



# Face Facts

The skinny on fat, fillers and food from a top New York surgeon

New York plastic surgeon **Robert Schwarcz, MD**, is the man behind some of Hollywood's most ageless faces—and *Watch!*'s go-to guru. He answers all of our burning beauty questions ...



Robert Schwarcz, MD

**Watch!** What are some quick procedures that will help me look refreshed in time for holiday parties?

**Robert Schwarcz, MD:** A few weeks before a big event, do a combination of in-office peels and use an at-home retinol cream to help rejuvenate and make skin glow. One week out, schedule Botox to lift the forehead and smooth wrinkles.

**Watch!** If I have fat removed through liposuction, will it reappear elsewhere?

**Schwarcz:** No, but if you don't maintain a healthy lifestyle and diet, you will regain weight in that area because the fat cells you have left will simply grow larger. Diet is critically important to maintaining a trim waistline and optimal skin quality. I tell my clients that diets should be tailored to their lifestyle. For example, I've been a vegan for four years and that works for me; my energy is up and my cholesterol levels are great. But some people need to avoid soy, wheat and other allergens. You have to figure out what's right for you.

**Watch!** What do you think of longer-lasting fillers like Sculptra and Voluma?

**Schwarcz:** I love them—there's a definite home for them in the face. It's important to have a full arsenal of fillers to choose from, since there are so many different needs on the face. I routinely use them in areas where I want to return volume and have a lifting effect, such as the midface, the temples, the area under cheekbones and along the jawline. Voluma should last close to two years. Sculptra, if done correctly, will last at least 18 months and it triggers your body to create collagen. **U**



## EDITOR'S PICK

### PRECIOUS METALS

The latest beauty products are infused with gold, copper and diamonds



Guerlain **L'Or Radiance Concentrate 24k gold gel primer** boosts hydration.



Osmotics' new **Blue Copper 5 Prime Moisturizer** features a copper-peptide combo that combats sagging and wrinkles.



Beyoncé favorite Natura Bisse's **Diamond Crème** is touted for its light-reflecting properties.