

LONG ISLAND BEAUTY

Holiday 2023

Magazine

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Highlight**

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Protecting
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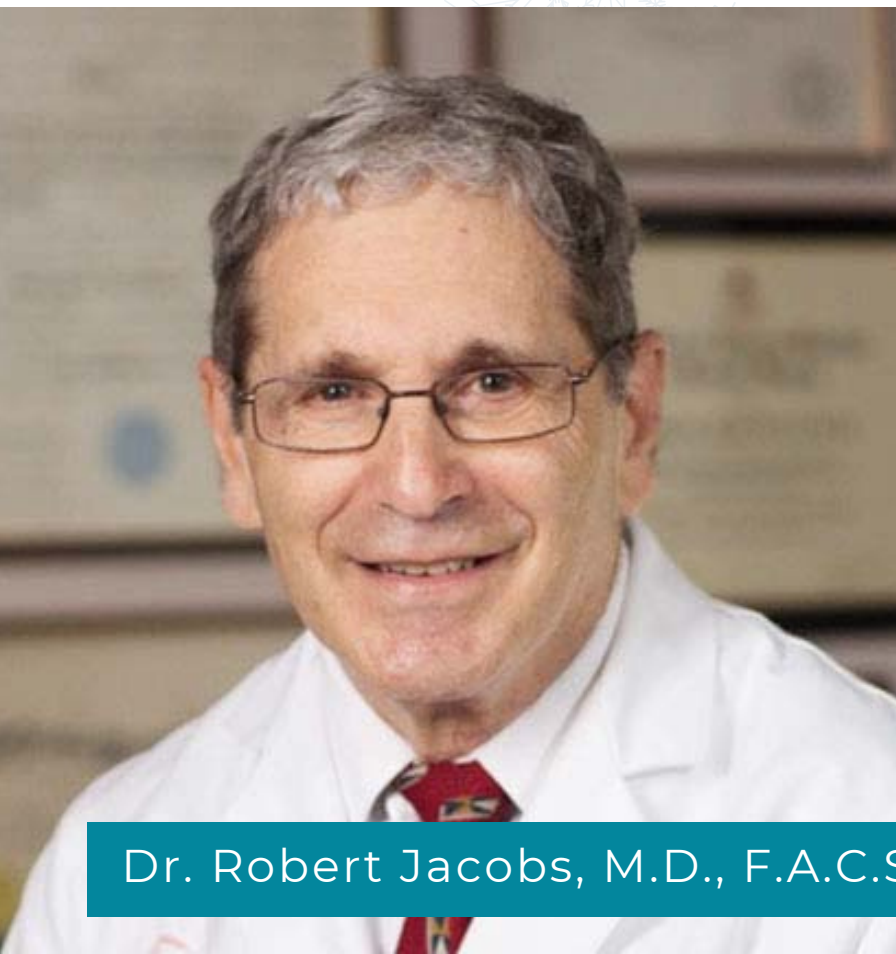


FROM THE PUBLISHERS



If you're considering a cosmetic procedure, you'll want to know what your options are and who should do the procedure. Of course, there are many choices in terms of procedures and physicians to perform them. Picking a cosmetic surgeon and procedure can be difficult, but it doesn't have to be. We at Cosmetic Surgery of New York want to thank you for looking at our publication. We also want to take a moment to let you know why our practice may be right for you.

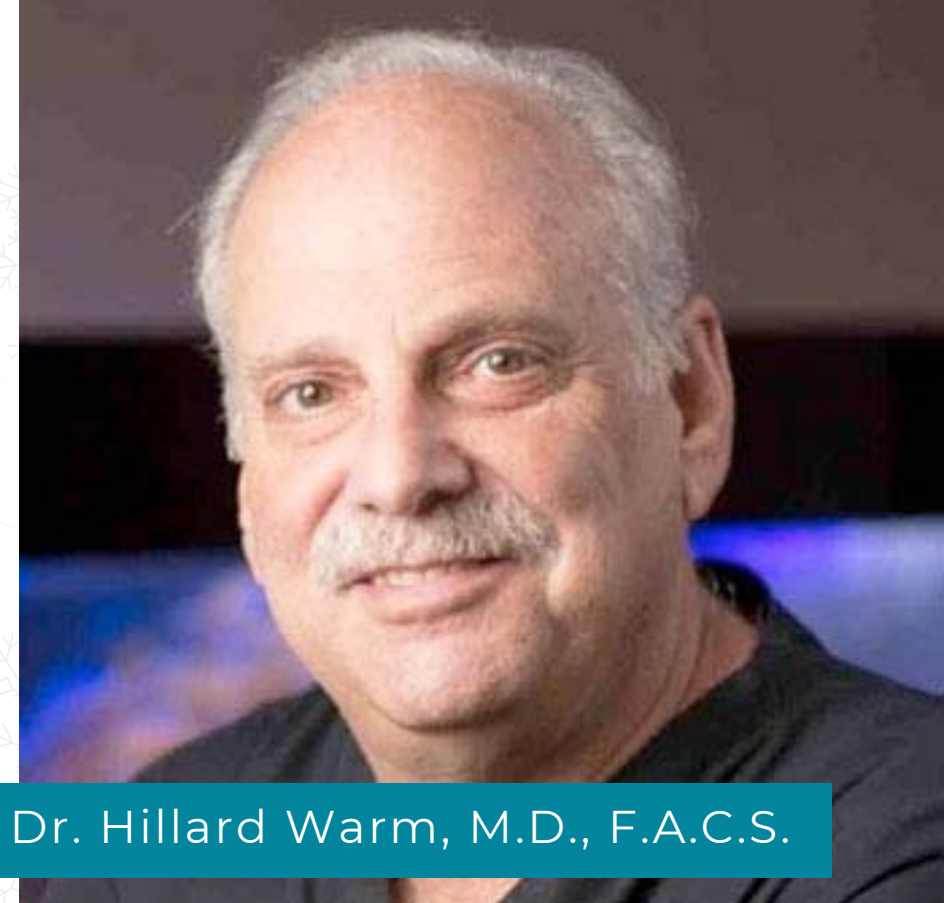
Why should patients come to Cosmetic Surgery of New York? If you want experienced doctors, up to date on the latest procedures, with a track record as well as time as leaders in the profession, this is the place to go. We are board certified general cosmetic surgeons who will give you an honest assessment of your situation. Then we will give you a program tailored to your desires and budget. We're not here to sell products or impose ideas. We are here to give you access to the most advanced options that can benefit you the most and be best for you.



