



Dear Long Island Image Magazine,

**PICK ME ... PICK ME...**

Wow, I want to begin by saying that I just love, love reading LI Image Magazine.... I find myself anxious for each and every issue to come out. The advice and articles in each issue has influenced me in such a way to begin taking care of ME.....and not everyone else before myself.

I am a 47 year old woman who, let's just say, had her share of stressful times in her life. Sure we all do, but this is now about ME ... :) I was divorced back in 2005 after a marriage that lasted 20 years. I have two children, my son Richard who is 22 years old and my daughter Marissa is 16 years old. After my divorce, I struggled financially since I didn't get much help at all from the ex. This still continues but I guess after all those years eventually you realize, unfortunately, that some things just will not change and acceptance kicks in. Although that doesn't keep the stress of the situation out of your life, or most importantly off your face, as in wrinkles and that constant stressed look, I realize it's time for a much needed improvement in that area. I "doggy ear" all the pages in the magazine of procedures that I wish I could have, but it's only a dream since financially I can't swing it. My daughter is in private high school which is an added expense and just the expense of living never ends, priorities must come into play. My son, Richard is a sailor in the U.S. Navy since 2007 and although I am very proud of him and miss him a great deal, the stress of him leaving home and stationed overseas in Japan for 3 years also contributed to the stressed out-aged look on my face. He'll be home for the holidays this year for a month and I want to show him his new and improved younger glowing mother :).

I would love to win this beauty makeover since I feel the before and after look will be noticeable and will make me feel 110% good about ME and that ME will finally come before other issues in my life. Feeling good about yourself reflects in every aspect of your life and that would be a positive influence on others, not to say a major self-confidence boost. If I am not chosen, there is no way I can ever afford to have any of this work being offered done and my self-confidence level will pretty much remain the same. So, I'm ready!!!! Just say the word and I'm there!... Thanks so much to your magazine for offering all the information to your readers on all medical issues, procedures and physicians in our area that are readily available, the resources are great! It's truly a great read... Thank you for giving your readers the opportunity to better their lives.

Sincerely,  
Laura Ferris  
Roslyn, NY

# MY IMAGE Makeover EXPERIENCE



By Laura Ferris

While having my coffee early one morning a few weeks back my telephone rang. I answered it and received the most surprising news. It was Donna Halperin, Editor-in-Chief of IMAGE Magazine. She gave me the greatest early Christmas gift anyone can ask for: I was selected as winner of the IMAGE Makeover Contest that I had entered.

I just couldn't believe it – I had never won anything like this before. My day began on an excellent note that morning, and only got better as Donna and I scheduled the appointments to begin my makeover.

My first visit was to Dr. Wayne Wertheim of Advanced Laser of Long Island for a consultation. He and his staff were very warm and supportive, and made me feel very comfortable. After listening to my concerns, evaluating me, and taking medical photographs, Dr. Wertheim advised me of the procedures I was going to receive, and thoroughly explained what to expect from them. I felt very confident and knew I would be at ease in his hands.

Our plan of action was to begin with a laser peel and fractional laser therapy to soften the irregularities of my complexion and my fine lines and wrinkles. This would be followed by Botox for the lines on my forehead and between my eyes, and Radiesse and Juvederm for the lines and wrinkles on my lower face as well as lip enhancement. The day of the laser procedure I was a bit nervous, but as soon as I stepped into the door of their office the staff helped me feel calm and relaxed. The peel and fractional treatment took about 2 hours (I sat had coffee and watched TV in the procedure room for an hour while the topical anesthetic took effect), and was not bad and not at all what I had feared.

I stayed indoors for the next couple of days (I didn't want to frighten friends or neighbors) and followed the directions given to me. My mind was focused on the final outcome. Within a few days my face started to heal. The laser fractional therapy alone has changed my complexion immensely. My skin feels so smooth; my "age spots" are gone and the sun damage is reversed. The best part is that Dr. Wertheim told me that my skin will continue

improving even more over the next several months!

A couple of weeks after that I went back for my Botox and facial fillers. I was fearful that I would look “fake” or “done,” but I was reassured that I would look “natural, relaxed, and rested” (not to mention younger!). Radiesse was used to fill my nasolabial folds (smile lines) and restore my jaw line. Dr. Wertheim injected Juvederm into my upper lip as well, since it was very thin and undefined, and again he reassured me that I wouldn’t look like a fish.

Though I was scared after looking in a mirror right after the injections, I was told that what I was seeing was swelling and would be gone shortly. They were right – the next day I saw the effects of the fillers (younger looking – no deep lines and sexy lips!), and 4 days later the Botox kicked in. The results were truly amazing. I have gotten so many compliments, and it’s a wonderful feeling. What a perfect time of year for a makeover: New Year, new me! I want to thank Dr. Wertheim and the entire Advanced Laser staff for taking such great care and guiding me through each step of the process.

My next stop was to DeFranco Spagnolo Salon and Spa in Roslyn. My hair is naturally very thin and the color was mousy brown. Nicole, my colorist, changed all that for me. She colored my hair a rich brown and applied a glaze to give it a beautiful, healthy shine. She treated me to extensions as well, so my hair looked thick and I felt like I had a full head of hair for the first time in my adult life.

After my hair was colored I was escorted to Jeanine for a cut and style. She did a terrific job and gave me an updated look, blending my real hair with the extensions. Feeling like a queen already, Lana took me by the hand to her cosmetic boutique at the salon and applied my makeup. She used her artistic talent to transform my face – I felt younger, fresh, and newly confident.

The staff at the salon was so friendly and just as excited for me as I was. Getting rid of those grays just makes you feel so young and revived. I want to thank DeFranco Spagnolo



Laser Therapy at Advanced Laser



Dr. Wayne Wertheim injecting Radiesse



Kettlebell workout at Ironworks FE



Body Massage at Vita Medical & Laser Spa



Hair cut and color at DeFranco Spagnolo



BriteSmile teeth-whitening at Bayside Dental Associates



Make-up by Lana at DeFranco Spagnolo

Salon for the extraordinary job they did on my hair and the unbelievable makeup lesson.

Right after the New Year, Donna escorted me to the next stop on my journey. I visited Ironworks FE, where I had a kettlebell training session with both Chris and Rick. I have never worked out with kettlebells before, and boy, I can tell you it is some workout. All my muscles in my body were working, and I felt energized and invigorated. I am eager to begin my month membership and start getting into shape. I was happy that my body massage was the next place I was taken.

After my workout I went directly to my one-hour total-body massage with Mary Ellen of Vita Medical & Laser Spa. It was an amazing experience. I suffer from recurring lower back pain, and I can tell you I walked out of there with no pain. She knew exactly where my pain was, and seemed so knowledgeable about my body and how to care for it. Mary Ellen gave me some therapeutic exercises to do that focused on my lower back pain, and I have been following her suggestions since. Thank you Mary Ellen for a much-needed massage after the holidays!

My makeover concluded with my trip to Bayside/Mid Island Dental Associates for my Brite Smile Teeth Whitening treatment. The facility is state-of-the-art and just beautiful. I have never been to a dental practice like this before. Angie facilitated my Brite Smile, and she was gentle and explained each detail of the procedure. Although the procedure was lengthy, it was well worth it! My teeth were five shades lighter when I left. The hardest part was not being able to drink coffee for 24 hours but I made it through.

I want to thank IMAGE Magazine and its sponsors from the bottom of my heart for choosing me as their winner. This opportunity has boosted my confidence level so much and at the right time with the New Year kicking in! I feel so good about myself and I know that I can accomplish anything I set my mind to in 2010. Happy & Healthy New Year to All!

**IMAGE**