

MAXIMUM BEAUTY

closeup:
GET TO KNOW DR. M

.....

the SKINNY
on **FAT**

.....

BEAUTIFUL SKIN
HEALTHY HAIR

FALL 2010

MAXIMUM BEAUTY



Welcome to MAXIMUM BEAUTY!

Maximum Beauty is Stephanie Maxwell's online journal of beauty, health and inspiration. **Maximum Beauty** is an informative window into all things Maxwell Aesthetics: news about the body, the products and the incredible people who make us who we are. This journal is our way of passing along discoveries and ideas to our patients, friends and family. We look forward to publishing the journal as often as we have exciting things to share with you.

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STAY CONNECTED

Facebook is personal at Maxwell Aesthetics. We love to communicate **Fan-Only Specials**, provide education, share details about our practice, and interact with our patients.

Want to receive email updates each time there is a new issue of Maximum Beauty? Just fill out the contact form at our website...



STEPHANIE'S PICKS

STEPHANIE'S TIP

Clarisonic Sonic Skin Cleansing

will exfoliate the top layer to help your products penetrate deeper.



STEPHANIE'S STUFF

Dr. Kiss Lip Balm



STEPHANIE'S FAVORITE

Journee Bio – Restorative Day Cream. This is the most complete anti-aging day cream with PSP, antioxidants, hyaluronic acid, and UVA/UVB protection.



Moisturizers are necessary for maintaining healthy skin. Regardless of the formula, moisturizers allow the skin to trap moisture, preventing the skin from becoming flaky. A good day cream has to have excellent moisturizing properties in and an antioxidant to repair damage or growth factors to rebuild collagen also contains an SPF.



INGREDIENTS TO LOOK FOR:

Alpha Hydroxy Acids (AHA's): Work best for hydrating thick and sun damaged skin.

Glycerin: Present in almost all moisturizers, glycerin helps skin attract and retain its own moisture.

Squalene: A natural moisturizer obtained from plant sources, squalene penetrates quickly and typically doesn't have a greasy residue.

Hyaluronic Acid: Naturally found in the body, HA is one of the newer hydrating ingredients found in moisturizers.

Ceramides: Keep water retention at normal levels while protecting and lubricating cells.

Dimethicone: Seals in moisture and gives your skin some "slip".

INGREDIENTS TO AVOID:

Shea butter: Shea butter has been used for hundreds of years because it's rich in fatty acids and vitamins A, E, and F. However, it's better to use on the body than the face because of it's thick texture.

Waxes: Can lead to a false sense of moisturization.

Lanolin Oil: Can aggravate acne.

Mineral Oil: Cheap and easily accessible, mineral oil doesn't do much more than create a film which can trick your skin into thinking it's actually hydrated. It also clogs pores which may lead to breakouts.

STAFF SPOTLIGHT:

DONNA RUSSEL

LASER & AESTHETIC NURSE

FAVORITE HAIR PRODUCT:

Brazilian Blow Out Smoothing Cream. I love it to smooth fly aways!

MORNING RITUAL:

Start with Clarisonic & Neocutis Glycolic Wash, definitely using Lush's shea butter buffy bar to shave because I can skip lotion in the morning. The only makeup for the day is usually mascara, Lumiere eye cream and some gloss.

FAVORITE SPLURGE:

Shoes and bags. They always fit even after a weekend of margaritas!

COSMETIC PRODUCT MUST-HAVE:

Benefit's "Get Even" powder is great if you don't like to wear make-up, but need great coverage. Also, Nars Body Glow Tahitian Oil to add a subtle bronzing shimmer, it's great in the winter and smells so good, I even use it instead of perfume.



healthy hair

The hair you had as a child is probably not the same head of hair that you have now. Hair goes through changes over time. Hormonal shifts can be a factor as are genetics, stress and damage from styling tools.

