENT: MiraDry
SPECIAL OFFER: 20% Off Hyaluronic Acid Facial Treatment
PRODUCT TO BUY: Long Island Beauty Skin Care Intense Barrier Recovery
OUR GIFT TO YOU: Long Island Beauty Sunscreen

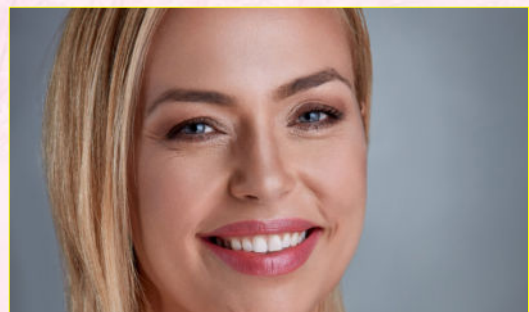
August



Do The Tighten-Up

TREATMENT: Thermage for the Face
SPECIAL OFFER: 20% Off Revision Revox 7
PRODUCT TO BUY: Revision DEJ Eye Cream
OUR GIFT TO YOU: Long Island Beauty Cosmetic Skin-Matched Foundation

September

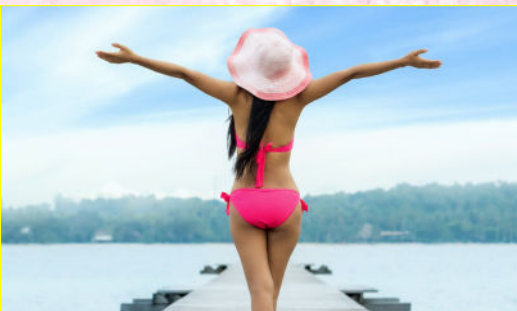


Plump Up The Volume

TREATMENT: Fillers and/or Botox
SPECIAL OFFER: Maxi Facial Peel
PRODUCT TO BUY: Long Island Beauty Skin Care Daily Brightening Pads
OUR GIFT TO YOU: Long Island Beauty Cosmetic Blush

CALENDAR

April



Shape Up

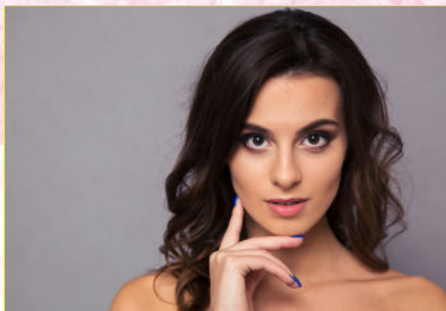
TREATMENT: SculpSure

SPECIAL OFFER: Purchase 2 SculpSure Treatments, Get One Free

PRODUCT TO BUY: Long Island Beauty Skin Care Daily Brightening Pads

OUR GIFT TO YOU: Long Island Beauty Cosmetic Contour Compact

May



Laser Focus

TREATMENT: Anne-Marie's Signature Triple Threat Treatment

SPECIAL OFFER: 20% Off Ultra-C Parisian Peel

PRODUCT TO BUY: Long Island Beauty Tinted BB Moisturizer with SPF 30

OUR GIFT TO YOU: Long Island Beauty Cosmetic Skin-Matched Foundation

June



The Bees Knees

TREATMENT: Thermage Knee Tightening

SPECIAL OFFER: Buy 5 Velashape Treatments, Receive 1 Free

PRODUCT TO BUY: Cellulite Cream

OUR GIFT TO YOU: Long Island Beauty Cosmetic Lipstick or Lip Gloss

October



Minimally Invasive Face Lift

TREATMENT: Threadlift

SPECIAL OFFER: 10% off SkinMedica TNS Essential Serum

PRODUCT TO BUY: Long Island Beauty Skin Care Triple Action-i

OUR GIFT TO YOU: Long Island Beauty Tinted BB Moisturizer with SPF30

November



Smooth, Touchable Skin

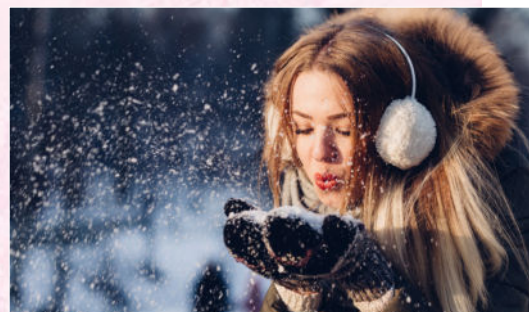
TREATMENT: Elite+ Laser Hair Removal

SPECIAL OFFER: 10% Off Revision Revox 7

PRODUCT TO BUY: Revitalash

OUR GIFT TO YOU: Long Island Beauty Cosmetic Mascara

December



HOLIDAY GIFT CERTIFICATES!

