

LONG ISLAND BEAUTY Magazine

Summer 2021

Get Ready

For SUMMER with the top
cosmetic procedures

**Nail
Trends**

*Hair Tips
& Tricks*

style inspo

from flowy dresses to
bright colors and prints



GET READY FOR SUMMER WITH THESE TOP COSMETIC PROCEDURES

As summer approaches, many people look forward to spending more time outdoors, enjoying the sunshine, and partaking in various social activities. It's also a time when individuals seek to enhance their appearance and boost their confidence. Here are some of the top cosmetic procedures that can help you look and feel your best this summer.

Botox and Dermal Fillers

Botox and dermal fillers are popular, non-invasive treatments that can provide quick results with minimal downtime.

Botox works by relaxing the muscles that cause wrinkles, resulting in a smoother, more youthful appearance. It's commonly used for frown lines, crow's feet, and forehead wrinkles.

Dermal Fillers add volume to areas of the face that have lost fullness due to aging. They can enhance lips, cheeks, and the under-eye area, giving you a refreshed and rejuvenated look.

Both treatments typically take less than an hour and provide results that last for several months, making them perfect for summer events and vacations.



Cosmetic Surgery
OF NEW YORK PC

LASER HAIR REMOVAL

Tired of constant shaving and waxing? Laser hair removal is a fantastic option for achieving smooth, hair-free skin.

How it Works: The procedure uses concentrated light to target and destroy hair follicles, preventing future growth. It's effective for various areas, including the legs, arms, bikini line, and face.

Benefits: With multiple sessions, you can enjoy long-lasting results and reduced hair growth, freeing you from the hassle of regular hair removal routines.

TRIPLE THREAT

Experience Long Island Beauty's Signature 3-in-1 Peel with No Downtime, a treatment that gently removes dead skin cells, enabling natural oxygen to reach deep into your pores. Utilizing bi-polar frequency and light energy heat, this procedure stimulates collagen production, effectively tightening and firming your skin. A specialized hyaluronic formula is then applied to deeply moisturize your skin. Witness a remarkable reduction in fine lines and a smoother, more luminous complexion that feels tighter and beautifully toned.

SCULPSURE

Unlike traditional liposuction, which involves surgical procedures and downtime, SculpSure utilizes laser technology to target and destroy fat cells beneath the skin. The procedure is performed using applicators that deliver controlled laser energy to the treatment area, effectively heating the fat cells without harming the skin or surrounding tissues. Over time, the body naturally eliminates these damaged fat cells, resulting in a slimmer, more contoured appearance.

LIPOSUCTION

Liposuction is a popular procedure for those looking to contour their bodies by removing stubborn fat deposits.

Procedure: This surgery involves the removal of fat through suction, targeting areas like the abdomen, thighs, buttocks, arms, and neck.

Recovery: Typically, patients can resume light activities within a few days, with full recovery in about 4-6 weeks. Results are often visible once swelling subsides.

TUMMY TUCK (ABDOMINOPLASTY)

A tummy tuck can help achieve a firmer, flatter abdomen by removing excess skin and fat.

Procedure: This surgery tightens the abdominal muscles and removes loose skin, which can be particularly beneficial after significant weight loss or pregnancy.

Recovery: Most patients need about 2-4 weeks of recovery before resuming normal activities. It's important to follow your surgeon's advice on post-operative care to ensure the best results.

BREAST AUGMENTATION

Breast augmentation remains one of the most popular cosmetic surgeries for enhancing body contours.

Procedure: This involves the placement of implants to increase breast size and improve shape and the procedure can be tailored to achieve your desired look.

Recovery: Patients typically return to normal activities within a week, with full recovery taking several weeks. Swelling and sensitivity may persist for a few months.

FACELIFT (RHYTIDECTOMY)

A facelift can address signs of aging, such as sagging skin, deep folds, and wrinkles.

Procedure: This surgery tightens the skin and underlying muscles, and removes excess skin to create a smoother, more youthful appearance.

Recovery: Recovery time varies, but most patients resume normal activities within 2-3 weeks. Swelling and bruising may persist for several weeks.

Summer is the perfect time to invest in yourself and enhance your natural beauty. Whether you're looking to smooth out wrinkles, remove unwanted hair, or contour your body, there are a variety of cosmetic procedures available to help you achieve your desired look.

