



Look Good For the Holidays When You Don't Have Time and Don't Want Surgery: Quick 1-2-3 Makeover

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NEW YORK, Nov. 12, 2013 /PRNewswire/ -- Do you want to look your best for the holidays but are short on time and don't want surgery? Everywhere you turn, someone will be snapping your photo, and capturing your image, and perhaps even posting it...in real time! Will your appearance be photo-ready? Or, does the thought of your image frozen in time on your holiday card make you wish you could turn back the hands of time? Even if your winter schedule is already packed with bountiful days of holiday shopping and evenings of soirees and benefits, you can! It's not too late. To look your best for the holidays – when time is limited and surgery is not an option – try the 1-2-3 Holiday Makeover for natural and noticeable changes without downtime. It takes about an hour, and the only thing more precious than time is you!

It's as easy as 1-2-3...

1. Get rid of frown lines and neck lines; smooth a furrowed brow or a dimpled chin; and, lift drooping lids with **Botox, Dysport, or their newest relation, Xeomin**.....*estimated time: 10 minutes*
2. Wipe out angry lines; restore deflated lips and cheeks; and, redefine your jawline with **Restylane, Perlane, Radiesse, Sculptra, or Belotero**.....*estimated time: 20 minutes*
3. Tighten the muscles of your face and neck with a micro current facial which uses bio-electric energy to passively and painlessly "exercise," tighten, and lift the muscles of the face and neck.....*estimated time: 30 minutes*

If you are in New York, steps 1 and 2 can be done by NYC Celebrity Facial Plastic Surgeon, **Dr. Michelle Yagoda** (or, if you are elsewhere, by your facial or general plastic surgeon or dermatologist) in the office. Step 3 can be done by a licensed aesthetician. When choosing your experts, remember that while a licensed aesthetician may work in a doctor's office or spa, a doctor may not legally work at a spa. In fact, in some states, a physician's license can be revoked if he or she is caught practicing medicine within a corporate environment. If you choose to have a spa doctor – who may not be a specialist -- provide your injections, and something bad happens, you will likely not be covered by the doctor's malpractice insurance because it usually only covers medical care provided in a private or group practice location. So, when you want to look your best for the holiday, but you are short on time and don't want

surgery, choose the 1-2-3 Holiday Makeover and select a reputable team! Then get ready...you won't believe your eyes!

Rapid results. 1-2-3.

About Dr. Yagoda

Dr. Michelle Yagoda, one of NYC's most respected female facial plastic surgeons, is an attending physician and clinical instructor at Manhattan Eye, Ear, and Throat Hospital, Lenox Hill Hospital and The New York Eye and Ear Infirmary. Dr. Yagoda uniquely practices an integrative approach to health, wellness and beauty. She understands the key importance of internal health and wellness, including mental wellness, on external beauty. Dr. Yagoda offers a combination of natural, holistic and alternative therapies as well as more traditional surgical and non-surgical procedures. She and her clinically proven beauty supplement have appeared widely on television and in print.

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