Dr. Robert Jacobs, M.D., F.A.C.S.

Experience is always key and we've both been cosmetic surgeons for decades. Dr. Hillard Warm was chief of plastic surgery at John T. Mather Memorial Hospital and Dr. Robert Jacobs was chief of plastic surgery at St. Charles Hospital and Rehabilitation Center. That should provide some reassurance that you are getting leaders in their field.

We offer a free consultation, so you can get to know us and we get to find out about what you are considering. You don't make any commitment. Come in, tell us what you want and let us give our assessment and tell you what we recommend for you. We treat every patient with respect and do the best we can with whatever you desire within your budget. Some people have more wherewithal and some have more limited means. We do our best so everyone gets the best for their situation.



Dr. Hillard Warm, M.D., F.A.C.S.

And we seek to accommodate you in whatever time frame works best for you. Since we own our own operating facility, it makes scheduling much easier and quicker. Our facility is accredited to the highest level of office-based surgery by QuadA (AAAASF). We have experienced, capable and kind staff who help support us in treating people right. We can provide the right physicians, the right procedure, the right place and the right time.

Our patients come from all over, particularly across New York, New Jersey, and Florida. Find out why so many other people have picked Cosmetic Surgery of New York. Come in for a free consultation, find out why so many others have chosen Cosmetic Surgery of New York and let us bring our perspective to you.

Sincerely, *Dr. Jacobs & Dr. Warm*

holiday gift ideas

1. Oribe Dry Texturizing Spray and Gold Lust Repair & Restore Shampoo and Conditioner



2. Kendra Scott Elisa Gold Pendant Necklace in Azalea Illusion



3. L'ange Le Tridente Titanium Triple Barrel Waving Iron



4. Sol de Janiero Cheirosa Travel Perfume Set



5. Prada Paradoxe Eau de Parfum



6. Kylie Cosmetics tinted butter balm bundle



7. IT Cosmetics Bye Bye Foundation Oil-Free Matte Full Coverage Moisturizer with SPF 50+



8. Drunk Elephant B-Goldi Bright Drops



9. Chunky Handknit Throw Blanket



10. Benefit Cosmetics They're Real! Lengthening Mascara



11. Dyson V15 Detect Vacuum

12. The Pura 4™ Smart Fragrance Diffuser uses innovative smart features paired with premium, clean scents

13. HOKA Women's Clifton 9 Running Shoes

14. All Clad Cookware Set

15. De'Longhi TrueBrew Automatic Coffee Maker with Bean Extract Technology + Thermal Carafe

16. Ruggable Indoor Washable Verena Dark Wood Rug

17. Boll & Branch Plush Bath Sheet Set

18. Flowerbx Subscription Delivery Service

19. Mackage Hero-W Shearling-Lined Winter Boot

20. Audio Technica AT-LP60XBT-BK Wireless Turntable

21. Apple AirPods Max

When Details Make BIG DIFFERENCES

The changing face of facial rejuvenation

If you want to look better, some people will tell you to just smile. And there is some truth to that. A smile is one way to speedily rejuvenate a face. But there are many other simple, expedient ways that cosmetic surgeons can help you look fresher and more youthful while feeling better about your appearance.

From fillers and Botox to removing excess skin from eyelids and mini facelifts that tighten skin without big procedures, facial rejuvenation is increasingly changing lives while turning back time. And there is a long list of choices with either no or minimal down time, providing you with great options no matter what your budget and goals are. Here is a look at why, what, when and whether a facial rejuvenation procedure might be right for you.

A younger look

As you approach middle age or older, facial rejuvenation can be a shortcut to a younger, better look.

“People have different desires at different ages,” says Dr. Hillard Warm of Cosmetic Surgery of New York. “People in their middle ages want to slow down aging. Older people want wrinkles resolved.”

Facial rejuvenation procedures can help you look like a younger version of yourself, turning back or stopping the hands of time. While there is no fountain of youth, cosmetic surgery can help erase or reduce some of the impacts of aging – and no one needs to ever know that you had anything done.

“You are going to look younger and better,” says Dr. Robert Jacobs at Cosmetic Surgery of New York. “We know our clients don’t want it to be obvious that they had work done, and we provide a very natural look. Our clients want to look like themselves – but like they did several years ago.”

Dr. Jacobs and Dr. Warm will work to refine the features you have, so you look recognizable, but refreshed. Their cosmetic procedures will help remove a kind of veil of years.

“You won’t look tired and worn out,” Dr. Warm says. “Facial rejuvenation is one way to beat back the effects of time.”

Lip Enhancement

Looking younger is only one goal of facial rejuvenation. While older people typically want to alter the effects of aging, people in their 20s, 30s, 40s and 50s often want filler for lips. “They want their lips to look more plump, shapely and full,” Dr. Warm says. Lip enhancement is part of facial rejuvenation. Some people have what’s known as a “lip flip” using Botox and some use Juvederm to make their lips fuller.

Injections

Botox and filler injections are two of the easiest, most popular facial rejuvenation procedures that don’t involve surgery. Botox relaxes the muscles that cause lines and wrinkles. The Juvederm family of fillers provide an array of filler options for various facial rejuvenation needs from wrinkle and line reduction to volumizing. A new product, Skinvive, is an injectable that provides hydration.

Lasers

Two broad categories of lasers are used in facial rejuvenation: ablative and non-ablative. Ablative lasers, including CO2 lasers, are the gold standard that take off the top layers of the skin, tighten the skin and get rid of surface imperfections. But they also lead to some down time.

“Non-ablative lasers don’t take off top layers, but still tighten and refresh with no down time,” Dr. Jacobs says.

Which is best for you depends on your desire. If you can’t take off from work, you may want a non-ablative laser. If you can take some time off and want more improvement, you can opt for an ablative laser. Even then there are many surgical options, such as upper and lower eyelid surgery or removing excess fat and skin.

Mini facelifts

A facelift is the most obvious example of facial rejuvenation, removing excess skin and some fat from the cheek, jowl and neck. Mini facelifts, a less aggressive type of facial tightening, have become quite popular lately, because they provide big results with minimal downtime or incisions.

“We find that many people don’t want to hear the word ‘facelift,’” Dr. Jacobs says. “A mini facelift, sometimes called a lunchtime facelift or facial tightening, is becoming more common. Most people these days choose a mini facelift.”

A mini facelift is often done under a local anesthesia, Dr. Warm says. “You can also do it under anesthesia with a board-certified anesthesiologist,” he adds.

