

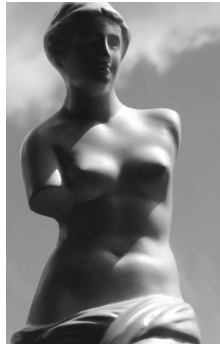
SEXY. What is Considered Sexy in 2007?

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Through the years fashions have changed, and the concept of what is sexy has also changed. Long ago, full figures with voluptuous curves were considered sexy. Delicate facial features, pale skin, thin lips and long, wavy hair were admired. In men, abundant facial and body hair was considered sexy. Nowadays, all these concepts have been updated to fit the tendencies of the year 2007.

Although the full, voluptuous Botticelli figures, as exemplified in his famous painting *Birth of Venus*, are out, being thin with no curves is overrated. It is not considered glamorous either. For a woman's body to look sexy and healthy, it is necessary to have some body fat and, of course, muscle in key areas. Today's sexy women look more athletic. To get this look, a balanced diet is important, but exercise is key. A routine including cardiovascular workouts and weight lifting is essential to sculpt the body. Yoga is what I love the most; it will give you not only a great body and mental health but also physical wellbeing.

Areas of fat deposits can be treated with



either liposuction or mesotherapy. Cellulite is a turn off. Unfortunately, it is really common and hard to control. Diet, exercise, endermologie and mesotherapy will help.

Guys still want to look muscular but not like body builders. Too much muscle could be a turn off.

There is nothing that looks worse in both men and women than a saggy abdomen. Unfortunately, after maternity, it is hard to tone the abdomen again since the skin has been stretched. Exercise and diet will help. However, after more than one pregnancy, it is a more difficult task to get the abdomen flat and toned. Titan, an infrared form of light done in a series of three treatments once a month, really helps to recover the abdominal tone.

Delicate female facial features are beautiful but are not currently considered sexy. Nowadays the eyebrows should have an elevation, and the cheeks should be more prominent. A more angulated chin and plumper lips are considered appealing. Although we

were not all born with perfect facial features, the use of dermal fillers like Hylaform plus, Radiesse and Sculptra in the hands of a good physician can help you achieve the facial features you desire. Botox® commonly used in the treatment of active wrinkles is also used to elevate and define the eyebrows.

Facial and body hair is a thing of the past. Men and women don't want to have any body hair. Today it is possible to permanently remove facial and body hair with the newest laser technology, and it is feasible to treat all skin tones.

As far as skin tone, being tanned is overrated and unhealthy. Your natural skin tone can be absolutely sexy and beautiful if just enhanced by the use self tanning lotions that not only will give you a glow but will moisturize and protect your skin.

So don't wait. Valentine's Day is around the corner. Start looking sexy and update your appearance today.



Skin Diagnostics Laser & Rejuvenation. Call for an appointment at 513-631-0059.