

FIRST PERSON

BY JANETTE EWEN

Canadian celebrity Janette Ewen—she's a leading décor and lifestyle expert who has appeared on *CityLine*, *Canada Am* and *Breakfast Television*, and as a host alongside Ty Pennington on W Network's *Inside the Box*—tells us why getting injectables from a trusted doctor is a beauty secret she's proud to share.



I'M NOT SHY about any “work” I’ve had done. It’s no secret among my friends that I use Botox and fillers. What came as a small surprise to me is that many people who have seen me on TV and don’t know me intimately think that I’ve never had anything done. Perhaps this is because my face still moves, and I haven’t changed how my face looks.

clown-like eyebrows. (If you aren’t sure about the look I’m describing just tune into *The Real House Wives* of Beverly Hills.) When I see women looking like this I can’t help but stare at their “work”. I notice how the rest of their face doesn’t fit in anymore, and a good portion of me wants to offer them a bag of cold peas for their lips.


“ I’VE NEVER LIKED THE LOOK OF FAKE ANYTHING (KNOCK-OFF PURSES AND FURNITURE MAKE ME CRINGE) AND A FAKE-LOOKING FACE IS NO EXCEPTION. ”

And that’s because I’ve been working with Canada’s best-kept secret in the war on aging, Dr. Vera Madison, MD, of the Madison Clinic in Toronto. She’s amazing!

I’ve never liked the look of fake anything (knock-off purses and furniture make me cringe) and a fake looking face is no exception. You know the type: lips bursting at the seams, puffy faces, overstuffed high cheekbones, a frozen forehead and

Esthetic medicine isn’t for everyone. Not every doctor who works with injectables is going to give you a look you love. After all, working on someone’s face—shaping its contours, correcting aging—requires the skill of a physician and the eye of an artist. And this is why finding a medical professional who understands your face and the look you want to achieve from injectables is as important as a great

financial planner and an agreeable husband.

I met Dr. Madison about five years ago. What makes her so talented is her artistic eye: “I watch my patients carefully when I am talking to them, my eye is drawn to what has changed, what I’ll need to gently tweak to create a look that is beautiful, natural with movement,” she says. And I have to agree. She has given me a face I don’t mind looking at and still feels like me. 



HELLO, GORGEOUS!

Feel like you’re looking great lately? Why not admire yourself with this adorable mini compact (\$18, at Sephora) with magenta jewel detailing on the case? (It also comes in purple, clear and funky patterns.) A purse-to-party staple, it will make makeup touch-ups and lipstick checks a stylish breeze. Each jewel-topped mirror features both 1x and 3x magnification.—MSP



BLOOD LINES

A new take on conventional fillers, the latest rejuvenating skin treatment involves mixing your own platelet-rich plasma with Selphyl, a natural filler that promotes collagen production and tissue repair.

“This treatment is especially effective in treating fine lines, wrinkles and acne scars, and improving texture,” says Dr. Dimitris Motakis, MD, PhD, FRCSC, an esthetic and reconstructive plastic

surgeon in Toronto.

“It can also help improve the outcome of fat grafting because the idea is that we isolate the platelets from the blood, and we know these platelets produce a large number of growth factors that are involved in healing, growth of tissue and collagen production.”

The procedure takes about an hour. “We draw blood the same way you would if you were to give blood for an exam or test. We then centrifuge it for six to 10 minutes.” Next, the blood is injected under the skin. “You’ll start to see the results after six weeks, and they max out

after about three months.”

The effects lasts for about one to two years, says Dr. Motakis. “You’ll see fine lines improving, dark circles under eyes improving, and I think probably one of the nicest applications of this treatment is that it thickens skin under eyes, so you don’t see bluish discoloration or dark circles.” He also recommends Selphyl to address crepiness around the mouth and cheeks, and lines on the neck. “And it’s a great modality for hands, again, because it stimulates collagen and fills in tissue to plump up the area,” says Dr. Motakis.—MSP