There are many other options for facial rejuvenation, such as brow lifts and other refinements. Eyelid lifts can be done with very little downtime today, and their results can last for years.

The changing face of surgery

Not all procedures involving the face fall under facial rejuvenation, including some that are very common. Rhinoplasty, for instance, is not as much rejuvenation as a contouring of the nose, which can improve your look. At the same time, chin implants or fillers may be used to improve your profile as well.



All at once vs. one step at a time

With facial rejuvenation, you may choose to address everything at once, or have several different procedures over time.

“Some people want to dip one toe in the water and address one little thing and see how that goes”, Dr. Warm says. “Then they do something else later on. As they get older, clients do different procedures.”

Changing the face of your life

While facial rejuvenation will improve the way you look, the impacts will likely go far beyond your appearance. “Our clients look better, and that makes them feel better about themselves,” Dr. Warm says.

Facial rejuvenation can also help people feel more confident in the workplace. For instance, one client at Cosmetic Surgery of New York was particularly worried about potential age discrimination when she was looking for a job. “If they knew how old I was, they wouldn’t have hired me”, she said. She had Botox, fillers, and surgery, which she believed helped her.

While the choices of procedures vary, they all have one thing in common: They help people meet their goals. When you look better, you feel better about yourself, and you can go forward in your life and your job with more confidence.



Patient Testimonials
csnycosmetic.com/testimonials



5

COSMETIC TREATMENTS TO ADD TO YOUR NEW YEARS RESOLUTION LIST

1

EYELID SURGERY

Blepharoplasty removes excess fat and skin from the eye area. While often it is done for strictly cosmetic reasons for a less “tired” look, Blepharoplasty may also eliminate the hooding of the upper eyelids, greatly improving visual field defects.

2

MINI FACE AND NECK LIFT

For patients who desire a less dramatic change, a mini facelift with smaller incisions and a shorter scar can be performed.

3

TUMMY TUCK

Abdominoplasty takes approximately one to two hours to perform; the patient is placed under general anesthesia. An incision is made across the lower abdomen close to the pubic area, and another small incision around the belly button. The abdominal muscles are tightened for a firmer abdomen and narrower waist, any excess skin and fat are removed, and the incisions are closed with invisible dissolving sutures.

4

BOTOX

This treatment is designed to smooth dynamic wrinkles, the types of creases which form as a result of repeated facial movements, such as frowning, squinting, or even smiling.

5

LASER HAIR REMOVAL & SKIN RESURFACING

The Elite + Laser has revolutionized the laser hair removal industry by combining two technologies in one device: the Alexandrite laser and Nd:YAG. The Elite + Laser works by emitting gentle pulses of energy that are directed into the hair follicles, without harming the surrounding tissue.

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Cosmetic Surgery
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Liposuction as body shaping, not weight loss

If you wish to change the way your body looks, one great tool in your toolbox is liposuction. Taking as little as an hour, sometimes less, liposuction may be the ideal way to shape and contour your body.

Liposuction is both one of the mostly widely used cosmetic procedures and among the most misunderstood. Some people mistakenly believe that liposuction is a weight loss procedure. This is simply not the case.

Rather, liposuction is a path to a better shaped body. It commonly targets the abdomen, hips, thighs, chin or knees, removing fat cells from one or sometimes more than one region. “It’s not for weight loss,” says Dr. Robert Jacobs of Cosmetic Surgery of New York. “It’s to remove localized fat, such as on your hips, to contour that area specifically. It only requires tiny incisions, but it offers big results.”

The doctors at Cosmetic Surgery of New York have been doing liposuction since the procedure’s early days in the 1980s and, over the years, it has become a more widely used option. In fact, liposuction was the most common cosmetic surgical procedure in 2021, according to the International Society of Aesthetic Plastic Surgery. More than 1.9 million liposuctions procedures were performed that year, overtaking breast augmentation. “Liposuction has been a very effective tool for years, but there have been a lot of refinements, which makes it even better,” says Dr. Hillard Warm of Cosmetic Surgery of New York.

What liposuction does

Liposuction can target virtually any area where you have a problem. A lot of people have fat under the chin or in the neck area. Liposuction can help with that. Superficial fat on the hips and love handles are also popular targets for liposuction.

Liposuction is not designed to take off weight as much as alter your shape. In other words, it allows doctors to change where in the body fat is stored – targeting one or possibly a few areas, but not the whole body. This allows you to reconfigure where fat is stored, for a different type of staying “in shape.”

Dr. Warm says, “If you stay within approximately 5 pounds of your pre surgery weight, fat won’t come back in the area it was suctioned. If you gain a significant amount of weight, it can go back to that area or a new location.”

Doctors may take away many, but not all, the fat cells in your hips, for instance. Some calories will go back to your hips, but most will go elsewhere. The idea is the excess will be distributed all over your body and you’re not going to see it.

Ideal candidates

Although liposuction is more often used by women, it is just as effective – and is becoming more popular –with men. So gender is not a factor in whether you are a good candidate. Age, however, can impact whether or not you’re an ideal candidate. While older people may want liposuction, younger people typically make even better candidates.



Once doctors remove the fat, the skin has to shrink to cover up the new areas. If the skin is lax, taking out the fat won’t make it less saggy. Elasticity is good, which is one reason younger people tend to do better. People who are much older may not have enough elasticity, so their skin hangs rather than recontours to the correct shape.

Latest in liposuction

There have been many enhancements to liposuction over the years. Tumescant liposuction, with injected saline or salt water, is more effective than traditional liposuction, and with less soreness and a quicker recovery time. Ultrasonic liposuction adds ultrasound to zap some fat cells, making the process even more effective. And smart liposuction adds lasers that zap fat cells – which some say is more gentle and helps the skin tighten. Power-assisted liposuction is another option. Like power steering, it makes the procedure easier and quicker and can work better for the patient.

“Unlike many places, which may specialize in one or two types of liposuction, we offer all of these at Cosmetic Surgery of New York, with general and local anesthesia options,” Dr. Warm says.

Safety and skill

Liposuction is as safe as the doctor doing it. Some patients and their doctors try to do too much with liposuction, which can be dangerous. While any licensed doctor can perform liposuction, it’s safest to go to a doctor who is board certified by the American Board of Plastic Surgery and who has performed many liposuctions. At Cosmetic Surgery of New York, we never get close to a dangerous amount of fat removed. Not only are we board certified by the American Board of Plastic Surgery, but our office is also accredited by what used to be known as the American Association of Accreditation of Aesthetic Surgery Facilities, now known as Quad A.

