

## Five 5 minute beauty secrets for the holidays.

By: Linda Covello, December 23<sup>rd</sup>, 2011

Holiday time is that part of the year to party every night, catch up with old friends and new, and eat, drink and generally let your glam self make merry till all hours. The downside to the merrymaking, however, is that the evidence of all that revelry can show on your face in the bright winter light of day. Those pouches and little crow's feet around the eyes, dry or blotchy skin caused by fatigue and dehydration, and the loss of color and resilience in the skin.

Fortunately, **Dr. Michelle Yagoda**, a facial plastic surgeon and otolaryngologist on New York's East Side, is a doctor who is also a lot like a super in the know best girlfriend. And she is happy to share her secrets for rejuvenation and lasting beauty that are non-invasive and easy. Here are Five 5 minute beauty tips she recommends that can be squeezed in at lunchtime before the next holiday party.

1. Use Dysport, a Botox competitor, to treat crow's feet. Dysport is an injectible treatment that is made from the same neurotoxin as Botox. It diffuses a little farther from the injection point than Botox, so fewer injections are needed. Make sure you choose a very skilled health professional to administer Dysport or Botox.
2. Pump up your pout with Restylane, recently FDA approved for lips. Restylane is a non-animal based hyaluronic acid (a natural sugar compound) that is administered in the doctor's office. Results are fully evident immediately. Restylane has a success rate for reducing or eliminating deep wrinkles that cannot be accomplished with other procedures.
3. Have a 5 minute "lunchtime" chemical peel to improve the skin of your face and décolleté. The lunchtime peel is a combination of glycolic, salicylic and/or lactic acid. It shrinks the pores; treats acne; tightens and brightens the skin; refines the texture; and, erases age spots, sun spots, fine lines and wrinkles.
4. Use injectible filler Perlane to define the jawline and get rid of jowling. Perlane is a dermal filler gel made of the same natural substance as Restylane, hyaluronic acid. The difference is the size of the particle (Perlance contains one more hyaluronic acid). Perlane does a better job of filling deep lines while Restylane is used on thin lines.

5. Try a BeautyScoop cocktail to improve skin, hair, and nails. A natural, organic, clinically proven breakthrough beauty supplement, this edible accessory was created by Dr. Yagoda and world renowned chemist and inventor, Dr. Eugene Gans. It is rich in peptides and lipids – the extra-nourishing building blocks your body needs to boost its own regenerative powers.

Beauty Scoop Special Holiday recipe: **DECADENT WINTER GINGERBREAD & PEAR SMOOTHIE**

Ingredients:

- 1 ripe pear, peeled, cored and quartered
- 1 1/4 cups ginger ice cream
- 3 tbsp. heavy cream
- 1 packet **BeautyScoop**<sup>®</sup>
- 2 gingerbread cookies, crumbled

Preparation:

Place all the ingredients except the ginger cookies into a blender and blend for 1 minute. Add 1 packet of **BeautyScoop**<sup>®</sup> into the blender and blend for an additional 1 minute. Pour into a glass and top with crumbled cookies. Serve immediately! For a BOOZY treat, add 2 tbsp. of Poire William to the other ingredients before blending!

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