

THE URGENCY TO LOOK YOUNG — FAST

TIFFANY HOLLIDAY MAKES DREAMS COME TRUE

STORY Suzanne Takowsky **PHOTOS**
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WITH A BACKGROUND IN AESTHETIC NURSING; TRAINING WITH THE BEST LASER AND INJECTABLE SPECIALISTS IN THE COUNTRY; AND WORKING WITH THE MOST NOTED PLASTIC SURGEONS IN BEVERLY HILLS AND BEYOND... TIFFANY GIVES UP A FEW NOT-TO-MISS TREATMENTS FOR THE AGING-FACE.

Tiffany came to Los Angeles 14 years ago looking for glitz and glam and fame and fortune and... found it. Raised in a multi-cultural family in San Diego, she was enjoying all the perks of a successful modeling career, when she got the urge to take this "beauty" thing to the next level. Going beyond the illusion makeup creates, Tiffany decided to dive into the nitty gritty of skin care and anti-aging to help her, and her model friends stay looking younger longer. But finding answers to Fountain of Youth questions isn't easy. After researching anti-aging treatments, she was so intrigued with reversing the aging process, that she ditched her modeling career and entered the aesthetic nursing field. As it turns out, her interest in medicine was no accident. Her stepfather was a doctor and, she remembers being fascinated by the practice of medicine since childhood. Plus, during college, she worked for a prestigious plastic surgeon in Beverly Hills, where an interest in reversing the aging process peaked as she discovered the miraculous world of cosmetic surgery and non-surgical anti-aging options. Today, with a booming aesthetic skin care and anti-aging practice, Tiffany has offices in Beverly Hills and Westlake Village where she assists patients down a coveted path to skin longevity, and a more youthful appearance.

"I work in an industry always on the cutting-edge of new advancements to fight the aging process. I have to give credit to the incredible aesthetic procedures out there, and the talented plastic surgeons I work with who do a spectacular job." Tiffany trained with some of the best plastic surgeons and laser specialists in the U.S. Last summer, she traveled to Brazil, to work along side of a world famous plastic surgeon, and says it was the experience of a lifetime.

"It was so exciting and I learned so much. While there, I studied with one doctor, Dr. Almir Nacul, a world-renowned plastic surgeon and inventor of Bioplasty (soft tissue augmentation with fillers). In Brazil they use some permanent fillers on the face and body that we don't use here in the U.S. I do many of the same procedures, but I use Sculptra to revolumize areas on the face because it's one of the most long-lasting fillers on the market.

**Fractional resurfacing • Mesotherapy
Peels • CO2 Resurfacing • Intense Pulsed Light
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Laser Hair removal • Tattoo Removal
Luminis Lightsheer Duet • Luminis One
Alma Soprano and Palomar • Sclerotherapy
Hispanic, African American, Native American,
Asian, Middle Eastern Skin Treatments**

ST: You look flawless. Do people value your opinion more because of the way you look?

Tiffany: The concept of beauty is in the eye of the beholder. Some patients know about my modeling career and, appreciate my experience in that field of beauty. They feel I'm more current on beauty trends which I am, it's my passion. I do get compliments on my skin, and I put great effort into taking care of myself. I believe that both the "inside" and "outside" are equally important when it comes to anti-aging. I understand the different stages of aging, and the newest fillers and skin resurfacing treatments, and they are miraculous if they are done properly. The success of what I do is dependent on following the exact specific guidelines for each client's individual look and her/his specific needs and wants. I pride myself on using a conservative approach."

Through many years of experience and a roster of patients whose business is to look red carpet perfect, Tiffany knows the ins and outs of what she does better than anyone. She says that there is something for everyone that can achieve what they want. And, she wants results to last as long as possible. Longer lasting results in one area allows patients to move on to the next area.

"Patients get what I call patient fatigue. They get the same area treated with the same filler over and over. This is an anti-aging counterproductive vicious cycle for those watching their bank balance. The aging face requires work in numerous areas. If patients spend their limited funds on the same area all the time, they can't move onto other areas of concern. Volume loss is a big challenge for the aging face. I prefer products such as Bellafill and Sculptra that can produce maximum aesthetic results that lasts for five years or more.

ST: I don't care what kind of magic filler it is, no woman in her 50s/60s is going to look 25 again. What's wrong with looking fabulous for your age?

Tiffany: I agree. I don't treat older patients with the same techniques I use on patients in their 20s. The success I have had with fillers, and anti-aging treatments starts with a perfect understanding between my patients and myself. I find out what they want; we discuss realistic expectations for what they can get. We work towards one goal Thankfully, they listen to my advise on what is the best path to achieve it.