As part of your recovery, you will typically wear a compression garment under your clothes for a few weeks. There may be some soreness, but patients are usually not very uncomfortable. Because incisions are tiny, scarring is very minimal.

As with any other procedure, the experience and expertise of the doctor performing liposuction can make all the difference.

“If somebody has done lots of liposuctions, they’re much more likely to give you a better result,” Dr. Jacobs says.

To schedule a
consultation with
Dr. Roberts or Dr. Warm,
please call (631) 473-7070.



HOLIDAY CENTRAL

CELEBRATE FAMILY, FRIENDS AND GOOD FOOD!

Mushroom-Stuffed Pork Tenderloin

INGREDIENTS

- 5 tablespoons extra-virgin olive oil, plus more for brushing
- 4 slices bacon, chopped
- 8 ounces cremini mushrooms, thinly sliced
- Kosher salt and freshly ground pepper
- 1 clove garlic, finely chopped
- 1 tablespoon of breadcrumbs
- 1/2 cup chopped fresh parsley
- 2 pork tenderloins (2 to 2 1/2 pounds total), trimmed
- 1/2 teaspoon grated lemon zest



DIRECTIONS

1. Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the bacon and cook until crisp, about 8 minutes. Add the mushrooms, 1/2 teaspoon salt, and pepper to taste; cook until the mushrooms are soft, about 4 minutes. Add the garlic and cook 1 minute. Remove from the heat and stir in the breadcrumbs and all but 2 tablespoons parsley. Let cool.
2. Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book so the tenderloins lie flat.
3. Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward. Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.
4. Preheat a grill to medium high; brush the grates with olive oil. Brush the pork rolls with olive oil and season with salt and pepper. Grill, turning, until a thermometer inserted into the center of the pork registers 140 degrees F, 25 to 30 minutes. Transfer to a cutting board to rest, about 10 minutes.
5. Mix the remaining 3 tablespoons olive oil and 2 tablespoons parsley, the lemon zest, and salt and pepper to taste in a bowl. Remove the toothpicks and slice the pork rolls. Top with parsley oil.

Sugar Cookie Christmas Fudge

Ingredients

- White chocolate chips
- Sugar cookie mix
- Sweetened condensed milk
- Butter
- Christmas sprinkles (or rainbow sprinkles if you prefer)

Directions

1. Line a 9x9 baking dish with parchment paper and a thin layer of non-stick spray and set aside. The parchment paper and non-stick spray will help you remove the fudge easily once it has set.
2. Next, heat the sweetened condensed milk over medium heat in a large pot. Once hot, stir in the white chocolate chips, sugar cookie mix, and butter. Stir frequently.
3. Once the mixture is smooth, stir in some sprinkles.
4. Finally, pour the fudge mixture into your prepared baking dish and then top with lots more sprinkles.
5. Place in the refrigerator and allow to set overnight, or until firm (at least 2 hours). Slice and serve.



Peanut Brittle

Ingredients

- Nonstick cooking spray
- 2 cups sugar
- 1/2 cup light corn syrup
- 6 tablespoons unsalted butter, cubed
- 1/2 teaspoon baking soda
- 1 1/2 cups roasted salted peanuts

Directions

1. Line a rimmed baking sheet with foil and grease with nonstick cooking spray.
2. Stir together the sugar, corn syrup and 1/2 cup water in a medium saucepan fitted with a candy/deep-fry thermometer. Bring the mixture to a boil over medium heat, then continue to boil until it's golden brown and it reaches 340 degrees F, about 15 minutes.
3. Working quickly, remove the pan from the heat and stir in the butter and baking soda until smooth (it will foam and bubble up). Stir in the peanuts until evenly distributed amongst the sugar mixture.
4. Pour onto the prepared baking sheet and quickly smooth with a rubber spatula into a thin and even layer. Let harden uncovered at room temperature until cooled completely. Break into pieces and store in an airtight container.



Trade Secrets

Sunflower Power

Did you ever think that a sunflower sprout extract could be clinically proven to boost the skin's cellular energy? Well, now it has. Revision makes a new boosting serum that improves your skin's firmness and elasticity to reduce overall signs of aging while strengthening the top layer of the skin. Call (631) 473-7070 for a complimentary consultation.



Key Ingredient

Ferulic acid helps prevent the appearance of broken capillaries under the skin. Look for creams or serums containing this powerful ingredient to minimize redness and visible veins. Ferulic acid also helps to fade or prevent dark spots that can form because of sun damage or a genetic disposition.

The Only Eye Cream That Does It All

Some eye creams combat dark circles. Others help eliminate puffiness. Others still tackle fine lines and wrinkles. But no eye cream did all three – until now! Triple Action-i is packed with ingredients like retinol and willow herb extract that work wonders in removing dark circles, fine lines, and puffiness from around the eyes. The result? An appearance that's noticeably fresher and more youthful. Call (631) 473-7070 for a complimentary consultation.

Triple Threat

Long Island Beauty's Signature 3-in-1 Peel with No Downtime removes the outer layer of dead skin cells, allowing natural oxygen to penetrate the pores. Bipolar frequency and heat from light energy are used to stimulate and increase collagen production, which helps to firm skin laxity. A special formula of hyaluronic is applied to moisturize the skin. You will observe noticeable lifting and the reduction of fine lines as the texture of your skin becomes smoother, more luminous, tighter, and toned.

Anne-Marie Bellavia is a Medical Aesthetician and Skin Care Coordinator who has been with Cosmetic Surgery of New York, PC in Port Jefferson Station for 28 years. With vast experience in the field of clinical skin care, her expertise has earned her a reputation as a trusted and sought-after skin care professional. Call (631) 473-7070 for a complimentary consultation.