Schedule a consultation today and get ready to enjoy a confident, beautiful summer!

For more information or to schedule a consultation, contact Cosmetic Surgery of New York at (631) 473-7070.

Latest Trends in Nude Nail Art

While classic nude nails are always in vogue, incorporating subtle nail art can add a modern twist to this timeless trend.

Here are some of the latest nude nail art trends to consider:

Negative Space Designs: Using the natural nail as part of the design creates a minimalist and contemporary look. This can include geometric patterns, cut-out shapes, or delicate lines.

Metallic Accents: Adding a touch of metallic foil or glitter to nude nails introduces a hint of glamour without overpowering the subtle base color. Gold, silver, and rose gold accents are particularly popular.

Matte Finish: Switching from a glossy to a matte finish can transform the look of nude nails. Matte nude nails offer a sophisticated and modern aesthetic.

French Manicure with a Twist: The classic French manicure gets a modern update with nude bases and colored tips. This trend allows for creativity while maintaining the elegance of nude nails.

Gradient Nude Nails: Also known as ombre nails, this trend involves blending two or more nude shades to create a gradient effect. This subtle variation adds depth and interest to the manicure.





SUMMER WOMEN'S CLOTHING TRENDS FOR 2024: EMBRACE COMFORT AND STYLE

As temperatures rise and the sun shines brighter, the fashion world unveils its latest trends for summer 2024. This season, comfort, sustainability, and vibrant aesthetics take center stage, offering women an array of stylish options to stay cool and chic.

Here's a glimpse into the top trends shaping summer wardrobes this year:

Flowy Dresses and Maxi Silhouettes

Flowy, airy dresses in lightweight fabrics like cotton, linen, and chiffon dominate summer wardrobes. Maxi dresses with bohemian prints, floral patterns, and vibrant colors are particularly popular. These dresses not only keep you cool but also exude effortless femininity and elegance.



SUMMER STYLES



Matching Sets

Coordinated sets continue to be a go-to choice for summer fashion enthusiasts. Whether it's a matching top and skirt combo, shorts set, or a chic pantsuit, matching sets offer versatility and easy styling options. Look for sets in bold prints, pastel hues, or monochrome for a polished yet relaxed look. *Ocean Drive Palm Leaf Print Set.*



Athleisure

The athleisure trend shows no signs of slowing down. This summer, expect to see sporty yet stylish pieces like bike shorts, oversized hoodies, and relaxed joggers. These pieces are perfect for both lounging at home and running errands, blending comfort with a fashion-forward attitude. *Athleta Seasoft Bubble Hem Hoodie.*



Wide-Brimmed Hats

Wide-brimmed hats are a standout trend for summer 2024, blending style with functionality. Made from natural materials like straw and raffia, these hats offer excellent sun protection while adding a sophisticated touch to any outfit. Unique embellishments such as ribbons and beads add a personal flair, making them versatile enough to pair with beachwear or casual dresses. *Amazon Women's Sun Straw Hat.*



Bright Colors and Prints

Summer 2024 is all about embracing joyful hues and bold prints. From neon shades to tropical motifs, expect to see a spectrum of colors that evoke happiness and positivity. Tie-dye, animal prints, and abstract patterns are among the print trends making waves this season, adding vibrancy to every wardrobe. *Ariella Tube Flare Maxi Dress.*



Sheer and Cut-Out Details

Sheer fabrics and cut-out designs add a touch of allure and sophistication to summer outfits. Dresses and tops with sheer panels, strategically placed cut-outs, and translucent layers offer a hint of skin while maintaining an elegant and modern aesthetic. *Blue Knot Front Cutout Midi Dress.*



Relaxed Tailoring

Tailored pieces take on a relaxed and laid-back vibe this summer. Oversized blazers, wide-leg trousers, and boyfriend-style shirts provide comfort without compromising on style. This trend emphasizes effortless sophistication and versatility. *Venti6 Ruched Sleeve Blazer.*



Retro Vibes

Nostalgic fashion influences from the '70s and '90s continue to inspire summer trends. Think flared jeans, bucket hats, platform sandals, and vintage-inspired sunglasses. These retro elements add a fun and quirky dimension to contemporary summer wardrobes. *Spanx Flare Jeans.*



