

Stop riding the
weight loss roller coaster



and work on the root of the
problem with **HYPNOSIS!**

Let Rick help you make changes
that are sustainable for **LIFE!**



FREE CONSULTATION
Rick Longstreth, CH
309-261-2564
2310 East Oakland Ave. Suite 11B
Bloomington, IL 61701
www.CentralIllinoisHypnotherapy.com

C'est Magnifique!



Francis Klein
PARIS

Visit Specs to see the stunning
collection of handmade,
French eyewear and sunglasses from
Francis Klein - Paris

FEATURING THE
MOST UNIQUE EYEWEAR
& ACCESSORIES IN
CENTRAL ILLINOIS
SINCE 1998



317 N. CENTER - DOWNTOWN BLOOMINGTON
(309)82-SPECS - SPECSAROUNDTOWN.COM
TUE. THRU FRI. 9:30 - 5PM
THUR. TIL 6:30PM - SATURDAY 10:00 - 2PM
personal shopping by appointment



how **YOU** look

Fat Injections: Fill In or Fill Out!

It is not uncommon to overhear women talking about how they wish they could move fat from their waist or thighs and put it somewhere else. Truth is...it's possible!

Fat injection, or lipofilling, diminishes wrinkles and creases and plumps up areas that have lost fullness as a result of surgery, injury, aging or other causes. Transplanted fat that originates from the patient does not carry a risk of allergic response or rejection. Other advantages comprise of a short recovery time and generally long lasting results if it has been performed correctly.

Fat injections are a popular short-term solution to temporarily improve the appearance of hollow cheeks, thin lips, an aging forehead, eyes and scars. They can also be used on a limited basis to enhance breasts in a process called breast augmentation fat transfer. There is no need for concern about a foreign substance in your body since the fat used in the injection is taken directly from another area of your body.

As you age, the dermis under your skin thins out. This can leave the face looking too thin and has the effect of making the skin look like it sags. This happens to women of all body types; small, medium and large

frame. A fat injection adds fat to the area beneath the skin and has the effect of "filling out the face" to a more youthful state. In addition to filling out wrinkles in the face, highly purified fat injections also enhance the blood circulation in the tissues. This is because there are a small number of stem cells that are collected and concentrated during the fat processing. Thus, a small number of stem cells are re-injected into your face!

Fat grafting to the breasts is an alternative to implants for reconstruction, to "fine tune" breast reconstruction after lumpectomy or mastectomy and to disguise the edges or rippling of existing silicone gel and saline implants. Fat grafting to the breast consists of two procedures performed on the same day: first, harvesting the fat and second, placement of the fat into the breasts.

Some patients are concerned that the fat injections will not last. However, this is not the case. When done properly, a large percentage of the injected fat cells survive and are permanent. However, since some fat cells are lost, the effect of the transfer is not as dramatic after a few weeks. Most physician's will overcorrect, or inject more than needed, knowing that after a few

weeks the final result will be more to the patient's liking. If less is initially injected, patients will be happy with the immediate outcome, but disappointed over time as the results fade.

Fat transfers are also used for the buttocks, sometimes referred to as a Brazilian butt lift. Fat is first liposuctioned from the stomach or flank area and then processed prior to transferring or injecting into the buttocks. Using fat transfers for butt augmentation gives a very flattering, sensual and natural look.

Whether you are looking to fill in, fill out or contour defects or deformities from other surgeries, the use of fat injections is on the rise and can be a healthy, safe alternative to synthetic fillers and injectables. Always consult a board certified plastic surgeon when exploring any cosmetic or reconstructive procedure.

For more information regarding cosmetic and reconstructive plastic surgery contact
Dr. Chad Tattini – 309.664.1007,
Dr. Laura Randolph – 309.664.6222
or Dr. Paige Holt – 309.664.4444
at Twin City Plastic Surgery or
www.twincityplasticsurgery.com.
The office is located at 2502 E. Empire, Suite C, Bloomington, Illinois.

Submitted by
Chad Tattini, M.D.

Frozen Strawberry Lemonade

Tangy & sweet come together for an icy refreshment like no other.

1610 E. Empire, Bloomington
1607 N. Main Street, Bloomington
525 Brock Drive, Bloomington
1535 College Avenue, Normal
2410 S. Main Street, Bloomington
400 N. Main Street, McLean
2507 Oakland Avenue, Bloomington
804 S. Main Street, Normal
801 S. Sangamon Avenue, Gibson



f&h

FOX & HOUNDS
HAIR STUDIO | DAY SPA

DEFINE yourself

200 W. Monroe St.
Second Floor
Bloomington IL 61701
309 829 0482

On-line gift certificates and
appointment scheduling
available

www.fox-n-hounds.com