One of the world's most powerful antioxidants, the amazing **Indian Gooseberry**, calms frizz and eases styling — leaving hair beautifully smooth, shiny and wonderfully healthy. Think of this treatment oil as vitamins for your hair.

STEPHANIE'S TIP



Put a few drops in your hands and run through the ends. Twist up in a bun at bedtime and wake up to sexy waves.

PICTURED — NEIL GEORGE INDIAN GOOSEBERRY TREATMENT OIL



HYPERPIGMENTATION HELPERS: LIGHTEN SPOTS

INVISIBLE ZINC TINTED DAYWEAR, more than just mineral makeup, a complete 3-in-one moisturizer, zinc sunscreen and sheer foundation for everyday high UV protection. Now available in two shades of sheer golden tint: Tinted Daywear Light for light/medium skin tone and Tinted Daywear for medium/tan skin.



BLANCHE SKIN LIGHTENING CREAM WITH MELAPLEX® helps disrupt the skin darkening pathway to visibly lighten dark discolorations in as little as 4 weeks.



THE ELASTIDERM DECOLLETAGE SYSTEM consists of 2 patent-pending technologies using Penetrating Therapeutics that are clinically proven to help restore healthy skin with a skin lightening complex and wrinkle reducing lotion.



THE VI PEEL contains a synergistic blend of power ingredients suitable for all skin types, dramatic results with virtually no pain, no skin preparation and little downtime. Reduce or eliminate age spots, freckles and hyper pigmentation — including melasma.



STEPHANIE'S TIP

Products that contain SPF are the first line of defense to prevent additional darkening. Also look for Vitamin C, Arbutin and licorice extract to fade spots.

CLOSEUP

DR. G. PATRICK MAXWELL

GROOMING

Moisturizer: Alford & Hoff Sirutin Activating Hydrating Cream

Shampoo: Neil George Intense Illuminating Shampoo

Soap: Kiehl's "Ultimate Man" Body Scrub Soap

Lip Balm: Lip Jao



Dr. G. Patrick Maxwell is a board-certified Nashville plastic surgeon who is nationally and internationally renowned for his achievements and advances in breast and aesthetic surgery.

Hailed as a visionary for his innovations and surgical artistry, Dr. Maxwell strives to provide his plastic and cosmetic surgery patients with superior-quality outcomes that combine the latest surgical advances with personal insight from his years of experience, helping a wide range of patients achieve their goals.

CLOTHES

Jeans: Rag & Bone

Sneakers: Nike Air Max

T-Shirt: James Perse

Dress Shirt: Etro



INSPIRATIONS

Favorite Discovery: Baker's Bay

Favorite Hotel: Blackberry Farm, Walland, TN.

Favorite Scent: Alford & Hoff

Favorite Accessory: Panerai Watch



HOME

Sheets: Frette

Fave Gadget: iPad

Car: Range Rover

Neighborhood Restaurant: Giovanni's/Burger Up/Margot

Luggage: Tumi



the skinny on fat

THE SKINNY on **FAT**

Most of us are searching for ways to get rid of excess flab. There are a number of ways to achieve results — from diet and exercise to liposuction — and everything in between.

THE TWO TYPES OF FAT: In the body, there is fatty tissue (adipose tissue) where fat cells reside. There are also different types of fat, each serving its own purpose.

FAT YOU CAN PINCH: Subcutaneous fat is the layer under the skin, or “body fat”.

