



NEWBEAUTY

# Booty Call

The latest trend in butt enhancements is seeking Brazilian Butt Lift (BBL) alternatives that lift, tone and plump the derrière without the downtime or risks. Common treatments include the same gamut of modalities that help redefine other parts of the body: muscle stimulators; radio frequency, collagen-stimulating fillers, and new options for smoothing cellulite.

## Butt Builders

"I have found that the biggest concerns my patients have about their butts have less to do with shape and more to do with size," says Dr. Courtney. "Patients tend to actually want toning, tightening and lifting, and we have treatments now that do all of these things."

For a nonsurgical lift, muscle-builders like Ensculpt NEO and TruBody can increase definition to make the butt pop, giving it a higher, tighter look. The energy-based portion targets fat while electro-magnetic stimulation increases muscle mass. Multiple sessions may be needed and periodic maintenance can be done throughout the year to help results last longer than the expected six to 12 months.

"Sculptra always works to some degree, and results can last for a good year and a half," shares Dr. Allenby. A series of injections of the poly L lactic acid based filler is often used for the BBL alternative "Sculptra Butt Lift." The treatment is known to help retexturize skin and provide a foundation for more collagen to grow. "I always pair it with muscle-building to help strengthen the area so that it looks toned, plump and healthy."

## Texture Smoothers

To give skin a more youthful glow and improve its texture, Dr. Allenby also recommends a full-body professional chemical peel, which relies on chemical exfoliation from clinical-strength, concentrated ingredients like salicylic, trichloroacetic, lactic, and glycolic acids. "It can also help with lymphatic drainage because, as the practitioner does it, they use about 4 pounds of pressure with their hands. It really does help push all the liquid up and out into the lymphatics in the middle of the body."

## Cellulite Combos

When it comes to dimple erasers, two new FDA-approved options have entered the game: an injectable treatment and a high-frequency sound-wave device, both of which help break down the fascia to restore smoothness without downtime.

"Qwo is an injectable that is done over a period of three treatments," explains Dr. Courtney. "It helps to break up fibrous bands under the skin and gives a nice, smooth result." Side effects from the injections include temporary bruising, pain and hardness.

BEFORE



AFTER



This 41 year old patient leads a healthy lifestyle, but was unable to reduce her cellulite on her own. Dr. Allenby used Resonic to smooth dimples on the thighs and glutes.

"Resonic uses Rapid Acoustic Pulse technology, or sound waves, to break up fibrous bands," adds Dr. Allenby, who has seen impressive results with just one treatment alone. "You can treat large or small areas on any part of the body, which makes it versatile. It can be uncomfortable for some, but tolerable." These cellulite treatments are often combined with injections of Sculptra Aesthetic or microdiluted Radiesse, off label, to "fill in" areas of lax skin. New York dermatologist Ellen Marmur, MD says Renuva, an allograft adipose matrix, can also smooth contours and "pop out the dents."