

THINK

NEW
YEAR
new
you

*Schools
ahead
of the
Curve*

Winterfest
Rocks
the *Red
Carpet*



**HELIO
CASTRONEVES**

*Dances with
The Indy Stars*

January 2013 \$4.99 US

45



7 05105 28885 7
THINKMAGAZINES.COM

THINK HEALTH+BEAUTY



NEW
year
NEW
you

ADVICE FOR A HEALTHIER YOU IN 2013

There's something about changing a calendar to the New Year that gives us pause and makes us contemplate — even for a moment — what we can do differently this year. Here, we have asked area doctors and health specialists to share their wisdom for a more beautiful you, both inside and out.

A photograph of a woman's back, showing her waist and midsection. She is wearing a red bikini. The background is a bright blue sky and a sandy beach. The image is overlaid with several white rectangular boxes containing text. A thin orange line is drawn across the woman's back, starting from the top right and extending towards the bottom left.

FRESHEN

YOUR LOOK

WITH MINIMALLY

INVASIVE

TREATMENTS

Transitioning to a new year means a transformation for many people, said Dr. Ryan Greene, who is a double board certified facial plastic surgeon and a fellow of the American Academy Of Facial Plastic and Reconstructive Surgery. He is board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery.

While surgery is an attractive option for some over the holidays, minimally invasive treatments such as fillers and laser resurfacing are equally as popular. Many patients choose to undergo fractional laser resurfacing, which is one of the best ways to make a big impact by revealing more youthful skin. Another popular treatment is a laser facial, which helps to remove brown spots, small blood vessels and other elements of sun damage with no downtime.

Finally, the emergence of CoolSculpting has given patients an excellent way to non-invasively remove fat and improve their look before South Florida heats up again. Dr. Greene offers the only CoolSculpting Center in the West Broward areas serving Plantation, Weston, Coral Springs and Pembroke Pines. CoolSculpting is the coolest, most innovative, non-surgical way to lose those annoying bumps and bulges of stubborn fat. This revolutionary technology targets and cools unwanted fat cells in the selected area to induce a noticeable, natural-looking reduction in fat bulges.

.....

DR. RYAN GREENE, MD, PHD

Facial Plastic Surgery

4900 W. Oakland Park Blvd, #300, Fort
Lauderdale; 954-651-6600; DrRyanGreene.com;
BodySculptFL.com.