

## Haute Beauty Experts Share Their Secret 'Pot of Gold' Treatments For A Rejuvenated Appearance

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As the emerald-clad festivities of St. Patrick's Day fade into memory, the pursuit of a refreshed appearance remains evergreen. In the search for youthful vitality and glowing skin, many treatments claim to uncover the beauty "pot of gold." From ancient remedies to cutting-edge technologies, the options are as diverse as the shades of a rainbow. But which treatment truly holds the key to revitalizing your appearance and restoring that elusive glow? Join us as we delve into the world of skincare and cosmetic procedures, where Haute Beauty experts reveal which treatments hold the key to a rejuvenated appearance.

### **Dr. Sam Rizk | Face | Upper East Side**

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Advances in plastic surgery have gotten us to a very interesting turning point where bigger, more impactful procedures—like the deep plane facelift—are beginning to take the place of repeated preventative tweakments like filler. In fact, in the last 5 years alone, the average age of facelift patients in my practice has changed from 50 to 40, and most of it comes down to filler fatigue—they've simply had enough of repeated cosmetic tweaks. For these patients, learning about the deep plane facelift is like discovering the fountain of youth. In this single procedure, I can lift and tighten the skin, reposition loose jowls, and fully restore cheek volume in a sculptural, hyper-natural way—and the recovery time is much faster than patients expect. I've personally developed a technique that ensures my patients are back to work in a week and camera-ready in just two. For patients who want to look their best now, not later, a deep plane facelift is the answer.

For more information, visit Dr. Rizk's [website](#), [Instagram](#), or [Facebook](#)!

### **Iani Silveira, Bella Vida Aesthetics & Wellness | Medical Spa | Miami, FL**

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In the pursuit of a rejuvenated appearance, one treatment that stands out as a 'pot of gold' is calcium hydroxyapatite commonly known as Radiesse. This innovative solution offers a multifaceted approach to facial rejuvenation and beyond. Its versatility is remarkable, as it can be skillfully applied to various areas of the body, providing comprehensive enhancement tailored to individual needs.

What sets this biostimulator apart is its effectiveness in post-liposuction treatment. Beyond its traditional facial applications, it serves as a cornerstone for refining and sculpting areas post-procedure, restoring natural contours with precision. Furthermore, its unique ability to act as a 'magic eraser' for wrinkles and fine lines underscores its role as a powerful tool in the pursuit of youthfulness and confidence.

In the ever-evolving landscape of aesthetic medicine, calcium hydroxyapatite emerges as a beacon of promise, offering both practitioners and patients a reliable means to achieve lasting rejuvenation. With its proven efficacy and diverse applications, it stands as a testament to the intersection of science and artistry in the pursuit of timeless beauty.

For more information, visit Bella Vida Aesthetics & Wellness's [website](#), [Instagram](#), or [Facebook!](#)

### **Dr. Amir Mahan Ghaznavi, [AMG Plastic Surgery](#). | Body | DMV**

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There is no one-size-fits-all treatment that guarantees a rejuvenated appearance. Everyone's skin is unique, and what works for one person may not work for another. However, one of the most popular treatments in my practice has been RF microneedling.

RF microneedling, also known as radiofrequency fractional micro-needling, is a minimally invasive cosmetic procedure that combines the benefits of traditional microneedling with the bonus of radiofrequency energy. This treatment uses tiny needles to create microscopic punctures in the skin, stimulating collagen production and promoting cellular turnover.

The addition of radiofrequency energy takes this treatment to the next level, as it helps to tighten and lift the skin while also reducing fine lines, wrinkles, and other signs of aging. This makes it a great option for those looking for a rejuvenated appearance without undergoing invasive surgery.

The RF microneedling can be combined with other treatments such as platelet-rich plasma (PRP) or poly-L-lactic acid fillers (Sculptra) for even more dramatic results. Given its safety across all skin types and nearly painless application, RF microneedling stands as a steadfast "pot of gold" for our patients, a status it will undoubtedly maintain.

For more information, visit AMG Plastic Surgery's [website](#), [Instagram](#), or [Facebook!](#)

### **[Victoria A. Cirillo-Hyland, MD, FAAD](#) | Skin | Philadelphia, PA**

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St. Patrick's Day celebrates Irish heritage and we see many patients of Irish descent in our practice. Many spent the summers at the Jersey shore and have extensive sun damage on their skin. My recommended "pot of gold" treatment that holds the key to a rejuvenated appearance is Intense Pulsed Light (IPL). IPL uses multiple wavelengths of visible light to address multiple problems. It decreases redness caused by dilated,

“broken” blood vessels, removes age and sun-induced brown spots, smooths fine lines, and even helps shrink pore size. After 5-7 days, a smoother, clearer complexion is revealed. Don’t forget to wear daily sunscreen to maintain the result!

