

Holiday Gift Guide PAGE 26

LONG ISLAND BEAUTY Magazine

Chic. Stylish. New. You.

**2017
Beauty
Calendar**
PAGE 23

Trade Secrets

CSNY'S MEDICAL AESTHETICIAN
AND SKIN CARE COORDINATOR

**Anne-Marie
Bellavia**

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Holiday Stress Test

Are You
Merry & Bright or
Bah Humbug?

PAGE 32

**Trends
for 2017**

PAGE 30



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FROM THE PUBLISHERS >

We hope you enjoy the holiday issue of Long Island Beauty Magazine.

Our cover model, the beautiful Anne-Marie Bellavia, is Cosmetic Surgery of NY's Medical Aesthetician and Skin Care Coordinator, and has been beautifying skin for 33 years.

Anne-Marie looks stunning, both in person and in her un-retouched photos. On page 10,

she shares some of her skincare secrets.

Esther Fortunoff, our holiday Jingle Belle is profiled on page 16 along with her exclusive holiday jewelry gift selections.

If you are considering giving a pet for a holiday gift, please don't, at least not until you've read "Paws" Before Giving Pets as Presents on page 28. Instead, check out our unique Holiday Gift Guide on page 26.

For many of us, 'tis the season for burnout! Take our Holiday Stress Test on pages 32-33 to see how you scored. There are some tips on how to relax and enjoy the holiday's from psychologist Dr. JoAnn Bello.

On page 6, you'll find our new column, Face to Face, A Beauty Conversation with Cosmetic Surgery of NY's Board Certified Plastic Surgeons.

With our experience comes

expertise and we hope that this magazine will give you some insight into our practice, the treatments we offer and our philosophy on cosmetic surgery and beauty.

Whether you are considering breast surgery, a tummy tuck, having your eyelids surgically rejuvenated or your nose refined, it is very important to choose the right professional to guide you through the process.

ISLAND beauty MAGAZINE



COSMETIC SURGERY OF NEW YORK
HILLARD WARM, MD, FACS & ROBERT JACOBS, MD, FACS
PUBLISHERS, LONG ISLAND BEAUTY MAGAZINE

Ultimately, your biggest decision will be your choice of plastic surgeon, and it's important to keep in mind that the most qualified professionals aren't necessarily the ones with the most Facebook followers.

If you're not ready for an invasive treatment, we have new and innovative ways for you to look great without surgery, like SculpSure and a suite of facial fillers.

Everyone has the right to feel beautiful. Whether it is enhancing your lips with Allergan's newest filler, Volbella, featured on

page 14, a Glam-Ma Makeover centerfold on page 18 or a clinical facial, having any procedure is an individual choice and one that we respect and honor.

Every doctor-patient relationship should begin with a consultation, and ours are complimentary.

We hope that you will come in and give us the opportunity to see how we can help you look and feel your best.

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

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HOROSCOPE

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BEAUTY BUZZ



MIRACLE FOOD

Turmeric is having its moment. You may be familiar with this bright yellow spice that's commonly found in curry powder and has a long history as a healing herb. Now scientists are touting it as a miracle spice, saying it can deliver health benefits ranging from decreased memory loss to acting as a powerful antioxidant. You'll find turmeric popping up on food menus (and in smoothies) everywhere.

GOOD NEWS! YOU'RE BURNING MORE CALORIES THAN YOU THOUGHT!

Researchers at Southern Methodist University found that the current standard calculations used to determine how many calories are burned while walking have been too low in 97 percent of the cases studied. A new calculation formula was developed that is almost three times as accurate that will be implemented on a large scale in the near future (think tracking device software updates).

HONEYMOON TREND: COUPLES SCULPSURE

SculpSure is the newest pre-wedding trend for couples to get in perfect shape for their wedding day and honeymoon. SculpSure is a non-invasive treatment with a more than 90% satisfaction rating! Call Cosmetic Surgery of NY for a free consultation at 631-473-7070.



SculpSure

BEFORE

AFTER

BEAUTY BUZZ

KYBELLA FAT DISSOLVER

A double-chin can make you look older and heavier, no matter what your age or weight. In some cases, this fat is genetic and does not respond to lifestyle changes like diet and exercise. Kybella, which has been touted as the biggest beauty innovation since Botox, is now available as the first and only FDA-approved injectable drug used to contour and improve a double chin due to fat deposits. A Kybella treatment usually takes about 20 minutes. Multiple treatments are recommended, and once the area has been treated, the cells can no longer store or accumulate fat under the chin. Contact Cosmetic Surgery of NY to schedule a complimentary consultation. CSNYCosmetic.com

SKINMEDICA TNS ESSENTIAL SERUM

A new skin care complex that works with two active formulas to maintain your skin's youthful look and feel: TNS recovery complex, a blend of proteins, antioxidants and amino acids that repairs damage and improves visible signs of aging, and APS Corrective Complex, a mixture of multiple anti-aging ingredients. Together they regenerate and tighten the skin, smooth fine lines and wrinkles and brighten age spots, giving you a complexion that is brilliantly radiant and healthy-looking.

Available at Cosmetic Surgery of NY or online at CSNYCosmetic.com



DYSON SUPERSONIC HAIR DRYER

The hair dryer re-thought, by Dyson. Comes with magnetic attachments and a diffuser that is engineered to disperse air evenly around the hair. A style concentrator provides high-velocity, focused air that lets you style your hair one section at a time, without disturbing the rest. The powerful motor is tuned to produce one inaudible frequency, and is enveloped by a vibration reduction system. Plus, it features three precise speed settings: fast drying, regular drying, and styling.

Dyson.com



Robert Jacobs, MD, FACS

FACE TO FACE

A BEAUTY CONVERSATION WITH
BOARD-CERTIFIED PLASTIC SURGEONS:
ROBERT JACOBS, MD, FACS
& **HILLARD WARM, MD, FACS**

Top 10 Questions to Ask Your Plastic Surgeon >

1. What are your credentials and plastic surgery training experience and in what specialty are you Board Certified?

Dr. Jacobs and Dr. Warm are Board-Certified Plastic Surgeons. ASPS (American Society of Plastic Surgeons) Member Surgeons are certified by the American Board of Plastic Surgery and are trained specifically in plastic surgery.

Both Dr. Jacobs and Dr. Warm attended four years of college, then four years of medical school followed by a Surgical/Plastic Surgical Residency for a minimum of six years.

Dr. Jacobs is the Chief of Plastic Surgery at St. Charles Hospital and Dr. Warm is the Chief of Plastic Surgery at John T. Mather Hospital.

The doctors operate only in accredited medical facilities, adhere to a strict code of ethics and fulfill continuing plastic surgery education requirements, including patient safety techniques.

What does FACS after a surgeon's name mean? (Fellow, American College of Surgeons) after a surgeon's name means that the surgeon's education and training, professional qualifications, surgical competence, and ethical conduct have passed a rigorous evaluation, and have been found to be consistent with the high standards established and demanded by the American College of Surgeons.

While cosmetic surgery has gone mainstream and is widely accepted, it's very important to do your research before undergoing any procedure.

The biggest decision is not what procedure you should have, but who will be performing the surgery.

So you can be better prepared for your consultation, we have compiled a list of important plastic surgery questions you should ask your doctor before you have surgery.

Please feel free to bring this article with you as a reference during your complimentary consultation.

2. What is the difference between a Board-Certified Plastic Surgeon and a Cosmetic Surgeon?

Being a Board-Certified Plastic Surgeon is different than a cosmetic surgeon, who might belong to any medical specialty like a general surgeon, gynecologist, dermatologist, family physician or internist and have decided they want to perform cosmetic procedures. Their training can be anywhere from no formal training to self-taught, a one-year cosmetic surgery fellowship or a handful of weekend courses on topics ranging from how to perform liposuction to placing breast implants.

