

**10
DAYS
TO A NEW
BODY**

IT WON'T BE
EASY—BUT IT
CAN BE DONE!

FALL

FASHION

Extra

SECRETS AND LIES

The latest parlor game is Does she or doesn't she?—but for surgery, not hair color. As Elizabeth Lamont discovers, injectables take the rap when the culprit may be the scalpel

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YOU'LL WANT**

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**WHAT DO
SAY ABOUT**

Yoko Ono was blamed for the breakup of the Beatles; fast food chains are held responsible for this country's obesity epidemic; weathermen get heat when it rains. The latest scapegoat? Botox and its fellow injectables, all too often wrongfully accused of being behind every overdone face in Hollywood.

COMFORTABLY NUMB

Relatively safe, temporary, and largely stigma-free, Botox may be the victim of its own runaway success. "The marketing goal was to make the public believe that Botox can fix all aesthetic imperfections. And it was successful," says Babak Azzizadeh, MD, a facial plastic surgeon in Los Angeles. "When people see a celebrity who 'doesn't look right,' many incorrectly assume Botox, not bad plastic surgery, is the cause.

"Even my savviest patients can get confused," he adds. "At least once a month, someone asks me to give her bigger lips with Botox." But Botox will not add volume to lips—or to any area of the face. "It's a muscle relaxer, so no matter how much a person gets, larger lips will never be the outcome." (The most reliable lip plumpers are fillers, such as hyaluronic acid or collagen.) Doctors inject Botox around the mouth to minimize vertical lines, although too generous a dose can immobilize the upper lip and "prevent you from making a puckering motion when you talk," says Doris J. Day, MD, a New York City-based dermatologist. "It's better to inject it on either side of the chin."

The placement of Botox can be more important than how much one receives. "I have an animated conversation with my patient first to see the kinds of expressions she makes," Day says. "When you look in the mirror you see your face at rest, but the rest of the world sees you in motion. To make it look natural when you talk, you want to soften the emotions—not erase them."

**JENNIFER
LOPEZ**

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BEEN DYING
TO ASK

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