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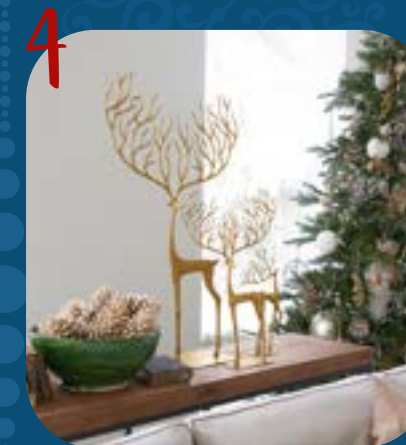
1. Modern Vintage Colored Glass Collection by Godinger. Claro 17 oz Highballs, Set of 4. \$50 macys.com



2. Spruce Up the Front Door Make sure your family and friends feel welcome the moment they step up to your front door! Farmhouse Foliage 34" Wreath. \$299 balsamhill.com



3. Personalized Decor Custom Ornaments featuring cherished memories will be central to holiday decorating this year! Rustic Snowflake Ornament \$19.95 snapfish.com



4. Dress Up Your Furniture Even if your style leans more toward the minimalist side, you can spread the holiday cheer with a cozy holiday aesthetic. Brass Sculpted Reindeer. \$19.50 - \$79 potterybarn.com



5. Layering In A Festive Fragrance This extra attention to detail creates a memorable atmosphere for the senses for homeowners and guests. Glasshouse Fragrances Christmas Trio. \$65 glasshousefragrances.com



6. It's timeless and wonderful to serve Hanukkah foods like latkes and jelly doughnuts during the holiday. This traditional tray will add a touch of elegance to your Hanukkah celebrations. Spode Judaica Platter. \$110 nordstrom.com

BEAUTY NEWS

all about the eyes



Grande Cosmetics GrandeLASH - MD Lash Enhancing Serum \$68

Laura Mercier Caviar Stick Eye Shadow \$32

Makeup By Mario Ethereal Eyes Eyeshadow Palette \$68

tartelette™ tubing mascara \$25

Make An Entrance

GREET THE SEASON WITH ONE OF THESE WHIMSICAL HOSTESS GIFTS

A hostess gift is a thoughtful gesture to show appreciation to someone who has invited you to their home for an event or dinner. It's a way to thank your host or hostess for their hospitality. Here are some ideas for hostess gifts:

- **Wine or Champagne:** A bottle of wine or champagne is a classic and appreciated gift. You can choose a wine that pairs well with the meal, or a sparkling wine for celebratory occasions.
- **Flowers:** A fresh bouquet of flowers is a beautiful and cheerful gift. You can present them in a vase or a decorative container.
- **Candles:** High-quality scented candles or decorative candles make for a lovely and aromatic gift.
- **Gourmet Food or Treats:** Gourmet chocolates, a basket of artisanal cheeses, a selection of fine teas, or a box of high-quality cookies are delicious options.
- **Decorative Items:** Consider items like decorative coasters, a decorative dish, or a stylish serving platter that can be used in their home.
- **Herbs or Potted Plants:** A potted plant or a small herb garden can be a thoughtful and long-lasting gift.
- **Cookbook:** A beautiful cookbook featuring a cuisine the host or hostess enjoys can be a great gift for someone who loves cooking.
- **Personalized Gifts:** Customized gifts like monogrammed towels, personalized cutting boards, or engraved wine glasses add a personal touch.
- **Stationery or Notepads:** High-quality stationery or a stylish notepad can be a practical and appreciated gift.
- **Homemade Treats:** If you enjoy baking or cooking, you can prepare a homemade treat like cookies, a jar of homemade jam, or a loaf of fresh bread.
- **Gift Cards:** If you're unsure about your host or hostess's preferences, a gift card to a local restaurant, coffee shop, or a department store can be a versatile option.
- **Artisanal or Local Products:** Consider gifts that showcase local or artisanal products, such as handmade soaps, honey, or craft beer.

Remember to include a thank-you card with your hostess gift to express your gratitude for the invitation and hospitality. The key is to choose a gift that aligns with the tastes and preferences of your host or hostess and shows your appreciation for their kind invitation.

As we say goodbye to 2023 and usher in 2024, it's a great time to reflect on the past year's achievements and challenges while setting goals and making plans for the year ahead. Here are some tips for planning for a successful and fulfilling 2024:

Reflect on 2023: Take some time to review the past year. What were your successes and accomplishments? What challenges did you face, and what did you learn from them? Reflecting on the past can help you make informed decisions moving forward.

Set Clear Goals: Define your goals for 2024. Whether they are related to your career, personal development, health, or relationships, having clear objectives will give you a sense of purpose and direction.

Create a Plan: Once you've established your goals, create a plan of action. Break your goals into smaller, manageable steps, and set deadlines to keep yourself accountable.

Prioritize Self-Care: Make self-care a priority in your life. This includes taking care of your physical and mental health, managing stress, and finding time for relaxation and rejuvenation.

Embrace Change: Be open to change and adaptability. Life is filled with unexpected twists and turns, so being flexible and open to new opportunities and challenges is important.

Learn and Grow: Invest in your personal and professional growth. Consider taking courses, reading, or seeking mentorship to expand your knowledge and skills.

Budget and Financial Planning: Review your financial situation and create a budget for the year. Set financial goals, such as saving for a specific purpose or paying off debt.

Build Relationships: Nurture your relationships with family and friends. Make an effort to spend quality time with loved ones and strengthen your connections.

Stay Organized: Use tools like calendars, planners, or digital apps to stay organized and manage your time effectively. This will help you stay on track with your goals and commitments.

Stay Positive: Maintain a positive outlook and practice gratitude. Focusing on the good things in your life can boost your mental well-being and motivation.

Evaluate Progress: Periodically review your progress and adjust your plans as needed. It's okay to modify your goals or strategies if circumstances change.

Celebrate Achievements: Don't forget to celebrate your achievements, no matter how small. Acknowledging your progress can provide motivation and a sense of accomplishment.

As you say hello to 2024, remember that it's a new opportunity to grow, learn, and create the life you desire. With thoughtful planning and a positive mindset, you can make the most of the year ahead and work toward achieving your goals and aspirations.

HAPPY
New Year

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+
coolpeel.

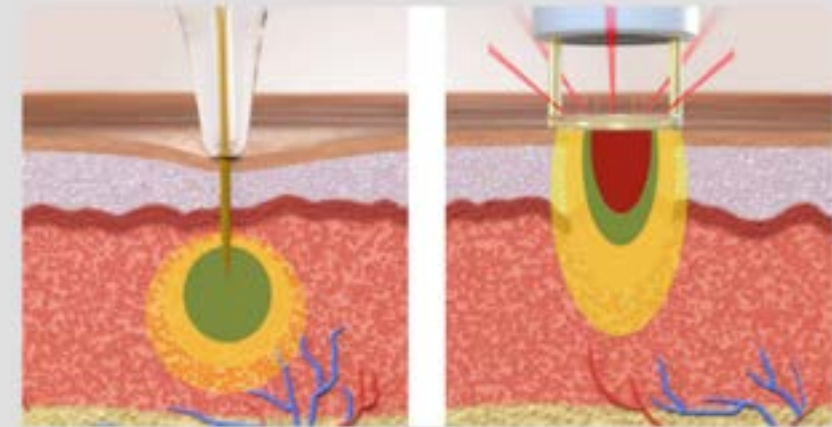
The deep, collagen stimulating benefits of RF Microneedling plus the impressive superficial results of the CoolPeel treatment - it's the ultimate equation for beautiful skin.

