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Summer Escape 2019
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Liya
Kebede
Model on
a mission

SUMMER LUXE FASHION

Sexy swimwear
Bold bangles
Sultry after-dark
dressing



the beauty memo

Your definitive health and
beauty intelligence
Edited by Newby Hands

SUNSHINE state of MIND

Ever wished you could hold on to that post-vacation vitality? Lock in a lighter mood with natural ways to feel more at ease – or, if you're seeking a deeper change, a sabbatical could be the reset button you need. So sit back, relax and enjoy the fruits of a summer well spent. You've got this

Photographer Jean Piereot. Fashion Editor Helen Broadfoot

Hat by Sandro, \$105, at Mr Porter. bikini bottoms by Adriani Degras, \$350, at Net-A-Porter.com

the body

BOOSTERS

From the latest injectables to the at-home regimes that work, *Newby Hands* finds that hard science equals fast results

It uses short-wave therapy [used in rehabilitation], plus photo-acoustic energy to break the fibrous bonds that cause

dimpling, while increasing lymph drainage, and tightening and evening out skin."

Injecting a new-generation filler that smooths out dimples in the short term and stimulates collagen in the long term, plus the FDA-approved muscle-firming Emsculpt, allows him to work on every level, from the skin down to tissue, fat and muscle. "Before, say, a St Barts vacation we do Emsculpt, some bio-stimulatory injectable filler and Unison."

*It used to be said that a summer body is made in winter because it takes discipline, exercise and healthy eating to get in good shape. Well, things may be getting a little easier and it's all down to what London doctor Galyna Selezneva calls "yacht treatments", so called because on-board invites often arrive last minute, "which gives us 10 days to get clients looking good". In response, clinics are upping the ante with non-invasive machines, injectables and techniques that deliver great (read: *visible*) results fast.*

It's an approach that New York-based Dr Paul Jarrod Frank has honed to such perfection, he often treats brides the day before their wedding. "A lot of body treatments have both short- and long-term benefits, but to maintain results you need to continue the sessions," he says. He also warns that, despite claims to the contrary, "there is no one great body treatment: you need a menu of treatments. I'll use radio frequency and ultrasound over two sessions, one week before a vacation, for firming and tightening". The Unison machine is his favorite "hot new cellulite treatment.