3. How many procedures of this type have you performed?

It is important to know the level of experience your doctor has in performing your plastic surgery procedure. While there is no specific number, results are more predictable with a surgeon with years of experience.

4. Are there alternatives to surgery?

Sometimes surgery is not the only answer. You might be able to achieve the desired results through non-surgical treatments. Ask us about the benefits and risks of these alternatives so you can make an informed decision.

5. What do I need to do to prepare for surgery?

Certain surgeries require that you stop smoking, lose weight or follow a specific diet limiting the food you eat and the medications you take prior to your surgery. Over the counter and herbal products often have serious side effects and have been associated with increased bleeding and bruising. Anti-coagulants (blood thinners) are a problem, along with other prescription drugs. Always consult your medical doctor prior to changing your medication regimen.

6. Where will the surgery be performed?

Most routine surgeries are very safely and more comfortably done in an accredited office surgical facility. Accreditation by the AAAASF (American Association of Accredited Ambulatory Surgery Facilities) means the facility has been inspected and meets 100 percent of their strict criteria. Major surgeries or patients with medical problems might be performed in the hospital as an outpatient or as an overnight stay.

7. What are the risks?

Every surgery has some associated risk. Weigh the benefits of the procedure against the risks of side effects and complications (e.g. nausea, vomiting, pain, infection) before making your decision.



Hillard Warm, MD, FACS

8. How will side effects or complications, if any, be handled?

At the consultation, we will discuss your risk of experiencing side effects and complications and any medications we may prescribe to minimize these symptoms.

9. How long of a recovery period can I expect?

Some surgeries take longer to recover from than others. At our consultation we will discuss how long it will take to heal, as well as how you might physically feel immediately following your surgery.

10. What are the total costs for the procedure?

Make sure to inquire about the total cost, i.e. surgery, facility, anesthesia, garments, medications and laboratory tests. Also inquire about the cost to remedy any possible complications in the rare event that one occurs. We offer many financing options that can be discussed at the consultation.

To schedule your complimentary consultation, please call us at 631-473-7070

CONVERSATION STARTERS >>>>>>

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



COPPER MATTRESSES

Our ancestors used to hide their money under the mattress, and recently it's been discovered that copper-infused mattresses are especially beneficial for sleeping. Long known for its medicinal properties and purifying powers, Copper is naturally antibacterial, antifungal and antimicrobial. On top of that, Copper is hypoallergenic and its heat-dispersing properties have been embraced by the health-conscious consumer and athletic community. PangeaBed has a full line of copper mattresses, pillows and other sleep accessories that just might be worth sleeping on. PANGEABED.COM

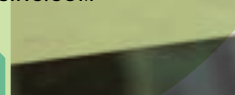
SMART WATER BOTTLE

Plastic water bottles have become a mainstay in our everyday lives, and not only is this practice unhealthy for the environment, it may be unhealthy for you, too. The Ecomo Smart Water Bottle manufacturer says this product solves these problems. The Ecomo is touted as the first smart water bottle that can digitally analyze what contaminants are in the water you're drinking and filter them out in just 3 seconds. No plastic. No junk in your water. No kidding? ECOMOBOTTLE.COM



BEAM ME UP, SCOTTY!

Beam is a smart and powerful projector equipped with a smart computer that fits into any light socket. It comes in a beautifully designed casing that can turn any flat surface into a big screen. Easy to set up and control with an Apple or Android app, screw Beam into any light socket or use the power cable that's included to place it on any flat surface. BEAMLABSINC.COM



KIDPIK GIRLS FASHION DELIVERY SERVICE

KidPick is a subscription service for girls 4 through 14. Girls can set up a fashion profile (with help from their parents), then the KidPick team selects a box of goodies and sends it in the mail. You don't pay until you get the box and decide what you want to keep, so you can always return it. KidPiks can be sent monthly, every three months or twice per season (8 boxes a year). KIDPIK.COM



SAY GOODBYE TO IMPULSIVE SPENDING

The iBag2 is America's first programmable handbag designed to help monitor and curb impulsive spending. The bag, while unattractive, features physical cues to remind shoppers of their spending goals and the bag self-locks when they are reached. Hopefully, future designs will be more fashionable. FINDER.COM/IBAG



70 IS THE NEW 50

Scientists now believe that it is possible to actually stop people from aging as quickly and help them live in good health well into their 110s and 120s. Researchers have already proven that the diabetes drug Metformin, which has been in use for 60 years and costs only about 35 cents per pill, extends the life of animals, so the FDA has given the go ahead for a trial to see if the same effects can be replicated in humans. The new clinical trial called Targeting Aging with Metformin, or TAME, is waiting for initial funding to begin. If successful it will mean that a person in their 70s would be as biologically healthy as a 50-year-old.

REVOLAR



EMPOWERING TECHNOLOGY:

Revolar is a wearable personal safety device that gives wearers the confidence to have fun, meet new people, and enjoy themselves while feeling safe and protected. Revolar works anywhere your smartphone has a cellular connection or WiFi. Notify your contacts if you don't feel safe or need help. Perfect if you live alone or are dating online. REVOLAR.COM

THE WELT (WELLNESS BELT)

Samsung has developed a "wearable" that speaks the truth, even if you don't want to hear it. The WELT communicates with your phone and works like a fitness tracker. Not only does the WELT tell you how long you've been sitting, it tracks your eating habits and keeps tabs on your waistline size by monitoring any changes in belt tension. The data is sent to a specially designed app for analysis, which calculates how much weight you might gain that month if you continue with your current eating habits. The WELT is expected to be available for sale in early 2017.



By Anne-Marie Bellavia
CSNY's Medical Aesthetician
and Skin Care Coordinator

TRADE SECRETS

Anne-Marie has been the Medical Aesthetician and Skin Care Coordinator at Cosmetic Surgery of NY for more than 22 years. Anne-Marie's skin is flawless... her photos have not been photo-shopped or retouched!

We asked Anne-Marie what her Trade Secrets are for beautiful skin are and she shared her personal skincare regimen with Long Island Beauty Magazine readers.



AM:

Step 1: Every morning I begin my skin care routine with SkinMedica Facial Cleanser. This cleanser is gentle and leaves my skin refreshed and hydrated.

Step 2: I apply TNS Essential Serum, an all-in-one anti-aging product that helps to rejuvenate my skin by keeping any fine lines at bay and helping to stimulate collagen production.

Step 3: I apply HA5 Rejuvenating Hydrator. I just love this product. It's like a glass of water for the skin. It provides immediate soothing in the appearance of fine lines and leaves my skin feeling silky and hydrated.

Step 4: TNS Eye Repair is the perfect product to reduce the appearance of fine lines, wrinkles and puffiness around my eyes.

Step 5: I complete my morning routine with Total Defense and Repair Tinted Sunscreen. This anti-aging sunscreen gives me protection from the sun (and heat) and gives my skin an even tone with a very natural-looking tint.

Note: The Skincare Department at CSNY is a clinical one, which means we do not offer traditional facials.



PM:

My nighttime routine is very similar to my morning routine.

Steps 1 through 4: I begin with Facial Cleanser, TNS Essential Serum, HA5 Rejuvenating Hydrator and TNS Eye Repair.

Step 5: I apply Retinol 1.0. This product helps to keep my skin tight by exfoliation and diminishes the appearance of fine lines.

Step 6: The last step in my evening routine is Dermal Repair Cream. This ultra-rich moisturizer replenishes moisture in the skin and also delivers high levels of Vitamin C and Vitamin E.