AMAZING RESULTS



Exclusively from  **cartessa.**

WHY IS IT THE
ULTIMATE COMBINATION?



CoolPeel's superficial skin resurfacing is combined with **VirtueRF's** deep collagen remodeling for impressive results with no incremental downtime.



VIRTUE^{RF} + coolpeel.



Cosmetic Surgery
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TODAY. CALL US AT 631-473-7070**

 SKINVIVE™ BY JUVÉDERM®



Lasting
Glow*

The first and only
hyaluronic acid microdroplet injectable indicated
to improve skin smoothness of the cheeks.

Ask about SKINVIVE™ by JUVÉDERM® during your visit today.

*Lasts 6 months with optimal treatment. Glow was reported by patients using a validated questionnaire that included satisfaction with how radiant their skin looked.

Actual patient. Results may vary.

SKINVIVE™ by JUVÉDERM® injectable Gel Important Information

APPROVED USES

SKINVIVE™ by JUVÉDERM® injectable gel is an injection to improve skin smoothness of the cheeks in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

Are there any reasons why I should not receive SKINVIVE™ by JUVÉDERM® treatment?

Do not use this product if you have a history of multiple severe allergic or severe allergic reactions (anaphylaxis), if you are allergic to lidocaine or the Gram-positive bacterial proteins used in this product, or if you have had previous allergic reactions to hyaluronic acid fillers.

What Warnings should my specialist advise me about?

One of the risks with dermal filler injections is the unintentional injection into a blood vessel. The chances of this happening are very small, but if it does happen, the complications can be serious and may be permanent. These complications, which have been reported for facial injections, can include vision abnormalities, blindness,

stroke, temporary vision loss, or permanent scarring of the skin. Most of these events are irreversible. Tell your specialist immediately if you have changes in your vision, signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion), white appearance of the skin, or unusual pain during or shortly after treatment.

The use of this product where skin sores, pimples, rashes, blisters, cysts, or infections are present should be postponed, as this may delay healing or make skin problems worse.

The effectiveness of removal of any dermal filler has not been studied.

What Precautions should my specialist advise me about?

Minimize strenuous exercise, exposure to excessive sun or heat, and alcoholic beverages within the first 24 hours following treatment. Exposure to any of these may cause temporary redness, swelling, and/or itching at the injection site.

Tell your specialist if you are using any medication that can be strong bleeding, such as aspirin, ibuprofen, or other blood thinners, as this may increase bruising or bleeding at the injection site.

Tell your specialist if you are planning laser treatment, chemical peeling, or any other procedure after SKINVIVE™ by JUVÉDERM®. There is a possible risk of an inflammatory reaction at the treatment site.

The product is intended for improving skin smoothness of the cheeks. The safety and effectiveness for treatment in other areas of the body have not been established.

Tell your specialist if you are on therapy used to decrease the body's immune response, as treatment may result in an increased risk of infection.

Tell your specialist if you are pregnant or breastfeeding. The safety for use during pregnancy, or in women who are breastfeeding, has not been studied.

Tell your specialist if you have a history of excessive scarring (thick, hard scars). The safety of this product in patients with a history of excessive scarring has not been studied and may result in additional scars.

Tell your specialist if you have a history of pigmentation disorders, as use of this product in patients with a history of pigmentation disorders has not been studied and may result in changes in pigmentation.

What are the possible side effects of treatment?

The most commonly reported side effects were redness, lumpiness, swelling, bruising, pain, tenderness, firmness, discoloration and itching. Most side effects will resolve within 7 days. If they persist longer, your physician may choose to treat them with medications, such as antibiotics, steroids, or hyaluronidase. Additionally, there have been reports of inflammation, nodules, unsatisfactory result, loss of look of improvement, allergic reaction, sinusitis, blood vessel blockage, infection, dry skin, increase or decrease in sensation, and abscess.

Delayed-onset inflammation near the site of dermal filler injections is one of the known adverse events associated with dermal fillers. As with all skin injection procedures, there is a risk of infection.

To report a side effect, please call the Allergan® Product Support Department at 1-877-345-5372. Please also visit SKINVIVE.com or talk to your specialist for more information.

SKINVIVE™ by JUVÉDERM® is available only by a licensed physician or properly licensed practitioner.

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GET HOLIDAY READY WITH THE BEST BAGS FOR YOUR TRAVEL NEEDS



Mark and Graham Leather Overnighter. 22"w x 9.75"d x 11"h. Made from leather with a soft cotton lining. \$369



Leatherology Harwood Weekender. 16.65"W x 8.25"D x 11.9"H. Full grain leather. \$375



Lululemon City Adventurer Duffel Bag. 8.1" x 9.3" x 11.6". Water-Repellent Fabric. \$168

Elevate Your Winter Wardrobe With These 5 Fashion Trends

1



Embrace the Baggy Look

Don't shy away from roomy, loose-fitting clothing, especially when it comes to low-rise pants. Baggy jeans, when well-fitted, exude an effortlessly cool vibe, perfect for staying on-trend.

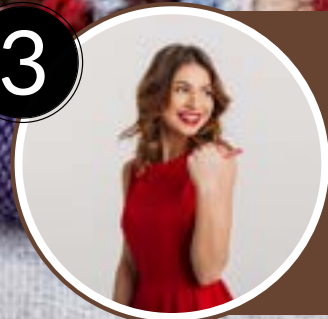
Chic Cropped Jackets

Opt for cropped jackets to create a flattering waist-focused silhouette. These jackets can be paired with oversized pants or high-rise options for a super chic look.



2

3



Red Reigns

Red is the standout color this season, as it's featured in the collections of numerous fashion designers, making it a winter fashion staple.

Chunky Loafers with a Lift

Elevate your footwear game with chunky loafers. Pair them with slouchy socks for a casual look or elevate them with sultry stockings for a touch of sophistication.



4

5



Business Casual Elegance:

Achieve a sophisticated yet comfortable winter look with stylish blazers, layerable sweaters, and button-front shirts and blouses in your wardrobe.

Sweat Less. Live More.