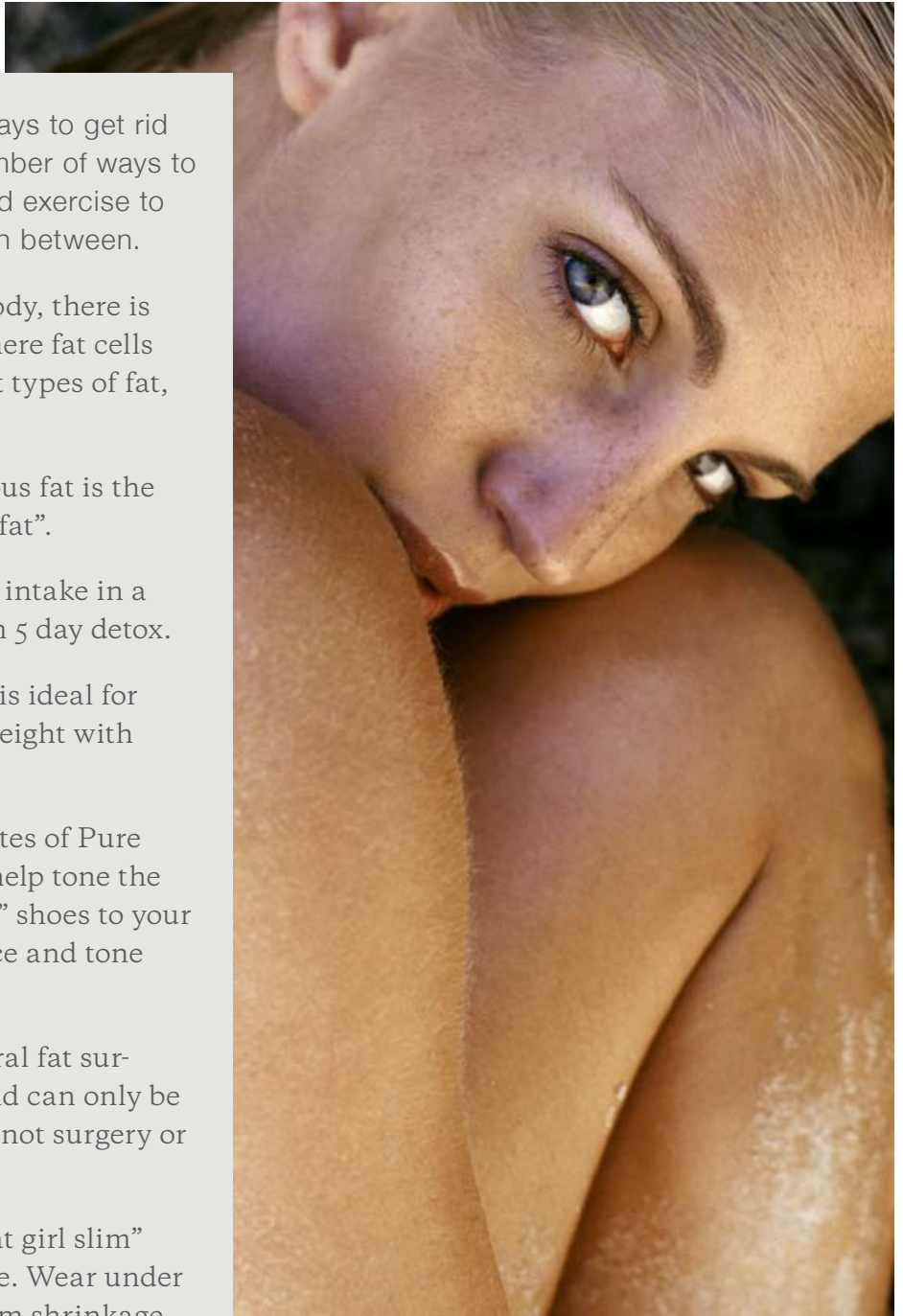
SHRINK WITH DIET: Limit caloric intake in a healthy way with David Kirsch 5 day detox.

REMOVE FAT CELLS: Liposuction is ideal for candidates who are an ideal weight with small, stubborn fatty deposits.

SHRINK WITH EXERCISE: 60 minutes of Pure Barre a day will burn fat and help tone the body. Add “No Gym Required” shoes to your cardio routine to add resistance and tone your lower body.

FAT SURROUNDING ORGANS: Visceral fat surrounds muscles and organs and can only be helped with diet and exercise, not surgery or nonsurgical treatments.