LET YOUR FRIENDS AND FAMILY KNOW WHAT YOU REALLY WANT FOR THE HOLIDAYS!

CYNOSURE

UNCOVER TOUCHABLE SKIN

Elite

Long Island Beauty, the non-surgical division of Cosmetic Surgery of NY, is pleased to offer the most advanced, cutting-edge treatment for laser hair removal available today.

The Elite+ Laser, manufactured by Cynosure, is the gold standard in laser hair removal treatment, and is the newest generation of Elite Lasers equipped to enable our aestheticians to provide faster and more effective results than ever before.

THE REVOLUTIONARY ELITE+ LASER

The Elite+ Laser has transformed laser hair removal treatment by combining two technologies into one device: the Alexandrite laser and Nd:YAG.

This unique combination of lasers allows the aesthetician to switch

between wavelengths to utilize the most appropriate laser for the patient's hair or skin type during the same session.

The Elite+ Laser emits gentle pulses of energy, directed into the hair follicle, without harming the surrounding tissue. This energy is absorbed into the targeted hair follicles and destroys them.

The Elite+ Laser system is the most comprehensive hair removal system available today and is safe for use on all skin types and colors. Each customized treatment produces long-term results and faster treatment sessions.

Ingrown hairs and inflamed or bumpy skin caused by shaving or waxing is eliminated!



te+

For best results, multiple sessions are recommended, as hair follicles typically have three phases of hair growth:

- Anagen (Active/Growth Phase)
- Catagen (Regressive Phase)
- Telogen (Resting Phase)

Laser hair removal technology is designed to treat hair in the Anagen (active) phase. Additional factors like age, ethnicity, weight, hormones, diet, medication and metabolism influence hair growth, and plays a role in the location, thickness and resilience of your hair.

THE ELITE+ CAN TREAT THE FOLLOWING AREAS:

- Face
- Stomach
- Underarms
- Arms
- Legs
- Bikini Line
- Back
- Chest
- Whole Body

ELITE+ LASER FOR FACIAL AND LEG VEINS

Facial and leg veins are a common condition for many of our patients. The Elite+ Laser can remove these veins and restore your skin to a smooth, clear appearance.

The Elite+ Laser emits a prescribed level of energy to the affected vein, precisely targeting the problem area without damaging the surrounding tissue. After treatment is complete, the vein will gradually disappear.

Facial and leg vein treatments with the Elite+ Laser typically last between 10 to 20 minutes, depending on the size and location of the treatment area.

Side effects may include redness or swelling at the treatment site which resolves itself in a matter of hours.

Most of our patients resume their normal activities immediately after the procedure.

ELITE+ LASER FOR PIGMENTED LESIONS

Pigmented lesions are dark growths on the skin such as moles and age spots. Some spots may be a different color, such as blue, purple, black or brown. These spots are typically found on skin that is frequently exposed to the sun, like the face and hands. These benign pigmented lesions can be effectively removed by our aesthetician using the Elite+ Laser.

Light pulses emitted by the Elite+ Laser are absorbed by melanin-containing skin cells, with little impact made on the surrounding tissue. The targeted cells will begin to disintegrate and are removed naturally by the body.

The treatment produces only mild discomfort in most patients, with no downtime.

The number of Elite+ Laser sessions needed for optimal results varies, based on the size and depth of the lesion being treated. The majority of our patients see visible improvement after one to two sessions, but typically require five or six sessions that are generally scheduled at four- to six- week intervals.

ELITE+ FAQ

BY LONG ISLAND BEAUTY MEDICAL AESTHETICIAN ANNE-MARIE BELLAVIA

Q: How do I know if I'm a good candidate for laser hair removal?

A: If you've ever been self-conscious about the hair on your face or body, you're most likely a great candidate for laser hair removal.

Q: Will I need multiple treatments?

A: Each patient will receive a customized treatment plan. The number of sessions is determined by the size of the area being treated, your skin color and other factors.