Minimalist Loungewear

As the line between loungewear and everyday wear blurs, minimalist loungewear remains a staple for summer. Look for soft, breathable fabrics in neutral tones and relaxed silhouettes that prioritize comfort without sacrificing style. *Alo cashmere plush waffle full zip hoodie and short set.*



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Summer 2024 fashion trends celebrate individuality, comfort, and sustainability. Whether you prefer flowy dresses, athleisure-inspired looks, or sustainable fashion choices, this season offers something for everyone. Embrace vibrant colors, playful prints, and relaxed silhouettes to create effortlessly stylish outfits that reflect the joy and optimism of summer.



Embrace Your Locks: Latest Hair Trends and Tips

As we step into the vibrant season of 2024, the world of hair fashion welcomes exciting new trends and timeless tips to keep your mane looking fabulous. Whether you're seeking a bold change or subtle refinement, here's a comprehensive guide to the latest hair trends and expert advice to inspire your next salon visit.

Color Trends: Vibrancy and Dimension

Bold Colors: This year, bold and vibrant hair colors continue to make a statement. From vivid blues and fiery reds to unexpected combinations like pastel gradients and neon streaks, daring color choices are in vogue. Embrace your creativity and express yourself with hues that reflect your personality.

Natural Balayage

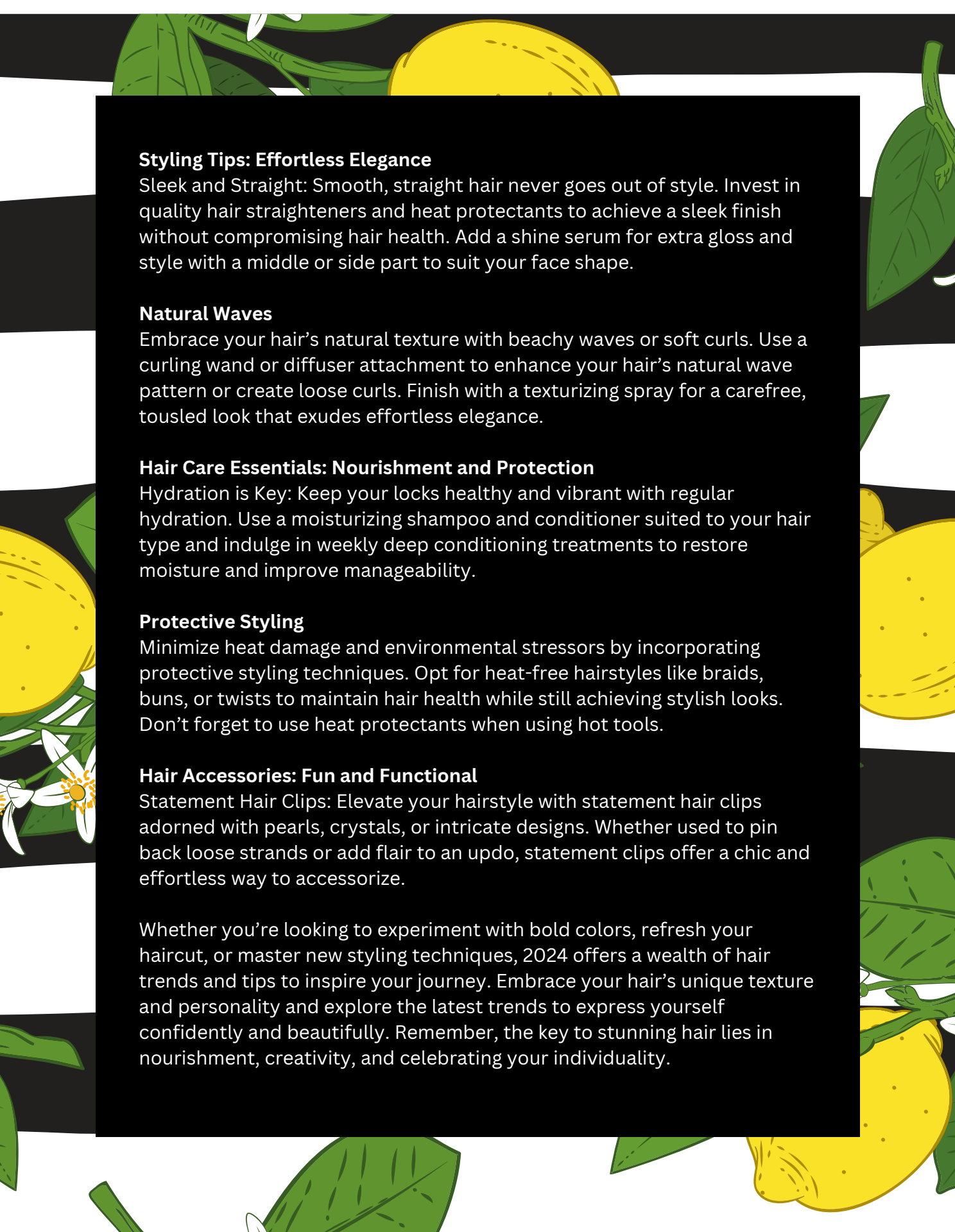
For those favoring a more natural look, balayage remains a timeless technique. Soft, sun-kissed highlights blend seamlessly with your base color, adding depth and dimension without harsh lines. This technique suits all hair lengths and textures, offering a low-maintenance yet polished appearance.