SHRINK WITH PRODUCTS: Bliss “fat girl slim” trio is a triple threat to cellulite. Wear under Soledia Slimming for maximum shrinkage.



4-D BREAST IMAGING

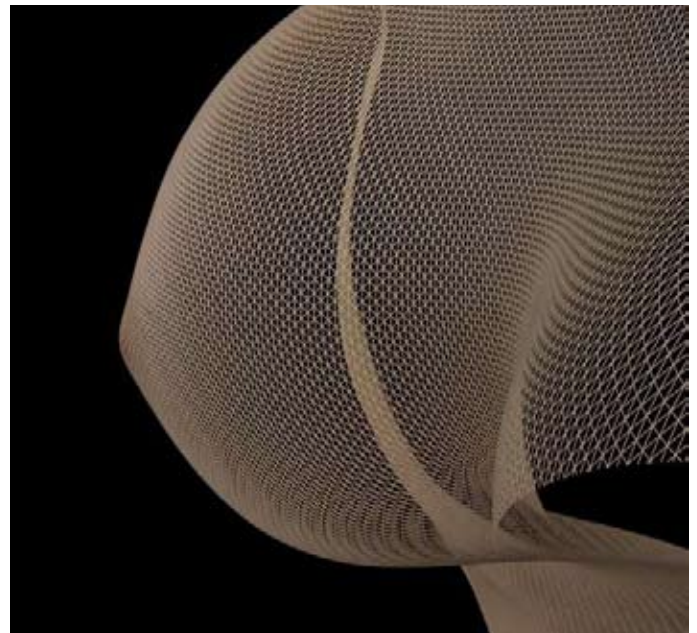
One of the most challenging aspects of breast augmentation is determining the size and shape of breast implants that will fit your body, as well as give you the result you desire.

Patients always want to know “How will I look?” Now it is possible for you to actually visualize your anticipated final form. Working with engineers and software experts in Silicon Valley, *Dr. Maxwell has invented and developed a state-of-the-art 4-D Imaging System that is the most advanced in aesthetic surgery.*

The new 4-D imaging system he is now introducing, better known as “Precision Light Breast Analysis,” sets a new standard in the breast aesthetic consultation. Now, you can see how YOU will look with specific implants! While this is not to be implied as a warrant of the surgical result, it does provide a visual communication aid for you to give Dr. Maxwell, allowing you to participate visually and actively in decisions that will affect your own body. In fact, the overwhelming satisfaction of patients who have utilized this system has led them to ask:

“How did plastic surgeons ever do breast augmentation consultations before this system was developed?”

In addition to outcome simulations, the “Precision Light” 4-D Imaging System captures all breast measurements, volume analysis, and bone contour irregularities, *enabling better surgical planning, to produce better outcomes.*