Q: How long is the hair removal treatment session?

A: Each session is determined by the density of hair growth and the overall size of the area that's being treated. Smaller areas might take as little as 15 minutes, while larger areas like the back or leg may require an hour or longer.

Q: Is the treatment expensive?

A: Compared to a lifetime of shaving, waxing or using depilatories, laser hair removal with Elite+ is very affordable.

If you would like to learn more about laser hair removal, facial and leg vein removal and pigmented lesion removal with Elite+, we encourage you to schedule a complimentary consultation where we will develop a custom treatment plan unique to your needs.

SCHEDULE AN APOINTMENT

ONLINE AT

CSNYCOSMETIC.COM

OR CALL 631-473-7070

.....



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2018 BEAUTY TRENDS

Individual Beauty

is a trend that's here to stay.

As new procedures, products, treatments and techniques are introduced, we wanted to keep our readers up-to-date on the most popular beauty trends predicted for 2018.

SCULPSURE



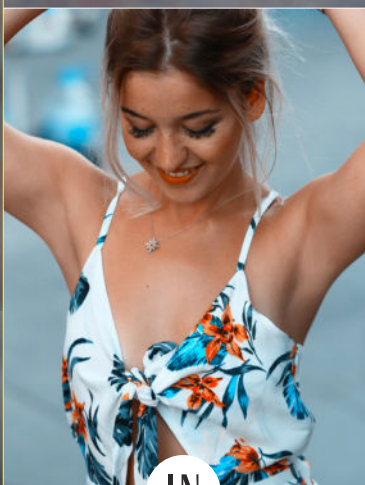
IN

SculpSure's popularity has increased significantly, because it works! With results after just one treatment and the ability to treat up to four areas at a time in under 30 minutes, SculpSure is "hot" for 2018! The "Ice Age" is over!

OUT

COOL
SCULPTING

MIRADRY



IN

The only proven treatment to stop sweating permanently is miraDry. No other treatment comes close to giving the results that miraDry delivers, in as little as one treatment! No more embarrassing sweat stains means a more confident you!

OUT

SWEATING,
ANTIPERSPIRANTS
AND DEODORANTS

ONE CHIN



IN

A beautiful profile can be yours with little or no downtime! We offer three proven ways to eliminate a double chin and sculpt your jawline at the same time: Kybella, SculpSure for the chin or a non-surgical Threadlift!

OUT

DOUBLE
CHINS

ELITE+



IN

The Elite+ Laser Hair Removal System is a game-changer. With two types of lasers on the same handpiece, our aesthetician can double your results, in half the time! There's nothing else like the Elite+ Laser for fast and permanent results!

OUT

WAXING AND
SHAVING

FASHION FOR

EVERYTHING OLD IS NEW AGAIN



60s



FLOWER POWER

In the 60s, floral prints had a signature look that were composed of certain flower shapes and hues of orange.

Modern-day florals are feminine and pretty and will withstand the test of time.

FLORA MIDI DRESS
FREEPEOPLE.COM \$168



70s



PUNK ROCK

Punk rock is back, but with a refreshed, adult sexy vibe. Who wouldn't feel edgy in a short leather jacket, fishnet stockings and a leopard top? If you're not into Punk, statement footwear like disco boots can be worn with an understated outfit and still look terrific.

EMBROIDERED STUDED MOTO JACKET

BLANK NYC
NORDSTROM.COM, \$188

RWARD 2018

N.... ESPECIALLY WHEN IT COMES TO FASHION.



80s



DYNASTY

Krystle Carrington, aka Linda Evans of the popular TV show *Dynasty*, comes to mind with the renowned popularity of shoulder pads. Instead of a jacket, a blouse with shoulder pads tucked into high waisted jeans is a cool look. Wider shoulders whittle the waist, so you can wear this style with confidence.

COTTON JACKET *with*
SHOULDER PADS
ZARA.COM, \$89

90s



SPICE GIRLS

Remember Sporty Spice rocking track pants? They're back, but are more tailored than "tracky." Neon accents and cuffed high waisted jeans in dark denim are also back in style. Dig into the back of your closet to see what's in your Caboodle, and you might find a cool accessory to add to your outfit.