ST: What about permanent vs. temporary fillers?

Tiffany: I don't advocate silicone. It can migrate to other areas and the only way to get it out is surgically excise it. An extremely qualified plastic surgeon that I trust has put droplets of silicone in the faces of my patients who have fast metabolisms and glandular or thyroid problems as they experience rapid absorption of regular fillers. They're very happy with the results. Bellafill (PMMA dermal filler) is long-lasting and though not marketed as permanent, has elements that are permanent with results that can last up to five years.

ST: Do ethnic skin types need special treatments?

Tiffany: There are alternative and same type paths to follow if a patient has ethnic skin. Darker pigments are not as susceptible to sun photo damage and some skin cancers. But darker pigments have greater incidents of hyperpigmentation, keloids and hypertrophic scars. Therefore there are parameters to consider when selecting the best modality to treat various ethnic skin concerns. Namely pertaining to laser treatments, peels and the like

ST: Let's talk about your new skin care line.

Tiffany: My skin care line centers on hydration. We face non-stop elements that permanently damage our skin. Pollution, direct sun, bright, artificial lighting, medication, genetics, poor skin products, and lack of hydration. Fillers, skin resurfacing and plastic surgery can make a difference, but what about for every day? Only accomplished skin care that is easy to apply gets the job done. And Hyaluronic Acid gets the job done. It's a miracle worker as a moisturizer and plumps up skin, reducing wrinkles and the effects of aging. My product line centers around Hyaluronic acid. It isn't harsh and doesn't irritate skin. I have buckets full of Hyaluronic Acid in my skin care products because it's a powerful humectant (moisture-binding ingredient) that keeps skin hydrated. I am thrilled to introduce this, and it will be available shortly.



ST: With years of experience getting people red carpet gorgeous, I'm certain you have a celebrity "know-all-list" a mile long of TinselTown hotties and what they have done or do, to stay looking fabulous – some stars never seem to age. Care to throw a few juicy newsworthy tid bits to help us regular folk cope by star association?

Tiffany: NOPE.

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"I see fillers as "buying time" when I'm creating a more youthful appearance. Clients come in with lines, sagging areas, or wrinkles they feel makes them look older. I can push back a face lift, or that nip and tuck five maybe 10 years. For an extreme case, I see fillers as an incredible "fix" rather than a permanent solution. Finding ways to treat the signs of aging is a very customized approach, and no two people require the same treatment."

Nefertiti Filler Face/Neck Lift: Non-surgical procedure using Botox or Dysport and targets platysmal bands (muscles) in the neck causing jaw/neck skin to sag. Platysmal bands in our necks shorten and pull on the jawline as we age causing a jowly look. Injecting specified Neurotoxin into these muscles can lift, tighten and lengthen the bands, improving the appearance of the neck and jaw line.

MicroSkin Needling: Minimally invasive procedure using a device with fine needles that puncture skin in controlled areas making way for PRPs (Platelet Rich Plasma) for deep layer absorption. Punctures trigger the body to fill the microscopic wounds by producing collagen and elastin, this improves texture/firmness, reduces scars, pore size, and stretch marks. See an immediate visible glow, vast improvement after 2-4 sessions, with scar correction being permanent, and fine lines and firmness improvement that lasts a year or more.

Drink Water With Dandelion Tea: My favorite beauty/weight loss trick I drink before all big events. Get dandelion tea bags (Whole Foods) roasted tastes best; put two tea bags in a gallon of distilled water, refrigerate. Next day take out tea bags, put in a few lemon drops for flavor; drink it all day. Drink one gallon for 5 days and lose a quick 10 pounds. Dandelion is a great liver detox, natural diuretic, blood detoxification and skin refresher.

Health & Aging: Bromelain is an anti-inflammatory Enzyme which aids with digestion, and helps with bruising as well. Grape seed extract is also recommended as it supports the circulatory system and helps prevent and heal bruising. Juicing regularly, eating that protein and fiber, and of course the all powerful beauty rest...and you should be well on your way to feeling and looking fantastic..

Skin Reboot: Take powdered vitamin C and mix it in a pot with Hyaluronic Acid serum (which I sell); clean your face and apply the liquid-like milky substance to your skin, and let it dry like a facial mask. Keep it on over-night. In the morning wash your face and you will be amazed that your pores are tight and skin is shiny and taut. This overnight skin rejuvenating trick of the trade is perfect for those special days when you need to look nothing less than spectacular. I have everybody I know hooked on this beauty trick.