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(Page 2 of 5)

Marita Hanson at Skin Magic Ltd., 333 East 56th Street, Suite 10N, New York, N.Y. 10022; (212)751-7546; \$150. Hanson's clients swear by her glowing glass wand. The tubular gizmo, attached to a radio-frequency machine, uses electrical stimulation to increase circulation and speed healing after a lift or liposuction.

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Hanson also performs lymphatic drainage and applies arnica- and protein-packed serums.

3. Plastic Surgery

AGE-APPROPRIATE FACE-LIFTS

Dr. David Rosenberg,

115 East 61st Street, New York, N.Y. 10021; (212)832-8595; www.drdauidrosenberg.com; surgical fees start at \$12,000. Leave the heavy lifting to the old guard. Rosenberg's

face, brow and eye lifts are so subtle and

the scars are so tucked away that patients can wear ponytails three weeks after an operation. This facial plastic surgeon performs a modified deep plane lift, focusing on the neck and on the jawline.

Dr. David Hidalgo,

655 Park Avenue, New York, N.Y. 10021; (212)517-9777; www.drdauidhidalgo.com; surgical fees start at \$10,000. Hidalgo brings the same artistry to his surgeries as to his drawings (several hang in his office). He prefers the SMAS face-lift, where the connective tissue under the skin is tightened (instead of just the surface). The former chief of plastic and reconstructive surgery at Memorial Sloan-Kettering Cancer Center, Hidalgo is also known for his elegant breast work.

Dr. Timothy Marten, Marten Clinic of Plastic Surgery,

450 Sutter Street, Suite 2222, San Francisco, Calif. 94108; (415)677-9937; surgical fee starts at \$12,950. It might take a week or two longer to heal from a Marten face-lift, but that's only because he usually combines it with a fat transfer. The process yields a particularly soft, youthful look that he says is worth the wait. Marten prefers a layered SMAS approach, a technique in which the connective tissue is separated and lifted independently from the surface.

Dr. James Stuzin,

3225 Aviation Avenue, Suite 100, Miami, Fla. 33133; (305)854-8828; surgical fees available upon consultation. Stuzin hates nothing more than the wind-tunnel look and has devoted his career to perfecting face-lift techniques that don't distort. He refuses to use cheek implants and helped pioneer the extended SMAS, in which the connective tissue under the skin is folded over to build volume in the cheek area. He operates on just one patient a day.

RHINOPLASTY REVISIONS

Dr. Nicolas Tabbal, 521 Park Avenue, New York, N.Y., 10021; (212)644-5800; surgical fees start at \$7,500. "With every nose I do, I get better," says Tabbal, who has operated on thousands in his 25-year career. Revisions account for about a third of his practice.

Dr. Dean Toriumi,

60 East Delaware Place, Suite 1460, Chicago, Ill. 60611;

(312)255-8812; www.deantoriumi.com; surgical fees start at \$6,000. Rhinoplasty is the most difficult plastic surgery, and Toriumi loves the challenge. "Secondary rhinoplasty is unusual in that when you open the nose up, you have absolutely no idea what you're going to find," he says. Toriumi, a facial plastic surgeon at the University of Illinois at Chicago, is known for his natural-looking bridges and tips and exacting reconstructions.

Dr. Mark Constantian,

19 Tyler Street, Suite 302, Memorial Medical Building, Nashua, N.H. 03060; (603)880-7700; www.drconstantian.com; surgical fees start at \$7,800. Constantian takes the tough cases - scarred tips, bumpy bridges, breathing difficulties and worse - and rebuilds the underlying structure.

Unlike many of his colleagues, Constantian performs only "closed" surgeries through the lining so that he can see the surface of the nose as he works.

Dr. Jack Gunter, Center of Excellence for Cosmetic Surgery, 8144 Walnut Hill Lane, Suite 170, Dallas, Tex. 75231; (214)369-8123; www.drjackgunter.com; surgical fees start at \$10,000. Gunter is a pioneer in the field of secondary rhinoplasty, credited with advancing grafting techniques. Dallas's Dr. Nose performs "open" operations - wherein a small incision is made across the skin that separates the nostrils and the skin of the tip is lifted - because they allow direct vision of the area. He counsels patients to expect improvement, not perfection.

EYELID LIFTS

Dr. Glenn W. Jelks,

875 Park Avenue, New York, N.Y. 10021; (212)988-3303; www.jelksmedical.com; surgical fees for lower lids and upper lids each start at \$3,500. Considered New York's premier eyelid expert, Jelks has done some 5,000 lepharoplasties. His "no touch" lower-lid technique, where the muscles are tightened and repositioned but not cut, causes fewer complications, he believes. Jelks is board-certified in both plastic surgery and ophthalmology.

Dr. Steven Fagien,

[< PREVIOUS PAGE](#) | [1](#) | [2](#) | [3](#) | [4](#) | [5](#) [NEXT PAGE >](#)

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