RIB CROP TRACK PANTS
ETRE CECILE
SHOPBOP.COM \$210

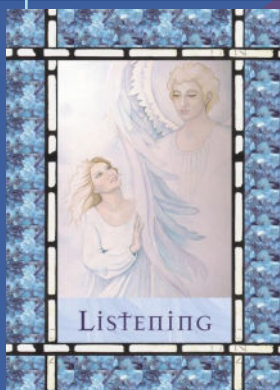


Angel Cards

BY PSYCHICDEB

Please read your message with an open heart.

Angel messages can come as an emotional or physical feeling. You may receive these messages as a thought, idea, vision, dream, smell or taste. Your Angels will confirm the validity of the message by giving you signs in the physical world.



Aries

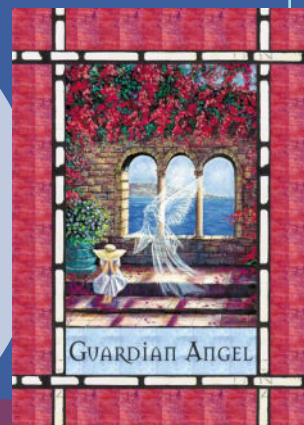
ORACLE CARD: LISTENING

You are in communication with your Angels, and the messages that you are receiving are very real. Trust them. If you get an inclination to call someone, go somewhere or read something, it's important to follow this guidance. Give all of your doubts or worries about Divine guidance to your Angels.

Taurus

ORACLE CARD: GUARDIAN ANGEL

Your Guardian Angels want you to know how much they love you right now. Your Angels' love is unconditional and all-encompassing. Your Guardian Angel says that you deserve help and attention and is here to support you so you can grow spiritually and help others.



Gemini

ORACLE CARD: TRUST

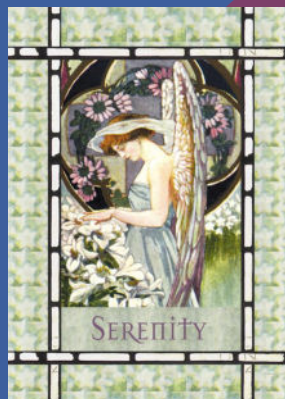
Believe in yourself and have faith that the Angels are with you. Ask them to help you lose the fears that block you from enjoying full faith. Your Angels know that you've been disappointed in the past. These experiences may have eroded your faith in yourself or others. The Angels remind you of the importance of holding on to your faith and will help you trust yourself.



Cancer

ORACLE CARD: SERENITY

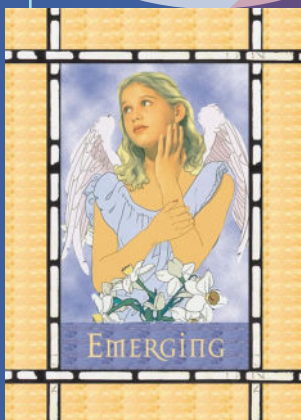
You are moving into a time of greater inner peace and tranquility. The Angels reassure you that peace of mind is within you. It's a mistake to think that you have to wait until your life is problem-free before you can be happy and peaceful. The opposite is actually true. Serenity is your natural state of mind, and the Angels are working with you to actualize this.



Leo

ORACLE CARD: EMERGING

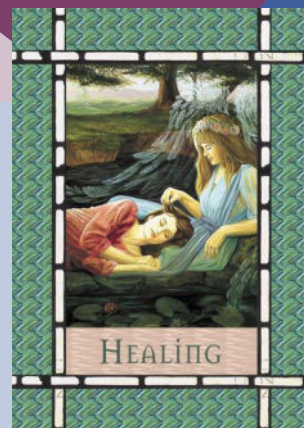
Your true, self-radiant, powerful, successful and intelligent self is now shining through to the surface. Allow your true self to be visible to others, to lift them up and inspire them. Your Angels are guiding you to honor your true feelings by expressing them to yourself and others and will never guide you to do or say anything that could hurt you or anyone else.



Virgo

ORACLE CARD: HEALING

A situation that has caused you concern is on the mend. You are a natural healer and your healing thoughts have manifested into form. Hold thoughts of love around any situation that needs healing. Visualize the situation as healed, then give thanks for this healing, and release everything to the Angels. The powerful effects of your healing work touches many lives.