Haircuts and Styles: Versatility and Individuality

Textured Layers: Effortlessly tousled layers are a hit this season, enhancing volume and movement while maintaining a relaxed vibe. Whether you opt for long layers to add softness or choppy layers for a bold statement, textured cuts provide versatility and easy styling options.

Styling Tips: Effortless Elegance

Sleek and Straight: Smooth, straight hair never goes out of style. Invest in quality hair straighteners and heat protectants to achieve a sleek finish without compromising hair health. Add a shine serum for extra gloss and style with a middle or side part to suit your face shape.

The background of the page is a dark grey or black color, decorated with stylized illustrations of lemons and green leaves. The lemons are bright yellow with small black dots representing seeds or texture. The leaves are a vibrant green with visible veins. Some lemons and leaves are partially cut off by the edges of the page. A central black rectangular box contains white text.

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Natural Waves

Embrace your hair's natural texture with beachy waves or soft curls. Use a curling wand or diffuser attachment to enhance your hair's natural wave pattern or create loose curls. Finish with a texturizing spray for a carefree, tousled look that exudes effortless elegance.

Hair Care Essentials: Nourishment and Protection

Hydration is Key: Keep your locks healthy and vibrant with regular hydration. Use a moisturizing shampoo and conditioner suited to your hair type and indulge in weekly deep conditioning treatments to restore moisture and improve manageability.

Protective Styling

Minimize heat damage and environmental stressors by incorporating protective styling techniques. Opt for heat-free hairstyles like braids, buns, or twists to maintain hair health while still achieving stylish looks. Don't forget to use heat protectants when using hot tools.

Hair Accessories: Fun and Functional

Statement Hair Clips: Elevate your hairstyle with statement hair clips adorned with pearls, crystals, or intricate designs. Whether used to pin back loose strands or add flair to an updo, statement clips offer a chic and effortless way to accessorize.

Whether you're looking to experiment with bold colors, refresh your haircut, or master new styling techniques, 2024 offers a wealth of hair trends and tips to inspire your journey. Embrace your hair's unique texture and personality and explore the latest trends to express yourself confidently and beautifully. Remember, the key to stunning hair lies in nourishment, creativity, and celebrating your individuality.

SPECIAL OFFER



New Patient Special: Triple Threat with Diamond Glow!

Are you ready for a skin transformation? Triple Threat Package for New Patients Only Achieve radiant, youthful skin with our exclusive offer. Treat yourself to the ultimate skincare experience and see the difference! This treatment can be done all summer long and is beneficial for all skin types. We infuse Vitamin C serum to help fight sun damage.