For more information, visit Dr. Cirillo-Hyland's [website](#), [Instagram](#), or [Facebook](#)!

### **Julia Bifulco, Bellagena Med Spa | Day Spa | Bradenton, FL**

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As a licensed esthetician dedicated to helping clients achieve their skincare goals, I have had the privilege of witnessing firsthand the transformative power of various treatments. Among these, fractional Co2 laser treatment stands out as a beacon of rejuvenation, offering unparalleled results for those seeking to restore youthfulness to their skin.

One of the primary advantages of Co2 laser treatments is its ability to promote collagen production. As we age collagen begins to decline, leading to the formation of wrinkles and sagging skin. By stimulating collagen synthesis, Co2 helps to plump the skin, reduce the appearance of fine lines and wrinkles, and restore a more youthful contour to the face.

Another notable benefit of fractional Co2 is its ability to promote skin resurfacing. By gently removing the outermost layer of damaged skin cells, the treatment reveals fresh, healthy skin underneath, resulting in a smoother, more even complexion with relatively little downtime.

Furthermore, Co2 is highly customizable, allowing us to tailor the treatment to each client's unique needs and skin type. With its ability to stimulate collagen production, promote skin resurfacing, and address a wide range of concerns, it is no wonder that Co2 laser treatment stands as the gold standard in rejuvenating skincare.

For more information, visit Bellagena Med Spa's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Anna Chacon | Skin | Miami, FL**

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I believe one of the top “pot of gold” treatments for rejuvenated appearance would be microneedling with PRP (platelet-rich plasma) therapy. This is a highly effective treatment for minimizing wrinkles, fine lines, and other signs of aging while promoting an overall rejuvenated appearance. Microneedling with PRP has been gaining popularity in recent years because of the numerous benefits it provides to the skin. PRP is derived from the patient’s own blood and is rich in growth factors that stimulate collagen production and promote skin healing.

For more information, visit Dr. Chacon's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Husam Almunajed | Smile | New York, NY**

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With the spirit of St. Patrick's festivities, spring is upon us, and it's a great time to renew and refresh your smile! Our philosophy is high on improving your oral health and overall well-being health. When your teeth, gums, and jawbone are in optimal health, your overall well-being flourishes. Embracing an oral systemic approach to your care, we offer

treatments that not only enhance your smile but also contribute to your long-term vitality. Experience the epitome of freshness with our custom treatments, now made even more comfortable through the utilization of our cutting-edge Swiss technology. This groundbreaking approach revolutionizes dental cleaning appointments, offering a more efficient, comfortable, and gentle solution for preserving a luminous smile.

The interplay between gum disease and other medical conditions underscores the importance of proactive oral care. Conditions such as diabetes, heart disease, stroke, pregnancy complications, osteoporosis, and respiratory issues can be influenced by gum health. By prioritizing your oral health, you're not only benefiting your teeth and gums but also safeguarding your overall well-being. Bid farewell to unpleasant breath and welcome your radiant "pot of gold" smile with open arms!

For more information, visit Dr. Almunajed's [website](#), [Instagram](#), or [Facebook](#)!

### **CasaGlow MedSpa | Medical Spa | New York, NY**

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Radiesse stands as the epitome of rejuvenation! Acting as a collagen stimulator, Radiesse harnesses the body's natural processes to remarkable effect. Through targeted injections, it ignites collagen production, fostering increased volume and firmness over time. This transformative journey towards a revitalized appearance involves the smoothing of wrinkles, restoration of facial contours, and enhancement of skin texture. Distinguished from temporary fillers, Radiesse offers enduring results, presenting an influential choice for those in pursuit of a revitalized and youthful visage, minus the need for frequent touch-ups. Moreover, its proven ability to enhance skin quality and elasticity elevates its rejuvenating prowess even further.

For more information, visit CasaGlow MedSpa's [website](#), [Instagram](#), or [Facebook](#)!

### **Dr. Jason Bloom | Face | Philadelphia, PA**

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If I were to look at all the treatments and surgeries that I perform on patients and pick one as the "pot of gold" for a rejuvenated appearance, I would immediately say that procedures to enhance the periorbital area would be the most impactful. When I am talking to my patients about the best treatments for facial rejuvenation, periorbital rejuvenation, whether it be an upper or lower blepharoplasty, or both, is always at the top of my list. It is amazing to see how truly rejuvenating these procedures can be!

I have many patients who are thinking about facial procedures and maybe don't want to do everything at one time. I explain that by starting with the eyes and periocular region, will get others to focus their attention there and make that the standout area. While surgery for this area is the gold standard, more straightforward injectable treatments like some neuromodulators to lift the brows and open the eyes or even some filler to replace volume in the midface and infraorbital areas are extremely brightening to a patient's face. It can quickly be noticed that treatments to this facial area are the "gold standard" for a youthful appearance.