If you would like
more information about
Anne-Marie's Trade Secrets
for beautiful skin, contact:

COSMETIC
SURGERY OF NY
631-473-7070

Anne-Marie Bellavia is a Member of the Society of Plastic Surgical Skin Care Specialists and a Member of Decisions Women in Commerce Professions, an organization of community service oriented business and professional women on Long Island.

ANNE-MARIE'S SKINMEDICA SPECIAL OFFER

Save \$41 on your purchase of
TNS Essential Serum and
receive a *Gift Bag valued at \$55!

- Cleanser
- HA5
- Vitamin C&E
- Total Defense and Repair Sunblock
- \$25 Beauty Bucks toward your next skin care treatment!

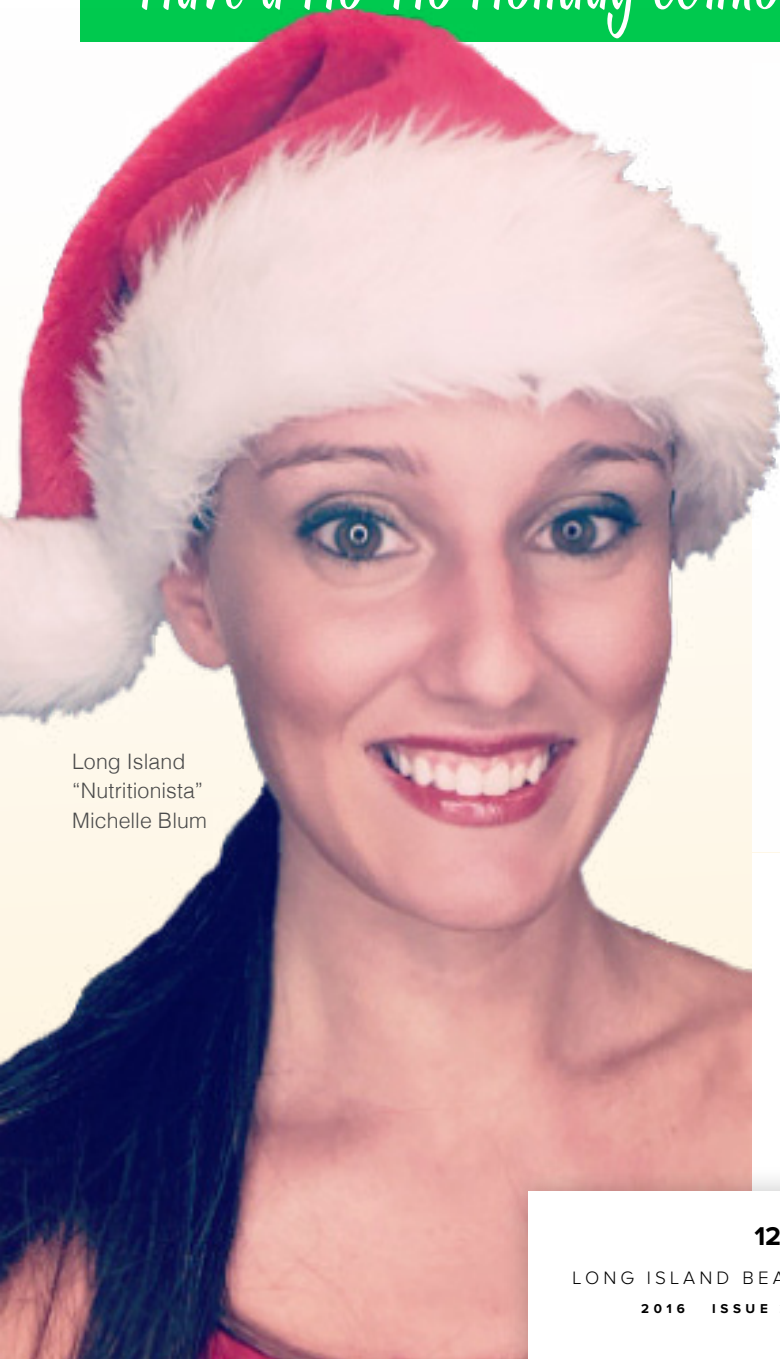


*While supplies last

MERRY NUTRISH-MISH!

BY Michelle Blum

Have a Ho-Ho Holiday Without Gaining Weight!



Long Island
"Nutritionista"
Michelle Blum

*People often ask me what I eat on a holiday
and my answer is: "Whatever I want!"*

It is possible to celebrate the holiday season and enjoy your favorite foods without packing on pounds.

A holiday is an appropriate time to indulge, but that doesn't mean you should try and eat as much as humanly possible in one day. Loosening the reins on your appetite for a few hours won't do any harm, but once the day is over, that's it!

Allowing yourself to indulge in your favorite treats and then getting right back on track is an important skill to master. So enjoy yourself during the holiday celebration, but after it's over, get the leftovers and goodies out of the house. They no longer serve a purpose other than packing on extra pounds. (And, don't bring them to work, they can do just as much damage in the office!)

The holiday's will bring many food challenges, but embrace them don't avoid them!

Here are a few tips that will make the celebration special while keeping the sugar plums dancing in your head, and not on your hips!

Challenge One: The Cocktail Party

HEALTH

Do Not:

"Save your calories" in anticipation of the party. Your metabolism works much like a fireplace, when you throw sticks and twigs on a fire, it burns strong. If you don't add kindling the fire burns out. Fasting all day will slow your metabolism to a snails pace, and then when you arrive at the party, you will be famished. Plus, your blood sugar will be low, and you will crave carbs and sugar, which will most likely result in overeating.

Do:

Eat small meals throughout the day. This will ensure that your metabolism is revved up, and you will make wiser food choices.

The Party

Scope out what is available when you get there. The best appetizers are higher in protein like shrimp cocktail, crudité's and small pieces of cheese. Avoid appetizers that are carb-heavy.

It's also very important to choose your cocktail wisely. Holiday-themed cocktails can be packed with sugar leaving you with extra pounds and a brutal headache the next morning. A better choice than a spiked Eggnog is a glass of wine (120 calories), Vodka with Club Soda (70 calories), a Vodka Club with a splash of Cranberry Juice (110 calories) or a light beer (120 calories).

The Next Day

Get right back on track! Eat foods that contain lean protein, fruits and veggies. Go easy on the carbs to compensate for enjoying yourself the night before.

Drink a lot of water! Catered food, which contains a lot of sodium, plus the alcohol, equals some serious water retention. The fastest way to get rid of it is to drink extra water, which will help flush out your system.

Challenge Two: The Office

The holidays mean baskets of goodies, cookies and candy throughout the office. You can get through the day successfully (without a sugar rush) by following these tips:

Change the Culture

It might not be easy at first, but try to get everyone on board and establish a pact for a junk-free office this holiday season.

Bring Smart Food to Work

Bring a lunch you love. When you are unsatisfied with a meal, you are more likely to look for other food options. Bring leftovers instead of what you usually have for lunch every day. In the afternoon, enjoy a high protein snack. At around 3 pm your blood sugar will get low, and your body will crave sugar. Protein will help stabilize that craving, giving you more control.