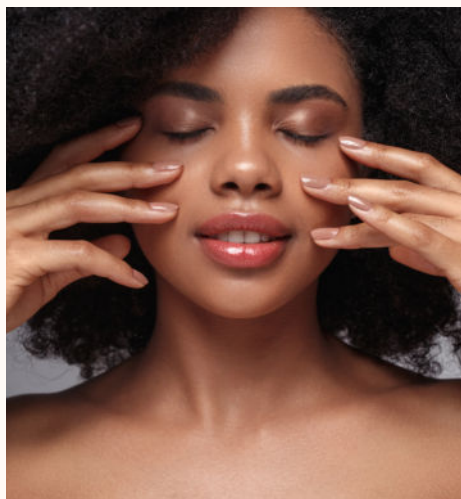
- Pack of 3 Diamond Glow treatments
- Includes 20 units of Botox for one area



Diamond Glow Package for Acne

Say goodbye to stubborn acne with our exclusive Diamond Glow package! Experience the ultimate skincare treatment designed to give you radiant, clear skin. This treatment can be done all summer long and is beneficial for all skin types. We infuse Vitamin C serum to help fight sun damage.

- 3 Treatments for just \$600
- Includes 2 premium acne products from SkinMedica



Ready to turn back the clock and reveal youthful, radiant skin?

Introducing Ultrasound Facials! This non-invasive treatment lifts and tightens your skin for a fresh, glowing look. Why Choose Ultrasound Facials? They're safe, needle-free, and stimulate collagen for immediate results. Target areas include eyebrows, neck, under chin, and décolletage, benefiting by smoothing wrinkles and improving elasticity. Plus, receive a free take-home serum with your session!

For more information or to schedule a consultation, contact Cosmetic Surgery of New York at (631) 473-7070.

Finance your procedure



There are several companies that offer financing options specifically tailored for cosmetic procedures. They aim to make these procedures more accessible by providing financial plans that allow patients to spread the cost over time. Here's a bit more detail on each:



CareCredit is a healthcare credit card that can be used to finance cosmetic procedures like plastic surgery. It offers various financing plans, including interest-free options for a set period. It's accepted by many healthcare providers, allowing you to manage upfront costs and pay over time.



Alphaeon Credit is a financing option specifically for healthcare expenses, including cosmetic procedures. It offers various payment plans, including promotional periods with no interest if paid in full within a specified time.



Cherry offers financing solutions designed for cosmetic procedures. They partner with healthcare providers to offer loans that cover cosmetic treatments, including surgeries, injectables, and other aesthetic procedures.

At Cosmetic Surgery of New York, we believe everyone deserves to feel confident.

Our flexible financing options make achieving your aesthetic goals easier and stress-free. Contact us today to learn more and take the first step towards a more confident you.

Contact us at (631) 473-7070.

Botox with AccuVein

Ready to enhance your beauty with precision? Our Botox injections now come with AccuVein technology!

AccuVein light helps us map out blood vessels, ensuring a safer, more effective treatment. hello to flawless results!

Schedule your appointment today and experience the future of aesthetic treatments!



Call (631) 473-7070 to
schedule your appointment.



DISCOVER THE POWER OF THERMAGE RF

What is Thermage RF?

Thermage RF is a revolutionary radio frequency treatment that delivers remarkable skin rejuvenation and tightening results.

Here's how it works:

- **Instant Results:** Radio frequency heat penetrates the dermal/epidermal layer to immediately coil the current of collagen in the tissue. This process tightens, lifts, and smooths the skin.
- **Long-Lasting Effects:** The treatment stimulates new collagen production, with the most significant results visible at the 90-day mark.
- **Versatile Application:** Thermage RF can be applied to various areas including the face, neck, abdomen, upper arms, thighs (front or back), and buttocks.
- **FDA Cleared:** It is FDA-cleared to tighten, stimulate, contour, smooth, and reduce the appearance of cellulite and improve tissue texture.

Key Benefits

- **Safe for Summer:** Thermage RF can be performed during the summer, even if you have a tan.
- **No Downtime:** Enjoy the benefits without any recovery time, making it perfect for your busy schedule.

Pricing

- Full Face and Neck: \$2000
- Body Section: \$2500

Free Consultations

We're offering free consultations to help you determine the best treatment plan for your needs. Don't miss out on this opportunity to rejuvenate your skin and boost your confidence.



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csnycosmetic.com
info@csnycosmetic.com
631.473.7070



4616 Nesconset Highway
Port Jefferson Station, NY 11776



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Wednesday: 9am – 5pm
Thursday: 9am – 5pm
Friday: 9am – 5pm