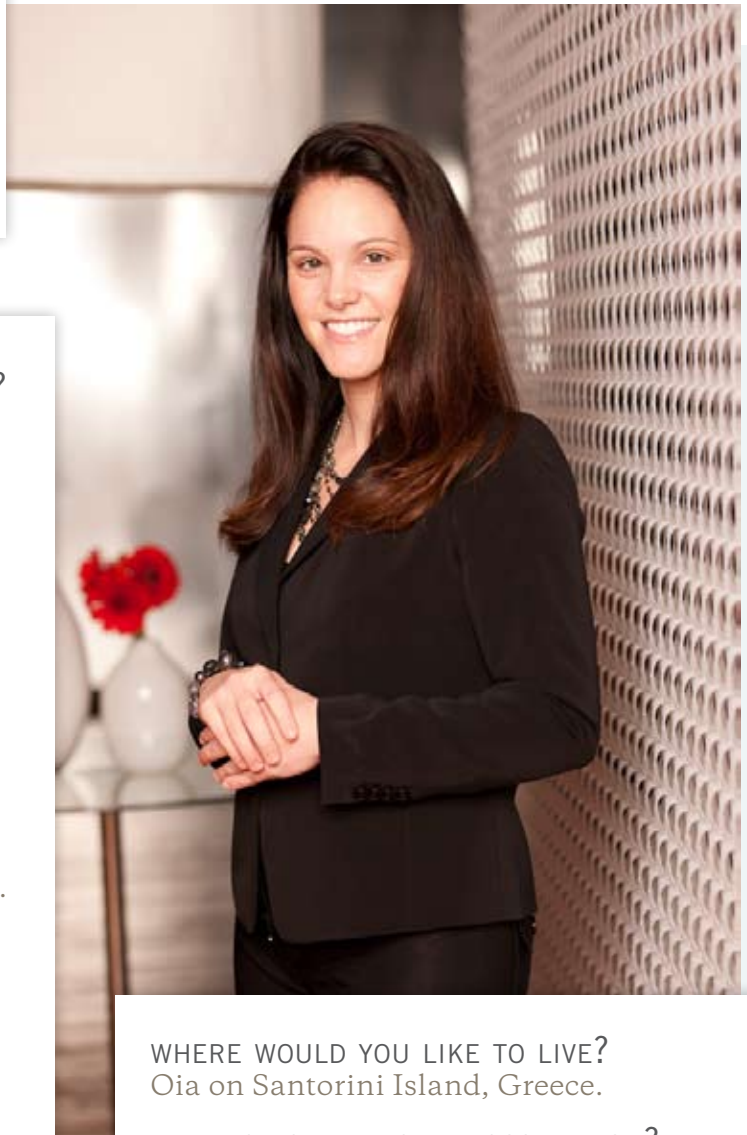


PIONEERING A BETTER WAY

In addition to designing breast implants used today (Natrell collection from Allergan), Dr. Maxwell pioneered current concepts used in breast analysis and aesthetic enhancement many years ago, when he developed the “Biodimensional System,” utilizing breast measurements, implant dimensions and tissue analysis to better plan breast augmentation and reconstruction.

CLOSEUP

DR. KRISTINA O'SHAUGHNESSY



WHAT IS YOUR IDEA OF PERFECT HAPPINESS?
Healthy family, spiritual and physical strength and the ability to help others achieve the same.

WHAT IS THE TRAIT YOU MOST DEPLORE IN YOURSELF? Unyielding self-scrutiny.

WHAT IS YOUR GREATEST EXTRAVAGANCE?
Technology.

WHAT DO YOU DISLIKE MOST ABOUT YOUR APPEARANCE? I wouldn't mind a few more inches of height as I dislike wearing heels.

WHAT IS YOUR GREATEST REGRET?
Not realizing earlier in life that its sometimes okay to say "NO".

WHICH TALENT WOULD YOU MOST LIKE TO HAVE? The ability to write and play music.

WHAT IS YOUR CURRENT STATE OF MIND?
Optimistic with an undercurrent of anticipation.

WHAT IS YOUR MOST TREASURED POSSESSION?
My two beautiful girls, Kiley (age 4) and Gabriella (one month).

WHAT DO YOU REGARD AS THE LOWEST DEPTH OF MISERY? Being alone, separated from the ones I love.

WHERE WOULD YOU LIKE TO LIVE?
Oia on Santorini Island, Greece.

WHAT IS YOUR FAVORITE OCCUPATION?
Reconstructive surgery and playing tennis.

WHAT DO YOU MOST VALUE IN YOUR FRIENDS?
Loyalty.

WHO ARE YOUR HEROES IN REAL LIFE?
My parents and all the courageous women who fight to survive and succeed (my patients make me a stronger person).

WHAT IS IT THAT YOU MOST DISLIKE?
Lack of appreciation and sense of entitlement.

WHAT IS YOUR MOTTO?
Always plan in advance, be prepared, and: on behalf of my more playful side...
GOOO GATORS!

Thank you for viewing.

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