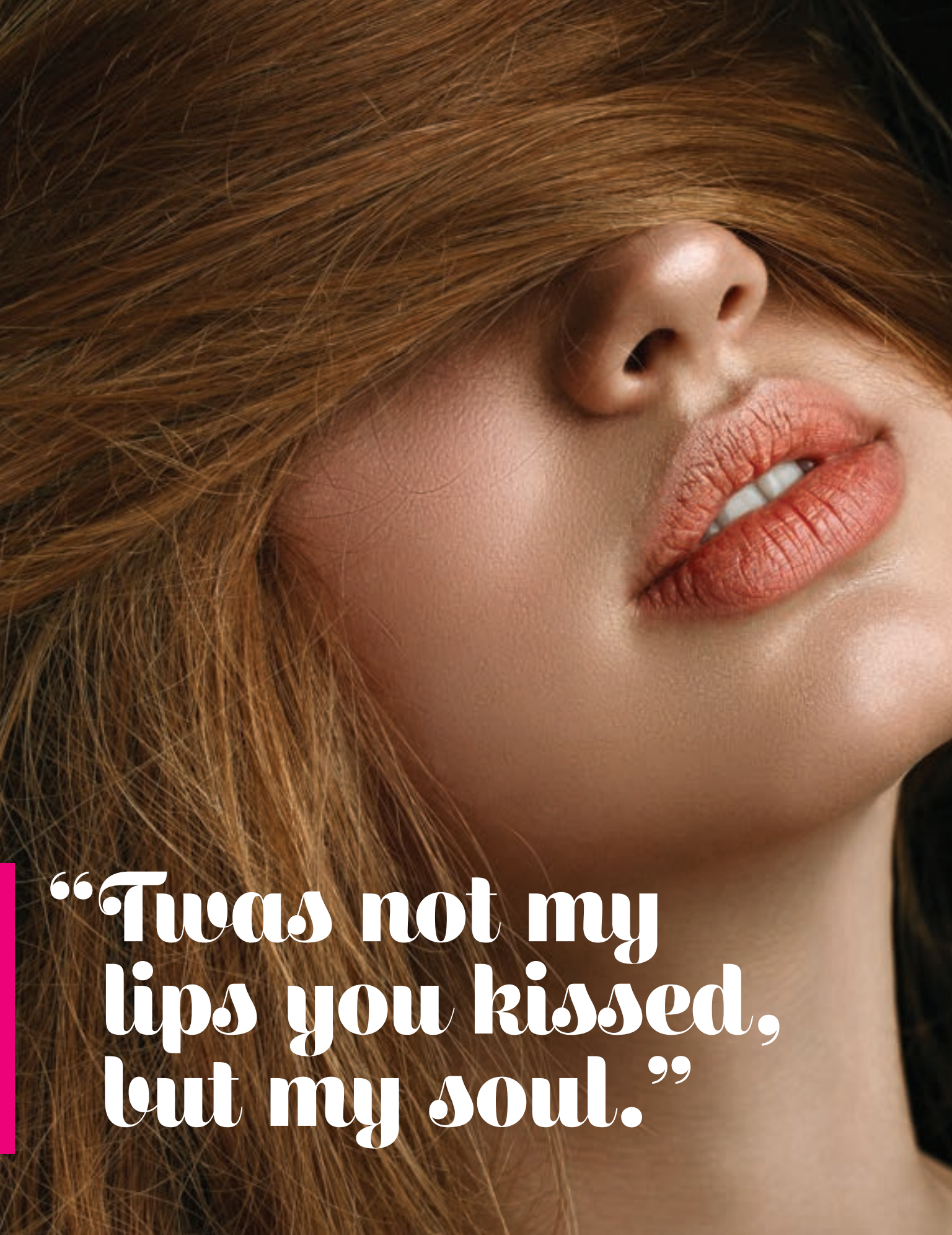
If You Have to Have Something....

Have it at the end of the day. If you start indulging during the day, you will most likely keep going back for more. If something looks really good, eat it as you are leaving. That way, you are removed from the situation and can't go back for seconds!

Learning to eat healthy during the holiday season might not be easy, but it can be done with planning.

The results of your efforts will put a smile on your face when you can still fit into your pre-holiday little black dress!



A close-up, low-angle shot of a woman's face, tilted slightly upwards. She has long, wavy brown hair and is wearing bright red lipstick. Her eyes are closed, and her expression is serene. The lighting is soft and warm, highlighting the texture of her skin and hair. A solid pink vertical bar is visible on the left edge of the frame.

**“Twas not my
lips you kissed,
but my soul.”**

YOUR LIPS CAN REACH THEIR
FULL POTENTIAL WITH

Volbella

y

our lips can reach their
“full potential” with
Volbella, a new dermal

filler uniquely designed to restore
natural-looking lip volume and
precisely define your lip contours,
resulting in a smooth, hydrated and
natural-looking mouth area.

Volbella is formulated with an
innovative technology that keeps
swelling to a minimum and is the
only dermal filler clinically proven
to last up to 12 months with a single
treatment, longer than any other
dermal filler available today.

Volbella’s super-fine needles reduce
swelling and bruising significantly,
plus Volbella contains Lidocaine, a
painkilling anesthetic, making this
procedure virtually painless.

Immediately after the procedure,
your lips will look naturally

enhanced, hydrated and smooth,
and, you can return to your normal
routine right away, without any tell-
tale bruising or swelling.

Until now, there was no solution
available for smoothing vertical
“smokers lines,” but Volbella erases
those lines immediately due to its soft
and moldable properties that gives a
subtle and natural-looking fuller lip.

Allergan developed this revolutionary
filler specifically to avoid tell-tale
“duck-lips,” making this the only filler
on the market that can deliver natural
results, painlessly and without
swelling or bruising.

To schedule your compli-
mentary consultation, call
Cosmetic Surgery of NY at
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Jingle Belle Racks

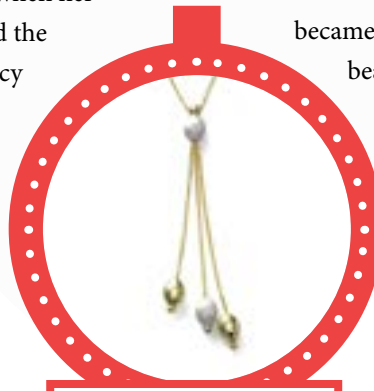
By Jaime Franchi

Esther Fortunoff

is carrying on a tradition that began when her grandparents, Max and Clara, opened the first Fortunoff store in 1922. The legacy was continued and woven into our lives by her parents, Alan and Helene. Fortunoff's defined a style of elevated living on Long Island for decades for those who shopped in their flagship store in Westbury. However, when the economic downturn hit Long Island, the store closed, and with it, a piece of Long Island's history ended as well.

sold housewares. Fortunoff's steadily developed a reputation in the New York region as a purveyor of high-quality diamonds and gemstones showcased in beautifully crafted settings. The name Fortunoff became synonymous with the finest and most beautiful wedding and special occasion jewelry.

"I pretty much grew up in [the business] and was taking trips to Europe and looking for great jewelry designs when I was fairly young," Fortunoff recalled. "So I had been around jewelry a lot, but in our family business, there were also other things to learn and do."



GOLD "Y" NECKLACE

In 2010 Esther Fortunoff had a vision to recreate the part of the business she had fallen in love with as a young girl: fine jewelry. Her mother, Helene, started the fine jewelry department at the store, which had until then only



PEARL "Y" NECKLACE

In the '80s, Fortunoff studied to become an expert on diamonds and traveled the world to see how diamonds were cut and polished by the craftsmen who were top in their fields.

"I have been around gems and jewelry my whole life," she said.

Esther resurrected the company as an e-commerce business initially, but in 2014 opened a storefront Fortunoff Jewelry store at The Source Mall in Westbury. There she gets to experience the part of the



SAPPHIRE & DIAMOND RINGS SET IN WHITE GOLD

business she enjoys the most: helping customers find the perfect piece of fine jewelry.



