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February 28, 2010

## Heavenly bodies

Make yourself the star attraction — with a little help from the doctor, writes SHELLY HORTON.

She may be a husband-stealing, child-adopting freakazoid but when it comes to the most-requested celebrity body parts, EVERYONE wants Angelina Jolie's lips.

"We always get asked for Angelina's lips," says Dr Joseph Ajaka from Cosmos Clinic in Double Bay. "It's a very simple procedure using a dermal filler... It costs between \$500 and \$600; you have minimal downtime. You'll be swollen for 24 hours but not duck-like."

When it comes to radiant skin, Scarlett Johansson leads the way.

"A lot of people want the translucency of Scarlett's skin," says Lisa Sullivan from The Clinic in Bondi Junction. "That can be achieved with a series of peels and IPL [Intense Pulsed Light therapy]. It's \$400 for IPL and a peel is \$200."

"It's the combination that gives fantastic results. IPL gets rid of discoloration from the face and the peel will enhance collagen remodelling, making the skin look plumper. Some women do this once a month. It helps with fine lines and minimises open pores, creating a more youthful look."

*Grey's Anatomy* star Katherine Heigl had crooked teeth her whole life but used a new treatment called Invisalign to straighten them for her wedding.

"I think people want to have a celebrity's winning smile," says Nino Gullotta from Gullotta Orthodontics on the Gold Coast. "They want to look as good as they can and Invisalign is clear and removable so no one can really tell you're wearing them." Like regular braces, they cost between \$4000 and \$10,000, depending on individual cases.

There are so many body parts of Jessica Alba to covet but believe it or not, it's her nose that people want to copy.

"It's either Jessica Alba or Jessica Simpson when it comes

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**Megan Fox**  
Brow lift \$375 a month

**Jessica Alba**  
Nose \$10,000

**Scarlett Johansson**  
Skin \$600 a month

**Katherine Heigl**  
Teeth \$10,000

**Angelina Jolie**  
Lips \$600 a month

**Salma Hayek**  
Breasts \$13,500

**Halle Berry**  
Stomach \$3000

**Jennifer Lopez**  
Bottom \$10,000

**Cameron Diaz**  
Legs \$8000

**Total cost**  
**\$56,075**

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# Looking to the A-list for inspiration

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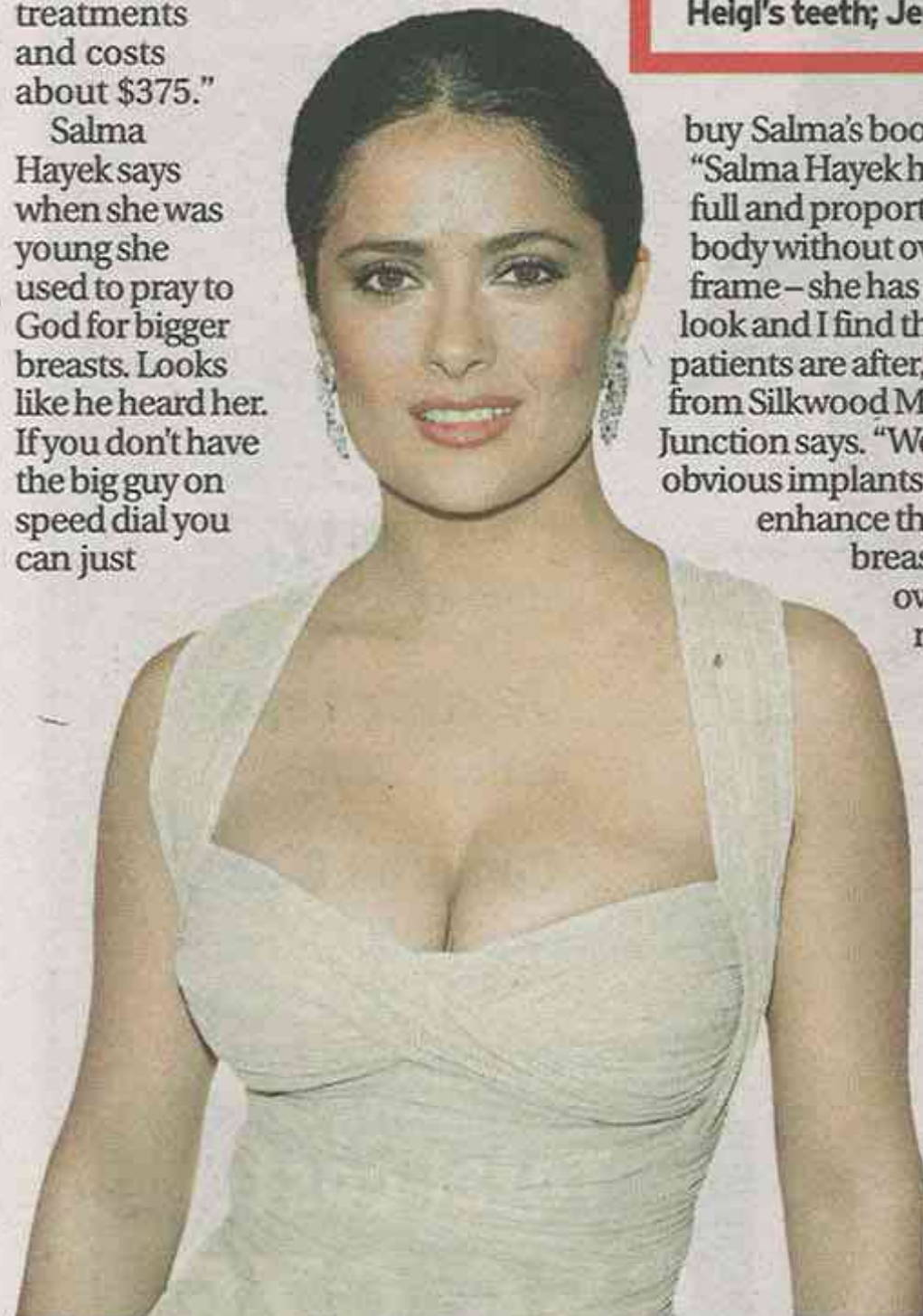
to noses," the president of the Australasian Academy of Anti-Ageing Medicine, Dr Michael Zacharia, says.