*Permanently
reduce underarm
sweat and odor*



Find out more:

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



 **kybella**
(deoxycholic acid) injection 10 mg/mL

First-of-its-kind nonsurgical treatment for moderate to severe fullness under the chin

Permanently destroys fat cells in the treatment area

A series of **tailored treatments***

*Multiple injections under the chin per treatment; up to 6 treatments spaced at least 1 month apart. 59% of patients received 6 KYBELLA® treatments in clinical studies.

Is KYBELLA® right for you?
Ask your specialist today.



Real patient. Results may vary.

WHAT TO EXPECT With **KYBELLA**®

- The area under and around your chin will be **examined** to determine if KYBELLA® is right for you. Your specialist may ask some questions about your medical history
- You'll discuss your **aesthetic goals** with your specialist and **receive a tailored treatment plan**. Expect between 2 and 6 treatment sessions, spaced at least 1 month apart*
- At each session, you'll receive multiple small injections under your chin. **The most common side effects include swelling, pain, numbness, redness, and areas of hardness in the treatment area.** Return for all subsequent treatments to help achieve your goals

Millions of men and women suffer from a double chin their whole lives, but now there is **an FDA-approved solution**: Kybella injections offered at Cosmetic Surgery of New York. This simple treatment can help you get rid of that extra chin for good! Schedule your consultation today. **Call us at 631-473-7070.**



Cosmetic Surgery
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The Art of Subtle Beauty Transformations

Eyelid Surgery or Blepharoplasty

If you're dealing with sagging or puffy eyelids that are impacting your self-esteem or even your eyesight, you might want to consider blepharoplasty, also known as eyelid surgery. At Cosmetic Surgery of New York, accomplished board-certified plastic surgeons Dr. Robert Jacobs and Dr. Hillard Warm are dedicated to delivering top-tier blepharoplasty services. They prioritize your comfort and the success of your procedures, collaborating with you to develop a surgery plan that aligns perfectly with your cosmetic objectives.

Schedule your consultation today.
Call us at **631-473-7070**



Facelift or Rhytidectomy

A facelift, also known as rhytidectomy, is a surgical procedure designed to reverse the visible signs of facial aging by lifting and tightening the skin in the lower and mid-face areas.

To achieve the most striking and natural-looking results, your surgeon may suggest incorporating a fat transfer procedure in the mid-face region to restore the youthful fullness of your skin. Additionally, they might recommend complementing your facelift with other rejuvenating surgeries, such as a brow lift or eyelid surgery, for a comprehensive facial rejuvenation. If your concerns are limited to loose neck skin or jowls, they may propose an alternative approach rather than a full facelift. At Cosmetic Surgery of New York, their skilled surgeons are adept at addressing various aging signs with a facelift, including:

- Sagging jowls
- Turkey neck
- Platysmal bands
- Drooping, fatty cheeks
- Deep creases around the mouth and nose
- Wrinkling



LONG ISLAND'S MOST INFLUENTIAL

Why People Love to Visit Long Island

Kristen Reynolds is the President and CEO of Discover Long Island, the region's official tourism bureau. In this role, she works tirelessly to attract people to enjoy Long Island's many wonderful attributes and activities – whether they come from far away or from our own backyard. We sat down with Kristen to ask her who travels here to Long Island, what they do when they get here, and how her organization works to bring them here.

Who comes to Long Island for leisure?

Our typical visitor comes from the Northeast (New York, Philadelphia, Washington, D.C./Baltimore, Boston) as well as many “visiting friends and relatives” who are primarily ex-Long Islanders now living in and visiting us from Florida. And don't forget about our Long Island residents, who love where we live and love discovering all that we have in our own backyard. From these markets, we get a mixture of families, girls' getaways and LGBTQ travelers.

What do visitors like to do when they get here?

Long Island is primarily known for our pristine beaches and our small, charming villages (including the Hamptons). We also have more than 60 vineyards in our award-winning wine country, and visitors love our history that includes Gatsby-era mansions and Revolutionary War sites. There is truly so much to offer; our biggest challenge is communicating the depth and breadth of our destination.

Are there any new and notable attractions/activities on Long Island?

We have so much happening on Long Island. There are two new fantastic hotels (the Canoe Place Inn in Southampton and the Northport Hotel in Northport).

We are always opening new restaurants, attractions and hosting new events. We are dripping with celebrities so there are always great concerts, plays and shows in often intimate settings and yet we also bring in the nation's biggest acts in our new UBS Arena, which is the home of the Islanders. We are the home of the 2025 Ryder Cup (the “Olympics of golf”) and we will host the U.S. Open PGA Championship and the Breeder's Cup in 2026. You can now take the Long Island Rail Road to and from New York City with connections directly to both Penn Station and Grand Central Station.

What are some of the things you do to attract leisure travelers to Long Island?

Discover Long Island is the official tourism promotion agency for the region of Long Island. But essentially we are the branding organization for the destination, which speaks to not only visitors, but people interested in relocating and businesses looking for thriving communities. Creating a positive brand for Long Island includes capturing beautiful imagery, placing strategic marketing and generating engaging content across all channels where content is consumed. We have more than 10 million followers across 11 different social media channels, a YouTube page where we post video productions, a weekly podcast called “Long Island Tea” where we “spill the tea” on living your best Long Island life and then there's our paid media and PR efforts. It's a big job but we have an incredibly passionate team who loves to talk about the beauty and magic of Long Island, so we make it fun.

There has never been a better time to visit so we invite you to www.DiscoverLongIsland.com and to our social media channels to stay connected and informed on why Long Island is where you belong!

Kristen Reynolds
President and CEO
Discover Long Island

What are some of the great things to do on Long Island in the winter?

Winter on Long Island is so adorable. I always relate Long Island winters to the Hallmark holiday movies. There are charming downtowns, with great local theaters and cozy restaurants with so many holiday-themed and winter events. There's no shortage of activities and the best thing about Long Island is, of course, Long Islanders! We are a perfect combination of gritty New Yorkers with small town hospitality.





Mondays at Racine Helps Thousands of Cancer Patients Look and Feel Better

Mildred DeMolfetto passed away from breast cancer at age 58. Throughout her five-year battle with cancer, her self-esteem plummeted as she struggled with baldness, anxiety, and other devastating side effects of cancer treatment. In honor of Mildred's memory, two of her five daughters, Cynthia Sansone and Rachel DeMolfetto, established Mondays at Racine to help other cancer patients.

Remembering how much their mother looked forward to her visits to the beauty salon, the sisters used Rachel's existing salon, Racine Salon & Spa in Islip, to create an oasis of restoration and healing to ease the cancer journey for others. One Monday each month, the salon provided free services to community members with cancer.