WHITE GOLD & DIAMOND COLLECTION, EMERALD CUT

Being in the jewelry business for almost her entire life, Fortunoff possesses a discerning eye for both trend pieces that may go in and out of style in a single season and for the timeless pieces that never go out of style. She has watched many trendy styles come and go in a predictably cyclical fashion, such as choker necklaces.

"Everything old becomes new again," she said. "This is my third time around for chokers."

Fine jewelry is more trend-resistant, according to Fortunoff. Trends take longer to permeate the fine jewelry market but when they get there, they stay longer, like the decades-long shift from yellow to white gold and back again. As such, Fortunoff predicts that while chokers won't hit the fine jewelry market this holiday season, you will find popular "Y" necklaces.



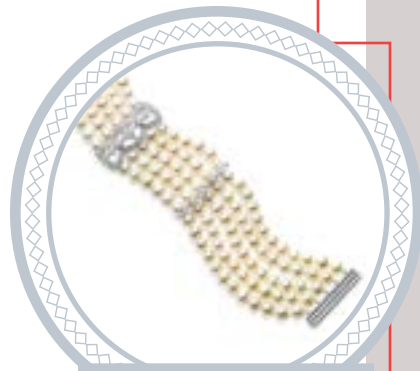
DIAMOND EARRINGS IN WHITE GOLD

Fortunoff shared some gift ideas for the upcoming holiday season: "People tend to gravitate toward diamonds and the black and white look," she said. "The look of yellow gold and diamonds is classic. It's something that seems to be an '80s revival for sure! I think that small diamond earrings and diamond hoops are a great gift that's not going to go out of style."



STACKING BANDS OF ALL SIZES & TYPES

And style, it seems, runs in the Fortunoff family.

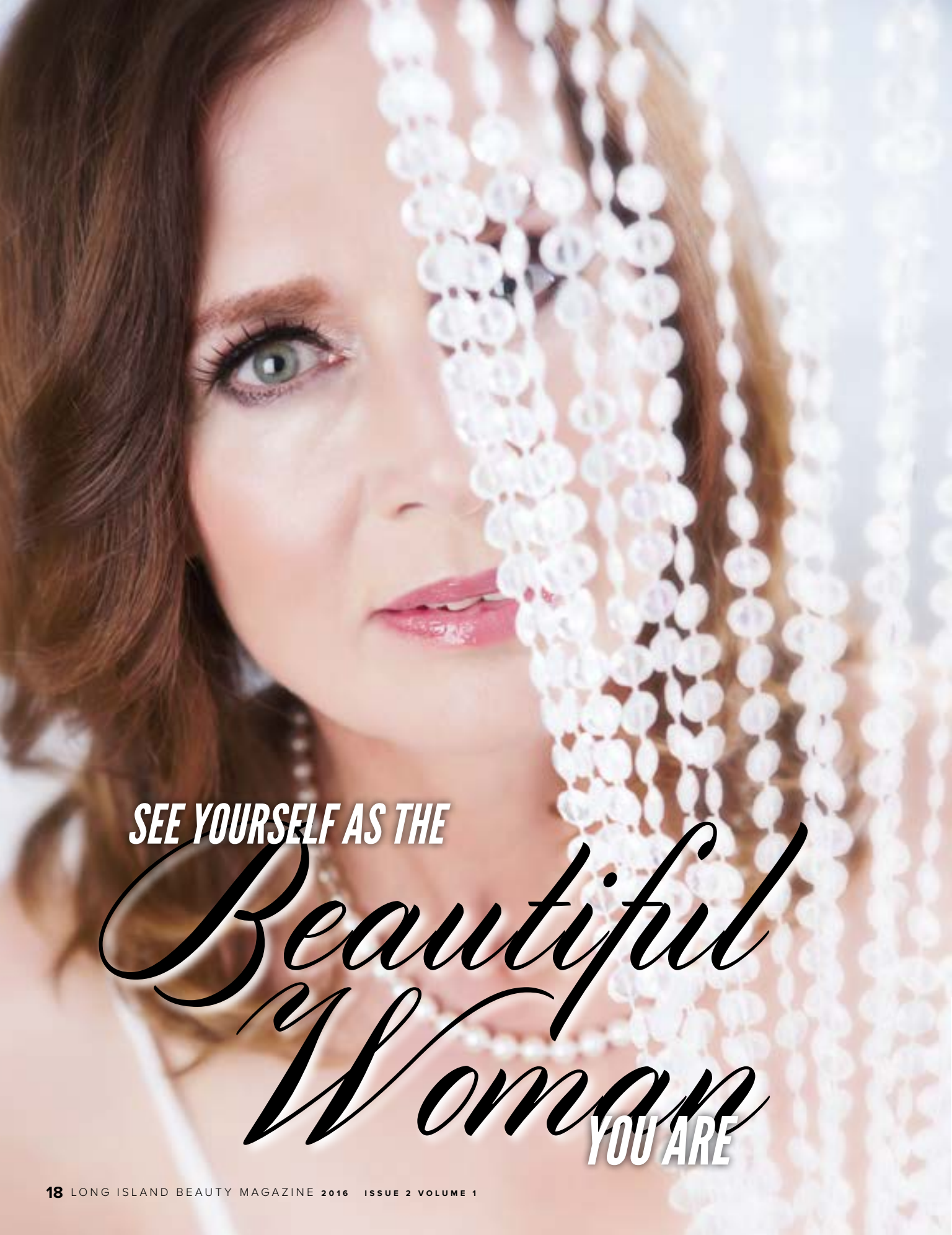


CULTURED PEARL BRACELET



Esther Fortunoff

Fortunoff Jewelry
FortunoffJewelry.com
1504 Old Country Rd.
Westbury, NY 11590



SEE YOURSELF AS THE

*Beautiful
Woman*
YOU ARE



**MOVE
OVER
MOMMY**

**IT'S
GLAM-MA
TIME!**

***IF 50 IS
THE NEW 30 AND 60
IS THE NEW 40, THEN
GLAM-MA IS THE NEW GRANDMA,
A WOMAN WITH A SENSE OF
SELF AND STYLE.***

**INTRODUCING
THE GLAM-MA MAKEOVER
BY COSMETIC SURGERY OF NY!**

Bright, Bold & Beautiful

What is the definition of a Grandma?

Noun. A female ancestor.

What is the definition of a Glam-Ma?

Adjective. A female ancestor who is smart, classy, chic, elegant and sophisticated.

Face

Facelift, Browlift,
Necklift,
Eyelid Surgery



Body

Tummy Tuck, Breast
Augmentation/Reduction,
Breast Lift, SculpSure,
Arm Lift, Hand Rejuvenation

**Call for a
Complimentary Consultation
631-473-7070**

A woman with long brown hair is wearing a long, flowing yellow satin gown. She is looking upwards and to the right. The background is a shimmering gold with a sparkling effect. A large, round, gold Christmas ornament hangs from the top right, with the word "Rejuvenate" written on it in a cursive font. Another smaller ornament is partially visible on the right edge.

Rejuvenate

'Tis The Season to
Sparkle & Shine

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of New York, PC

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Contour

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When Your
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Turns Into
**Ow, Ow,
Ow!**



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Beauty CALENDAR

2017

PLUS...

EXCLUSIVE MONTHLY OFFERS

Valued at OVER \$2,100

JANUARY Love Skin



Exfoliation is the secret to smooth skin. Microdermabrasion instantly refines skin texture by removing flaky dry skin and bumps from trapped oil.

EXCLUSIVE OFFER: Complimentary Ultra C Microdermabrasion treatment with any cosmetic purchase over \$100. (\$150 value)

MARCH Spring Clean



Spring Clean your skin and eliminate winter's dull complexion, stimulate your collagen and hydration levels with a series of Retinol peels.