"Rhinoplasty is extremely popular – it's 70 per cent of the work I do. It used to be the No. 1 procedure but now it's behind lipo and breast augmentation. It costs between \$7000 and \$10,000 and it's the most complicated of all procedures because you're dealing with function as well as aesthetics."

The most popular treatment is still anti-wrinkle injections. Now, thanks to Megan Fox, the injections are not just used for frown lines.

"Women are loving Megan Fox's strong eyebrows," Sullivan says. "To help achieve that look we can do a brow lift. As well as in frown lines between the eyebrows and crow's feet to the sides of the eyes, the face is injected above the eyebrow to give elevation. It opens the eyes by a millimetre or two, enhancing the look. That is an extension of regular anti-wrinkle treatments and costs about \$375."

Salma Hayek says when she was young she used to pray to God for bigger breasts. Looks like he heard her. If you don't have the big guy on speed dial you can just



What women want ... (clockwise from above) Angelina Jolie's lips; Jessica Alba's nose; Scarlett Johansson's skin; Megan Fox's brows; Katherine Heigl's teeth; Jennifer Lopez's behind. Photos: Reuters, Bloomberg, Getty Images

buy Salma's boobs instead. "Salma Hayek has breasts that are full and proportionate to her body without overwhelming her frame – she has a natural, elegant look and I find this is what most patients are after," Dr Ben Norris from Silkwood Medical in Bondi Junction says. "Women don't want obvious implants, they want to enhance the look of their breasts without

overwhelming their natural physique. "Each patient is different, so I work closely with each individual to determine the right size and shape implant for their body shape. It's important that the implant selected should be appropriate to the patient's breast tissues

and frame. Breast augmentation costs \$10,000 to \$13,500."

Now, everyone remembers the scene in *Die Another Day* where the smokin' hot Halle Berry appears out of the water in that orange bikini. Her super-smooth tummy seems to be the ideal.

"Women come in after they've had a baby and they want Halle Berry's belly. They have cellulite and loose skin but don't require a tummy tuck, so we recommend laser lipolysis," Dr Ajaka says.

"It's a relatively new treatment in Australia but has been used for five years in America.

"A fine wire-laser wand is inserted into the pockets of fat, melting it, tightening the skin and removing cellulite permanently. It costs between \$1500 and \$3000."

It used to be Kylie Minogue's gold hotpant-hugged bottom that everyone wanted but now it's all about JLo's ample derriere.

"When we're talking bums it's definitely JLo," Dr Zacharia says. "The buttocks is very difficult to change. You can do a fat transfer from other places such as the tummy or

the thighs. This costs between \$5000 and \$6000. Or it is possible to do a gluteal implant, which costs \$10,000. But after implants you have to stay off your buttocks for a week."

If you've seen paparazzi shots of Cameron Diaz surfing you will know she has pins to die for. But getting her legs isn't that easy.

"Unless you want to cut the femur there's no making your legs longer like Cameron or Elle Macpherson," Dr Zacharia says.

"You can make them thinner for about \$4500 to \$8000. But you have to have good legs to start with.

It's important to be realistic."

Or you could work on your self-esteem and use the cash you've saved for a holiday in Italy. Just a thought.



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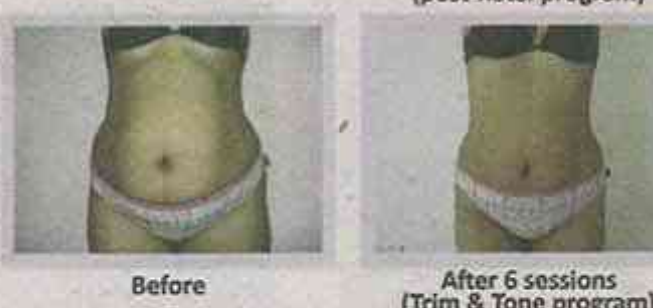
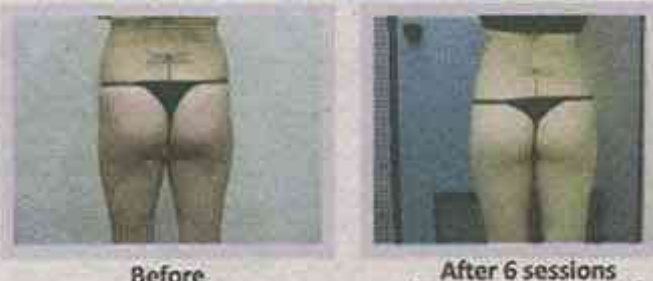


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