Then HBO released Mondays at Racine, a documentary film about the struggles of cancer patients and the respite they found from their disease through the program, and the film was nominated for a 2013 Academy Award for Best Documentary (Short Subject). The publicity spurred an outpouring of public support, leading the two sisters to establish Mondays at Racine as an official nonprofit organization.

Today, Sayville-based Mondays at Racine offers free beauty and wellness services to about 1,700 cancer patients and their caregivers each year. To service cancer patients close to their homes, the organization has established a network of 17 salon, spa, yoga studio, and acupuncture center partners across Long Island – including the flagship Racine Salon & Spa – plus additional community partners such as YMCA of Long Island. Services include gentle head shaving, hair care and wig support, cosmetics, lash and brow application, therapeutic oncology skincare, therapeutic massage, manicures/pedicures, reiki, meditation/breathwork, yoga for cancer patients and more. Cancer patients are typically referred to Mondays at Racine through their oncologist or through general word of mouth. To receive services, patients must have a medical release from their doctors.

“Our most requested service is head shaving, for patients who are going through treatment and losing their hair,” says Deputy Executive Director Alyssa Greiner. “Many of our services are designed to reduce anxiety, pain and the side effects of treatment, to help patients feel better and sleep better.” Today, all five of Mildred DeMolfetto's daughters are actively involved in the organization, including Karla Waldron, who serves as Executive Director.

“Our primary mission is to provide cancer patients with support and a sense of connectiveness with others who are also going through cancer,” Waldron said. “We have heard from many clients that even though they have great support from family and friends, they still feel isolated and lonely. They have told us that Mondays at Racine has allowed them to connect with others who are going through what they are going through and helped them feel less alone.”

For more information, visit mondaysatracine.org.

**With Mondays at your side,
you are never alone.**



Protecting Your Skin in the Winter

By Anne-Marie Bellavia

Winter can wreak havoc on our skin. The colder, drier air can cause dryness, itchiness, windburn, and premature aging. Fortunately, there are simple things you can do to protect your skin from the elements. In addition to daily care, the cold months are the best time to get certain skincare treatments that will help keep your skin looking healthy and youthful the whole year through.

Preventing Dryness and Premature Aging

A good skin care routine with pharmaceutical-grade creams and serums can help keep your skin hydrated and supple, no matter what the thermostat says. Your routine should include a serum that contains a high percentage of hyaluronic acid, which adds moisture back into the skin. As hyaluronic acid penetrates the skin on contact, it doesn't leave any residue, and therefore can be used in both morning and night. In addition, a moisturizer with peptides and powerful antioxidants will help keep skin feeling moist and supple while slowing down the aging process. Adding a multi-antioxidant serum will give you long-term benefits. A high potency serum with vitamin D, E, and ferulic acid is a natural antioxidant that can be used in the morning to help protect the skin from toxins while improving fine lines and wrinkles. Many people suffer from dry, chapped lips in the winter, and there are effective creams for this, too. I like the Youthful Lip Replenisher by Revision. Drinking plenty of water and using a humidifier are also key to keeping your skin hydrated and supple during the cold months.

Don't Forget the Sunblock

Many people incorrectly think they don't need to bother with sunblock in the winter. But even though the sun feels weaker this time of year, its damaging UV rays are ever-present. When you're skiing or simply outside in the snow, the sun reflects off the white surface, making its detrimental effects much more intense. Use generous amounts of a high-SPF sunscreen to protect your face and other exposed areas. Don't forget your lips!

Don't Get Burned by Windburn

The harsh elements of winter can cause windburn, a type of skin irritation in which the natural oils and sebum of the skin's top layer get stripped away, leaving the skin's sensitive second layer exposed. As with a sunburn, windburned skin is red, sensitive to the touch, and can peel or even blister in severe cases. Windburn, which also inhibits your skin's ability to retain moisture, may happen in tandem with sunburn, which is a double whammy, because the windburn exposes the skin's second layer to the sun's damaging rays. A good skincare routine with moisturizers such as Intense Barrier Repair Cream from Long Island Beauty and serums and high-SPF sunscreen will help limit the impacts of windburn. Intense Barrier Reef, which is used in the evening, targets dry skin, adds hydration, and contains vitamin D3, which helps with adding moisture. It's also important to cover up as much of your skin as possible with hats, scarves, gloves, and other clothing on very cold, windy days.

Treatments to Protect Your Skin All Year

Winter is the best time of year to get certain protective treatments that offer benefits that last the whole year and longer. This is because some treatments cannot be done when you are tanned or plan to be out in the sun. My most popular treatment this time of year is the VirtueRF (Radio Frequency) Microneedling Platform, which unlike traditional microneedling systems does not break the skin and cause bleeding, and therefore there is no down time afterward. As we get older, our collagen production becomes dormant unless there is something to stimulate it. This noninvasive treatment sends radio frequencies to stimulate collagen production. It visibly improves skin tone, tightening and reducing fine lines and wrinkles.

Another popular treatment this time of year is **CoolPeel**, which also stimulates collagen production and removes visible signs of aging by smoothing and contouring the skin, shrinking the pores, and reducing the pigmentation. A CO2 laser delivers energy at a high depth and speed for superficial skin resurfacing results on the face, eyes, neck, and décolletage for a more youthful appearance with minimal downtime. Both **VirtueRF** and **CoolPeel** consist of three treatments six weeks apart.

The winter months are also a popular time for **Elite+** laser treatments to remove facial hair, brown spots, and spots from broken capillaries. Broken capillaries, which commonly occur during extreme cold or extreme heat, can leave unsightly marks on the face and other parts of the body. The **Elite+** is safe for all skin types and colors and produces long-term results.

Anne-Marie Bellavia is a Medical Aesthetician and Skin Care Coordinator who has been with Cosmetic Surgery of New York, PC in Port Jefferson Station for 28 years. With vast experience in the field of clinical skin care, her expertise has earned her a reputation as a trusted and sought-after skin care professional. Call (631) 473-7070 for a complimentary consultation.



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beauty is about
enhancing
what you have.
Let yourself
shine through.”

happy
holidays



FROM, COSMETIC SURGERY OF NEW YORK

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Our unique formula combines Kojic acid, enzymatically activated Arbutin, robust antioxidants, vitamin C, and green tea with a gentle, exfoliate to brighten uneven skin tone and reveal a fresh radiant complexion. This product is made to order- freshly compounded for optimal potency, these pads are perfect for fading away the lasting impressions the summer sun leaves on your skin.



To purchase, visit csnycosmetic.com