EXCLUSIVE OFFER: Purchase a 3 treatment series of Retinol peels and receive a complimentary eye cream. (\$100 value)

MAY

Don't Sweat

Don't sweat the big stuff, or the small stuff. Don't sweat at all! Ward off perspiration odor and stains permanently with miraDry.



EXCLUSIVE OFFER: Receive a \$250 gift certificate towards a miraDry treatment. (\$250 value)

FEBRUARY Laser Focus



Look like you've slept eight hours every night. A laser treatment will zap age spots and broken capillaries. Botox and fillers give a relaxed appearance and smoother skin.

EXCLUSIVE OFFER: Receive \$50 toward a Botox treatment + One Laser Treatment. (\$100 value)

APRIL

Shape up with SculpSure

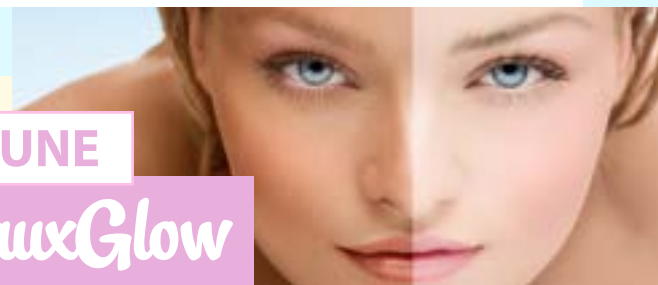
Swimsuit season is right around the corner and with SculpSure you will be ready to flaunt your new curves, in all in the right places.

EXCLUSIVE OFFER: Complimentary Velashape (cellulite reducing treatment) with every 4-frame SculpSure session! (\$175 value)

JUNE FauxGlow

Tanning is a no-no. You are literally cooking your collagen. Before you apply any self-tanning products, schedule a microdermabrasion and chemical peel to prepare your skin for a beautiful bronzed glow.

EXCLUSIVE OFFER: Peel or fill...your choice! Receive \$100 toward any first-time exfoliation treatment or filler, we suggest Vobella for full lips! (\$100 value)





AUGUST

Glam-Ma Time!

Bathing suit season is almost over, think ahead and schedule your Mommy Makeover or Glam-Ma Makeover!

EXCLUSIVE OFFER:

Schedule your Mommy or Glam-Ma Makeover and receive a \$200 gift certificate for any SkinMedica recommended home care product. (\$200 value)



JULY

Exfoliate

Get rid of excess facial hair while keeping your skin smooth and camera-ready with a facial hair removal treatment.

EXCLUSIVE OFFER: Purchase any facial laser hair removal area and get one free. (\$500 value)

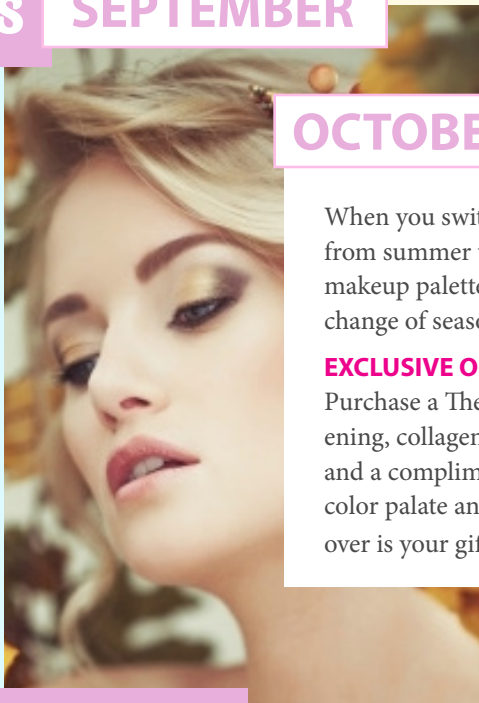
Lovely Lashes

SEPTEMBER

For long, lush lashes in time for the holiday's, start using Revitalash now!

EXCLUSIVE OFFER:

Schedule a complimentary consultation for the surgical procedure you've been curious to know more about and receive a gift from Revitalash! After your elective procedure is completed, receive a \$200 gift certificate towards your choice of filler or Botox. (\$250 value)

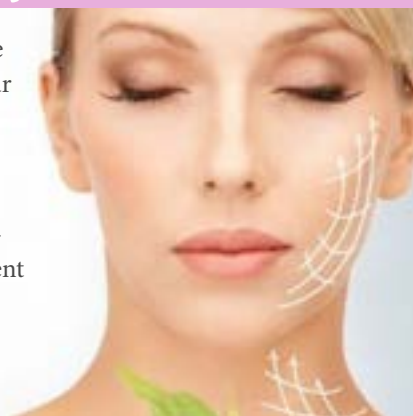


OCTOBER Swap Your Shades

When you switch your wardrobe from summer to fall, change your makeup palette to reflect the change of season.

EXCLUSIVE OFFER:

Purchase a Thermage skin-tightening, collagen-building treatment and a complimentary autumn color palette and cosmetic make over is your gift!! (\$150 value)



NOVEMBER

HYDRATE!

The heat is no matter where you go and it's drying out your skin. Use masks and serums that contain hyaluronic acid, which can hold 1,000 times its weight in water.

EXCLUSIVE OFFER:

Purchase a package of 3 Oxygen treatments with a Hyaluronic Mask and receive SkinMedica HA5 rejuvenating hydrator. (\$160 value)



DECEMBER

Plump Up

Don't stand under the mistletoe without full, plump lips!

EXCLUSIVE OFFER: Receive a \$50 gift certificate toward any lip plumping procedure in December....One for you and one to give to a friend! (\$100 value)



Holiday GIFT GUIDE

The hottest holiday gifts for 2017 run the gamut from sleek techy gadgets to memorable experiences that will last a lifetime. As we put 2016 to bed, let's wrap ourselves in the excitement of the season, look ahead to the holidays and New Year and celebrate life.



1



Apple Watch: Series 2

Now that the second launch is official, this holiday season is the right time for an Apple watch. Even if you own the original, this updated version is worth the price. The Apple Watch Series 2 is waterproof, has GPS, and a bright display that you can see even in direct sunlight.

Apple Store, \$369

2

The Skinny Scarf



This winter's go-to accessory, the skinny scarf dresses up simple tees by adding a dab of luxuriousness and keeps you cozy as the temperatures dip. This Aerin fringed velvet scarf comes in soft, supple velvet and is the perfect gift for your fashionista friend, your impossible to buy for sister-in-law, or for yourself (!). **Netaporter, \$175**

Speak OUT

Bring back the old-fashioned fun of the family board game! We dare you not to LOL as your teammates try to communicate clues with the Speak Out mouthpiece stretching their lips to capacity. No electricity or Wi-Fi needed. This game is played with actual human interaction.

Amazon, \$48.

3



4



Hamilton An American Musical

Get the hottest ticket on Broadway! That is, if you know people in the right places. Call Gia at Charter Concierge to request specific dates. There are prime seats available for **\$400 per person**, some even less! 212-480-6195, CharterConcierge.nyc



5



New York Fashion Week VIP Passes

VIP passes to the biggest fashion event is always a winning gift. NYFW's next event is February 9th through 17th. You cannot get in unless you're directly invited by the designer or you're very highlevel press. That is, unless you know Gia of Charter Concierge Services. VIP party passes including backstage access, fashion show tickets, designer meet and greets and more!

