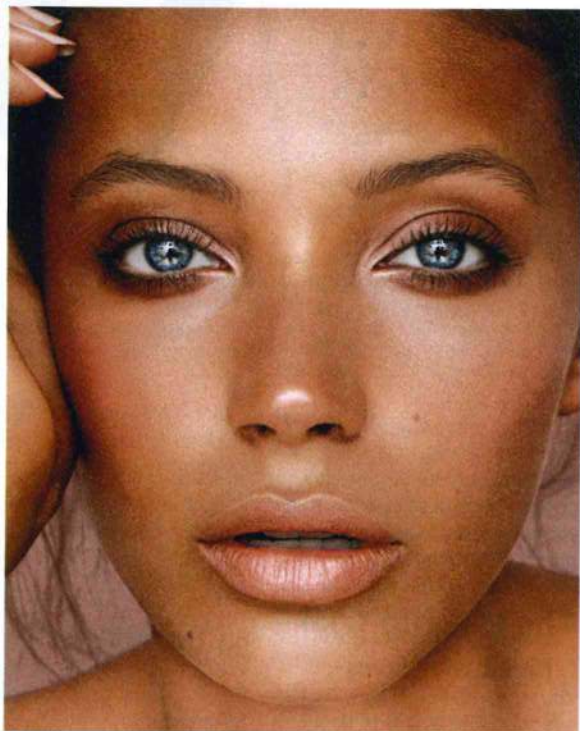


THE DOCTOR WILL FIX YOU NOW

We think you're perfect just the way you are—as does your fiancé! But if there's something you're really self-conscious about, chances are a doctor's solution can help. Many fixes take just a treatment or two, with minimal pain and downtime. Here, some popular cosmetic procedures to help you go into your big day with confidence. *Shh*, we won't tell. . . . **TEXT BY GINA WAY**



The No-Scalpel Nose Job

Known as "liquid rhinoplasty," this procedure uses hyaluronic acid (HA) filler to straighten out a slightly bumpy or crooked nose. "I inject micro droplets of a filler like Restylane under the skin along the bridge of the nose, then mold it into place," explains NYC plastic surgeon Melissa Doft. A small correction, it will instantly improve your profile. **COST:** \$800 to \$1,000 for a syringe of filler; half a syringe is typically enough (a surgical nose job starts at about \$12,000). **TIMELINE:** Six to eight weeks before. **LASTS:** Up to a year.

The Subtle Eye-Opener

This nonsurgical brow lift is done with a neuromodulator like Botox or Dysport. "I inject between the eyebrows and the outside edge of each brow," explains NYC dermatologist Amy Wechsler. "By relaxing the muscles that pull the brows down, you get an automatic lift-up, which also softens frown lines and the 'elevens' lines between the brows." To avoid a frozen look, ask for a minimal amount, and then schedule a follow-up appointment a week or two later to add more if needed. **COST:** \$500 to \$900 per area. **TIMELINE:** Six to eight weeks before. **LASTS:** Up to four months.

The Lip Plumper

Injecting a thin HA filler (like Restylane or Juvederm Volbella) into the lips can subtly plump a barely-there mouth. "Small changes are the way to go," advises NYC dermatologist Gary Goldenberg. "Lips should always remain in proportion to the face." Note: You may have minor bruising or swelling for a few days afterward. **COST:** \$800 to \$1,000. **TIMELINE:** Six to eight weeks before. **LASTS:** Six to nine months.

The Sweat Solution

Imagine: No clamminess or sweat stains on your wedding dress; no deodorant residue under your arms. Botox is a proven perspiration stopper for underarms, the upper lip, and the hairline (to nix a halo of frizz). "It works by temporarily blocking the nerve signals to the sweat glands," explains Wechsler. "I typically do 40 shots per underarm. While this sounds intense, it only takes about five minutes, and we use a numbing cream beforehand." **COST:** \$1,500 to \$2,000 for both underarms. Note: Botox is FDA-approved to treat hyperhidrosis (excessive sweating), so it may be covered by health insurance. **TIMELINE:** Six to eight weeks before. **LASTS:** Four to eight months.

The Fat Blaster

If crunches aren't making a dent in that belly pooch, or those jiggly arms and bra roll drive you nuts, you can actually freeze your fat away. CoolSculpting is an FDA-approved, noninvasive treatment that uses a process called cryolipolysis to kill fat cells, eliminating them forever. An applicator is vacuum-sealed onto the targeted bulge for 35 minutes. "It doesn't hurt," assures Laura Dyer, a physician assistant at Wechsler's office. "In two treatments, spaced four weeks apart, you can achieve a 40 to 50 percent permanent fat reduction in the treated area." This is not a weight-loss procedure, she adds, "so the best candidate is someone who needs a spot treatment." **COST:** Prices start at \$1,000 per treatment. **TIMELINE:** Four to six months before. **LASTS:** Indefinitely.

The Double-Chin Eliminator

While there are injections that gradually help dissolve the fat beneath the chin, "in my opinion, they can't attain the same results as one minimally invasive micro-liposuction procedure with a guaranteed result," says Doft. The area is numbed, then a tiny incision is made for the liposuction cannula, a superskinny tube, to go back and forth under the skin, suctioning out the excess padding, explains Doft. "You see the results immediately, but you may have some bruising and swelling for six to eight weeks afterward," she adds. **COST:** From \$3,000. **TIMELINE:** Eight weeks before. **LASTS:** Indefinitely.

SAFETY FIRST!

With any cosmetic procedure, seek out a board-certified dermatologist or plastic surgeon. A shot of Botox or a chemical peel may seem like an easy-peasy treatment you could get at a spa, but it isn't without risks, and should only be done at a doctor's office by a skilled physician or certified physician assistant who has successfully performed the procedure many times before.