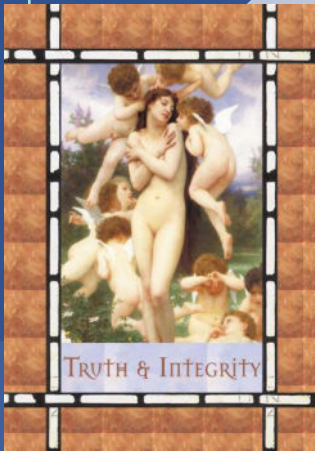


Libra

ORACLE CARD:

TRUTH AND INTEGRITY

You are being guided to be very honest and true to yourself in all of your activities and actions. When we open our hands and release unhealthy situations, the Divine light can enter. Miracles always follow when we surrender troubling conditions. The Angels will guide you to actions that will either help you replace the situation with something better, or heal it entirely. Expect a miracle when you decide to "be true to you."



Scorpio

ORACLE CARD: SOULMATE

Your prayer for a soulmate relationship is answered. Your Angels have heard your prayers for a great love, and will guide you to take steps to manifest this desire. If you are in a current relationship, release your partnership to them so they can elevate your relationship to a soulmate level, or help you to gently end it so that your new love may appear.



Sagittarius

ORACLE CARD: BLESSINGS

The Angels are helping you right now. Continue to ask for their help and then accept it when it comes. You have extra blessings around you now. If you have experienced some challenges, the Angels are surrounding you with more Divine love than ever. Additional Angels are with you, giving you an added cushion of love and light. Your Angels will lift away your fears if you let them.



Capricorn

ORACLE CARD: BALANCE

Be sure to balance your time between work, play, spirituality, exercise, and relationships. The Angels know that you are busy with many Earthly demands, and want to help you with your responsibilities through the process of balance. They ask you to add regular doses of meditation, exercise and play to add joy and help you grow. If you feel overwhelmed, don't hesitate to ask your Angels to lift your burden.



Aquarius

ORACLE CARD: ENCHANTMENT

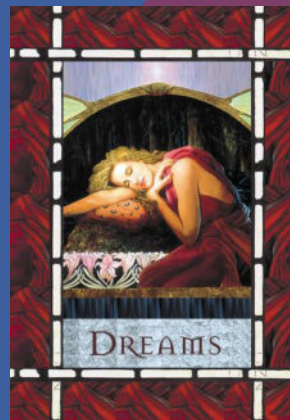
Recapture your childlike sense of wonder and awe and view the world as a magical place. The Angels ask you to recapture your magical sense by remembering that a miraculous power surrounds you. Ask the Angels to help you as they truly want to support you so that you are free of worries. And when you are joyful, your Divine light inspires everyone who sees you.



Pisces

ORACLE CARD: ARCHANGEL MICHAEL

This powerful Archangel is with you right now. He is the symbol of true courage and is letting you know that, as you make changes in your life and as you encounter challenges, you are safe and secure. He has no limitations of time or space, so he can help you and others concurrently.

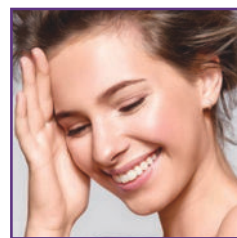
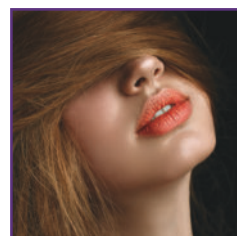
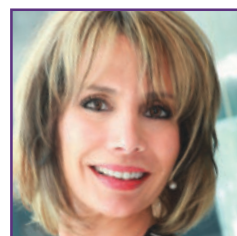
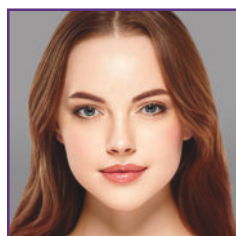
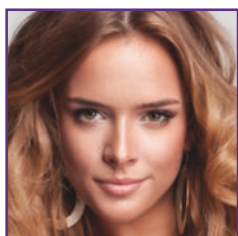
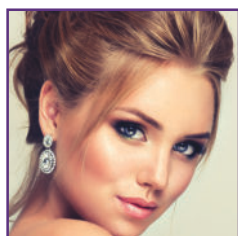


Psychicdeb has been a professional astrologer for over 25 years and teaches Astrology for a nominal fee. Psychicdeb also uses the tarot to do psychic readings channeling her spirit guide Helen. She is a Reiki Master and loves to teach others the benefits of Reiki. Namaste. You can find her at the Original Psychic Fairs. A listing of the Fair dates can be found on her website at: www.astro-mate.org



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