Priced between \$500-\$3,000. 212-480-6195, CharterConceirge.nyc

6



Amazon Echo

This device will surely be on everyone's gift list this year. A smart speaker that can play music, read you the news, answer questions, control connected home devices, and more. It's a virtual assistant with too many attributes to list.

Amazon.com \$180

7 NYDJ- Future Fit Denim Jeans

Everyone wants to look a size smaller. Not Your Daughter's Jeans (NYDJ) recently launched a new line of jeans that creates the illusion of a higher, rounder rear view. Future Fit denim fabric has compression technology that hugs every curve for a flawless, second-skin fit. Add a SculpSure treatment and you'll look four sizes smaller! Roosevelt Field, Garden City, **NYDJ.com**



8 Revitalash Total Brow Beauty Kit

These best-selling and innovative brow products dramatically enhance the beauty of your eyebrows to create stronger, fuller brows for a stunning, defined

look. The set includes everything needed for full, beautiful brows: Revitalash Advanced Eyebrow Conditioner, Hi-Def Tinted Brow Gel and a Mini Eyebrow Brush. Cosmetic Surgery of NY, **CSNYCosmetic.com**



9



Tory Burch Smartphone Wristlet

Made of soft pebbled leather, this must-have pulls double duty as an all-in-one holder for your mobile phone, cash and credit cards (fits an iPhone 6), has multiple compartments and a removable strap. **\$185, ToryBurch.com**

“PAWS” BEFORE GIVING PETS AS PRESENTS

By JoAnn Winkhart

Gifting a puppy or kitten for the holidays might seem like a great idea. After all, pet ownership can be one of life's greatest joys! But, pet ownership also comes with enormous responsibility. Pets require time, money, and commitment—for years, so before making any decision, consider the following:

Are you gifting a pet as a surprise?

This is NOT recommended, for too many reasons to list here. It is important to remember that to ensure a good fit, the new owner should choose their pet personally.

Why do you want a pet?

This is a simple question that many people don't ask themselves. An encounter at a shelter or event, or because the kids want one is not a good reason to adopt a pet.

Do you have time for a pet?

Pets need love and companionship daily. If you're a student, in the military, or travel frequently, wait until you settle down before owning a pet. Animals require your time. Consider how much you have to give.

Can you afford a pet?

Training classes, spaying and neutering, veterinary care, shots, grooming, toys, food... expenses can add up quickly.

Are you prepared to deal with the challenges that a pet can present?

Flea infestation, damaged furniture and/or flooring, and medical emergencies are unfortunate but common aspects of pet ownership.

Are your living arrangements suitable?

Do your research—surf the internet, talk to pet owners and those knowledgeable about specific breeds so you will choose an animal that fits your lifestyle and living arrangements.

Can you have a pet where you live?

Many landlords don't allow pets, and most rental communities have restrictions. Make sure you know if and how you are limited by housing-related policies before you adopt.

Who will care for your pet while you're away on vacation?

Even going away for a night requires planning. There are kennels and pet-sitting services, and another expense to be considered.

Are you prepared to keep and care for your pet for the long haul?

A pet is a long-term commitment. If you are planning a family, consider long and hard before getting a pet. It is especially heartbreaking when pets are given away because a baby is on the way. In the event that an unforeseen life circumstance does arise, take a proactive role in finding a new home for your pet.

If, after careful consideration you still want to adopt a pet, thousands are seeking homes locally that are counting on people like you to give them a forever family.



FOSTERING HOPE & LOVE

A great alternative to pet ownership is to consider fostering an animal, especially before adoption.

Fostering provides shelter, food, care, love, and guidance. For some animals, this will be their first experience being treated as a family pet. You could end up being their salvation! Fostering is a chance to have an animal companion without making a lifetime commitment or to see if owning a pet is the right choice for you and your family.

Jean Warm of Pt. Jefferson is a volunteer who offers her home and love to foster animals through Waggytail Rescue. (WaggyTailRescue.org)

“Waggytail Rescue is unique because it focuses on small dog rescue. It relies solely on fosters, as they do not have a facility. What is also unique is the fact that you can foster with the intention to adopt. This allows families to become familiar with the dog before actually adopting,” Jean says.

Last Chance Animal Rescue of Southampton is a Long Island based non-profit that rescues animals who are in “kill” facilities. The organization, which is operated by a network of dedicated volunteers, adopters, foster,

sponsors and supporters, underwrites the cost of relocating them to “no kill” facilities and foster homes in hopes of finding them a forever family.

Hopefully after reading this article you will consider waiting until after the holiday's to adopt a pet.

Below, Last Chance Animal Rescue shares other ways you can get into the holiday spirit without the stress of making such an important decision!

DONATE & MAKE A DIFFERENCE

A monetary donation goes a long way to provide comfort to shelter animals until they find their forever family.

\$10

Provides a microchip for a dog or cat

\$25

Provides one week of food for four dogs

\$50

Vaccinates a litter of puppies or kittens

\$75

Provides monthly medication for a senior dog or cat

\$100

Provides basic medical care for a dog or cat (spay/neuter, vaccines)

\$250

Saves the life of one dog or cat (shelter, food, basic medical and daily care.)

\$500

Provides heartworm treatment for one dog

\$1,000

Provides a kennel that shelters 13 dogs per year

\$2,500

Saves a critically injured animal with medical and surgical support



JoAnn Winkhart is a Volunteer NY District Leader with the Humane Society of the US. You can contact her at JWinkhart@optonline.net

TRENDS: What's Hot and What's Not for 2017

HOT

NOT

BEAUTY TRENDS



SCULPSURE

Reaches optimal results in just one treatment. Treats multiple areas (up to 4) in just 25 minutes. Comfortable to use with flat applicators that do not use suction.

COOLSCULPTING

Takes 1 hour to treat each area. Requires multiple treatments. Patients must have enough "pinchable" fat that can be sucked up into the applicator. Ouch!

"The Ice Age Is Over"

GIFTS THAT GIVE BACK

For the socially conscious, buying ethically made gifts, each with a meaningful story, is a natural way to share the holidays with the people you love the most.

GIFTS TRENDS

SELFIE STICKS

The hottest stocking stuffer of 2015 is facing enormous backlash. Instead of turning our cameras inward and focusing on ourselves, let's look to what we can do for others next year.



SOUPING

The same health benefit as juicing, but with a heartier texture. From bone broth to gazpacho, soup is a more satisfying way to healthy living.

FOOD TRENDS

JUICING

Green juice has worn out its welcome. It feels more natural to chew on your food then swallow it in one or two gulps.



CORK!

Both functional and aesthetically pleasing, cork adds a natural look to your décor, absorbs sound that bounces off open floor plan homes, and can serve as an ever-changing inspiration board.



DECOR TRENDS

KEEP CALM AND... JUST NO

At first it was clever and cute, but then quotation artwork went mainstream and over-saturated our kitchen, office, and living room walls, becoming a decorating cliché.

DRAWSTRING RUCHING

A twist on the Athleisure trend, drawstring ruching brings casual flair (and interesting shapes) from casual to evening wear. This simple stylistic detail has the powerful effect of changing a silhouette.



FASHION TRENDS

ATHLEISURE

The crossover between workout wear and ready to wear is on its way out. The evolution that began as Juicy Couture velour sweat suits into office-ready dresses is complete.



SHORT INTENSE INTERVAL TRAINING VIA SMARTPHONE APP

Experts are learning that short, targeted muscle groups respond faster to short intense exercises than extensive workouts. Transform your body in 7 minutes per day? Yes, please!



HEALTH TRENDS

WELLNESS DESTINATION DETOX WEEKEND RESORT VACATIONS

While these expensive bootcamps might do well to kick start a wellness program, many times any weight loss is regained once vacationers are back in their home environment.

