

## New Yorkers are already working on their beach bods

By Molly Shea

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Most New Yorkers breathe a sigh of relief in January — the holidays have passed, and the tourists are gone. It's time to hunker down and regroup before summer comes roaring in with its parties, late nights and overbearing sun.

Others, however, see the winter doldrums as the perfect time to overhaul their appearance. They start grooming for summer in the winter, turning to lasers, peels, surgeries and other treatments for brighter skin and a slimmer body. Some procedures take months to show results; some require staying out of the sun for days at a time, most easily done in winter. Here, locals and doctors spill on the steps they're taking.

### Nips and Tucks

When patients turn to surgery to lift sagging skin or remove cellulite, says [Midtown East dermatologist and cosmetic surgeon Dr. Misbah Khan](#), it takes time to see the final product.

"It's not like there's scarring, but sometimes the full recovery from buttocks-augmentation surgery can take a couple months," she says. If you want a bikini-ready butt in June, that means seeing Khan for the procedures, which cost anywhere from \$7,500 to \$10,000, in February or March.

Plus, says Khan, cold weather makes it easier to disguise any irritation or bruising from more invasive treatments.

"If a gentleman came to me wanting to get his neck done, I'll do it in the winter," she says. "By the time summer comes, he won't have to wear a turtleneck anymore, and he'll look fabulous, like he just lost a little bit of weight."

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The same goes for knee contouring, which Khan says is on the rise in her practice. The treatment helps legs look slimmer come summertime.

"You can wear pants or longer skirts without worrying about getting overheated — if you're wearing shorts or short skirts, you're not going to go through a knee-contouring procedure."

### Laser Hair Removal

**Mzia Shiman**, a New York-based aesthetician who preps Victoria's Secret models before the brand's annual fashion show, says clients come to her for laser hair removal ahead of every summer.

"I recommend [clients] come for their first session in October, since we cannot do laser [hair removal] on a tan body," she says. (The length of time needed varies from person to person, however.) Full removal requires six to eight sessions, which can run from \$300 to \$1,000 a pop, depending on the area, completed every four to six weeks.

Dayna Field, 27, is on her third round of laser hair removal, focusing on her face after zapping her bikini area and underarms over the last two winters. Field, who lives in Midtown and works in event planning, climbs into Shiman's chair each year "right after the summer, as soon as the tan's faded," she says. "It's changed my life."

Come summer, says Field, getting ready for the beach is a breeze.

"I don't have to worry about a bikini wax or shaving my underarms," she says. "I don't have to be self-conscious."

## **Brows**

While clients laser off their body hair, many use the quieter months to grow out their eyebrows.

"We're changing eyebrows from very clean and sharp, and trying to fluff them up," Shiman says. But that means forgoing grooming while new eyebrow hairs grow in, which can look messy. Most patients opt to change their brows when they won't be as social, says Shiman.

"The best time to do any of this is [early] winter, because if we're trying to grow eyebrows, it takes about three to four months."

## **Peels and Lasers**

At **Silver Mirror Facial Bar** on the Upper East Side, which offers no-frills facials, lead aesthetician Christina Collucco dispenses chemical peels (\$175 per session) to clients looking to brighten up any dark spots or scarring in time for summer.

She says the peels, which can leave skin irritated and sensitive, are best done in the winter when it's easier to stay indoors and be covered up.

"You'll have three days or so where you don't want to be in the sun at all," she says. "If you get sun exposure, everything will come back with a vengeance." For best results, Collucco recommends three to six peels roughly every month, starting in the late fall.

The same goes for lasers, a quicker, albeit pricier, means of clearing up dark spots. Kristen Pagano, 41, sees Khan for Fraxel and fractional CO2 laser sessions (roughly \$3,800 per treatment) about every six weeks during the winter, once her social life dies down for the season. By summer, she'll have completed four sessions.

"You don't really go out that much [in the winter], and I didn't want to be out and around people after my treatments — I'm usually a little red and a little swollen," says the nurse, who lives on the Upper East Side. By the time summer's social season rolls around, her skin should be brighter and free of pesky dark spots.

### **Noninvasive Fat Removal**

[Dr. Paul Jarrod Frank](#), a dermatologist and cosmetic surgeon based on the Upper East Side, says his patients — an even split between men and women — come looking for body-sculpting treatments to eliminate fat once winter hits.

"It usually takes until February to wake up from your holiday hangover, realize your resolutions aren't working and get a little money back in your pocket," he says. Then, patients will opt for noninvasive fat removal through new methods such as SculpSure (\$1,600 per area), which heats and eliminates fat in hard-to-trim areas in one session. A winter treatment means you'll see results by summer, says Frank.

"You have to rely on the body to metabolize fat," he says, "so it'll take six to 10 weeks to see that layer of fat gone."

That leaves just enough time to party through the summer months, gain a bit of weight and do it all again next year.

"I always say, I see clients who are repenting for their sins in fall and preparing for their sins in spring."

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