Dry, Comfortable Underarms

because a holiday sweater should be something you wear not something you are



Treat yourself and your underarms to miraDry this holiday season!

You deserve a treat! Give yourself the gift of miraDry and in as little as one easy treatment you can have sweat-free underarms. Because you have other things to worry about this holiday season!

Find out more:

Contact Cosmetic Surgery of NY at 631-473-7070 for a complimentary consultation.

miraDry
The Sweat Stops Here

ARE YOU MERRY AND BRIGHT OR BAH HUM BUG?

The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress will begin and end, so we can make plans to reduce the amount of stress we experience and the negative impact it can have on us.

Here is a quick quiz that can help measure your stress level, along with some tips on how to keep calm and have a memorable and peaceful holiday season.

By JoAnn M. Bello, Phd.

Read each statement below and circle the number that best describes how you feel.





YOUR SCORE

Add the numbers you circled and write your total in the box above.

IF YOU SCORED:

14-28

Santa's Little Helper

You are fully enjoying the fun of the holidays without succumbing to the stress and hype.

29-42

Ho-Ho-Hum

You are probably feeling a little bit stressed and trying to do too much and be all things to all people.

43-56

Frosty

You are feeling a great deal of stress and not enjoying yourself or the holiday season. It has become a list of chores to just get through.

57-75

The Grinch

You dread the holidays and it makes you feel sad, worried and apprehensive.

TIPS FOR KEEPING SANE DURING HIGH STRESS TIMES

BREATHE

Take a minute, close your eyes and breathe. Deep breathing relaxes the body and the mind.

LAUGH

Watch a funny movie or have lunch with a friend who always makes you laugh

EXERCISE

This is a great stress antidote. Take a long walk outside. Better yet, bring your kids and your pets.

VOLUNTEER

This is a great way to honor the true meaning of the holiday season and it will improve your mood.

BE THANKFUL

Make a gratitude list. Being thankful for what is good in our lives helps to put things in perspective.

PROLONGED STRESS

Can take a serious toll on your mood and physical health. For some people, the holidays bring up memories of loss and old hurts.

If your stress is prolonged and your mood does not improve after the holidays have passed, consider talking with a professional.

Dr. JoAnn Bello is a licensed psychologist who practices in Oyster Bay. You can contact her at 516-661-9429 or email: jbellophd@gmail.com

Holiday Angel Cards

BY PSYCHICDEB

Please read your message with an open heart. These angels' 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: ABUNDANCE

A new flow of support is coming to you. Ask the Angels to help you release fears about scarcity so that you can enjoy this increased abundance. Your faith, even if it was small, triggered the abundance that is manifesting for you right now. Say this affirmation daily: "I accept good graciously into my life. All of my needs are met abundantly for me now and always."

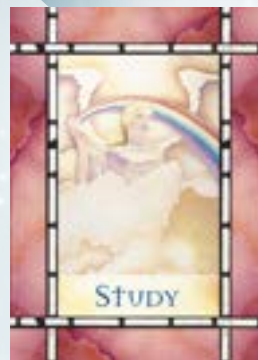


Taurus

ORACLE CARD: STUDY

You are engaged in learning and study right now. Your Angels guide you to take time to read, listen and grow. Enjoy the process of learning.

The growth that accompanies an educational experience is enjoyable if we remind ourselves to stay focused on the here-and-now.



Gemini

ORACLE CARD: ARCHANGEL MICHAEL

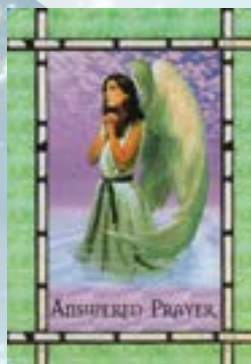
This powerful Archangel is with you right now. He gives you courage and helps release you from the effects of fear. He is the symbol of true courage and is letting you know that, as you make changes in your life and encounter challenges, you are safe.



Cancer

ORACLE CARD: ANSWERED PRAYER

Fear not, your prayers have been heard and answered. The Angels request that you be extra observant. Notice everything that you hear, say, think and feel. Be especially alert to accept help that comes to you. You deserve this assistance.



Leo

ORACLE CARD: SUPPORT

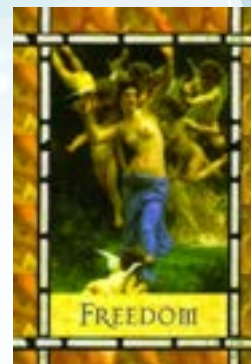
The Angels and Ascended Masters who love, protect, and guide you are watching over you right now. You are not alone and you are safe! Soon, the Angels will enlist you to help other people. If you feel doubtful about your ability to help others, ask the Angels to help you release your fears.



Virgo

ORACLE CARD: FREEDOM

The Angels guide you to freely express your true thoughts and feelings with love. You may feel trapped right now by life conditions. The Angels ask you to realize that everything you do in your life is by choice, and you are free to choose again. When you realize that you have the power to be free, freedom follows.



Libra

ORACLE CARD: MIRACLES

Miracles are occurring all around you right now. As you begin to notice them, you will experience even more. Perhaps you feel that you need a miracle right now because you can't see any other way to a solution. You open the door for miracles when you are willing to surrender your fears. As you relax, be assured that blessings are surrounding you.



Scorpio

ORACLE CARD: FRIENDSHIP

Changes in your friendships are occurring. Be lovingly honest with yourself and your friends right now, and appreciate the healing benefits of a true friend. Not only are you changing on the inside, your life is changing on the outside as well. You may no longer have common interests with old friends and may wonder if you'll meet new ones. Your Angels will help you through this transition. Be ready to meet new friends who will mirror your interests and ambitions.



Sagittarius

ORACLE CARD: PLAYFULNESS

Fun and play is the Angels' way! They guide you to add fun to your life and to know that fun is a necessity, not a luxury. Your Angels assure you that playfulness is a wonderful investment that yields immediate returns. When you have fun and laugh, you relax.

This gives you a greater flow of ideas, spiritual connection, Divine guidance and energy. Your positive outlook creates new opportunities for you. When you look at life this way, you can't afford not to have fun.



Capricorn

ORACLE CARD: SURRENDER AND RELEASE

Let go and allow the Angels to help you. Everything that you release will either be replaced by something better or will be returned to you healed. When you hold on tightly to a part of your life that's not working, it has no room to heal. The Angels ask you to try not to control the outcome of your troubling situation.



Aquarius

ORACLE CARD: SOULMATE

Your prayer for a soulmate relationship is answered. Follow the guidance that you receive so that you may enjoy this gift of Divine love. Your Angels have heard your prayers for a great love, and they 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.



Pisces

ORACLE CARD: FORGIVENESS

Let go of anger and resentment and feel yourself healed. You don't need to forgive the action, just the person so that you can be at peace. Your Angels guide you to release anger and irritation. You may be perfectly justified in feeling angry but they ask you to look at the high price you pay for being the vessel of anger. You only punish yourself.



Psychicdeb has been a professional astrologer for over 25 yrs. Self-taught, she began her studies in astrology when she was 8 yrs. old learning what she could from her mother's astrology magazines. As she got older and learned geometry, she searched for books on Astrology and taught herself how to construct a chart. She teaches Astrology for a nominal fee. Psychicdeb also uses the tarot to do psychic readings channeling her spirit guide Helen. Reiki is one of her obsessions. She is a Reiki Master and loves to teach others the benefits of Reiki. Namaste. You can find her at the Original Psychic Fairs on Sundays. A listing of the fair dates can be found on her website at: www.astro-mate.org

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