

Fresh-faced
and working
the Nineties

1991



1992



1995



Demi's 3D

A more
relaxed Demi
a decade ago

2

WITH AN AMAZING MAKEUNDER THE ENVY OF HOLLYWOOD, HER SURGEONS TELL SIOBHAN McFADYEN HOW IT WAS DONE

DEMI Moore's face is smooth and youthful-looking – but with none of the frozen features of other over-Botoxed stars decades younger than her.

And while her body looks taut and toned, even top cosmetic surgeons find it difficult to pinpoint exactly what the 46-year-old has had done recently.

Which is why the actress has become the envy of Hollywood celebrities and a poster-girl for a new type of cosmetic surgery dubbed the “makeunder”, because of its subtle but highly successful results.

The secret to Demi's unlined but naturally plump-looking facial features is, *Grazia* can reveal, a procedure called the 3D Neck and Facelift, pioneered by New York-based surgeon

2003



2006





1996

1998

FACELIFT

GRAZIA
EXCLUSIVE

to the stars, Dr Sam Rizk. The \$20,000 operation uses 3D imaging to analyse the face and then microsurgery to scoop out fat from the jowls and reposition it in the cheekbones.

The surgery leaves no scarring and has a drastically reduced recovery time of less than a week so celebrity patients don't have to explain a prolonged absence from the public eye.

"It lifts your cheeks and offers a youthful glow"

Madonna is among the stars who are said to have flocked to Dr Rizk's office after seeing the results on Demi.

While the doctor will not talk specifically about his A-list patients, he did agree to speak to *Grazia* from his luxurious Manhattan HQ about what he calls "the facelift of the future."

"The reason celebrities want

this type of surgery is because it doesn't just tighten like the old lifts, it repositions tissue that drops," says Dr Rizk.

"It brings up your jowl, lifts your cheeks and offers a youthful glow by negating the effects of gravity.

"And it's almost impossible to tell that someone has had the surgery because there's no evidence of scarring."

Dr Rizk says that younger and younger women are coming to him for advice and treatment in a bid to emulate the "Demi look".

As well as her 3D facelift, Demi has spent a reported \$350,000 on a full body overhaul in the last six years.

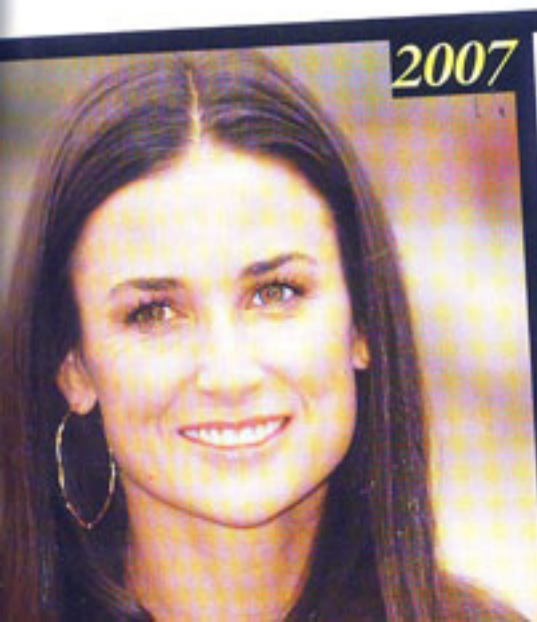
To gain her toned upper and lower body, she apparently saw renowned Beverly Hills surgeon Dr Brian Novack.

He uses a radio frequency technique to tighten up

saggy skin on the knees, elbows and stomach without the use of traditional scalpels.

The procedure costs up to \$10,000 per area and is a popular new trend among Hollywood actresses.

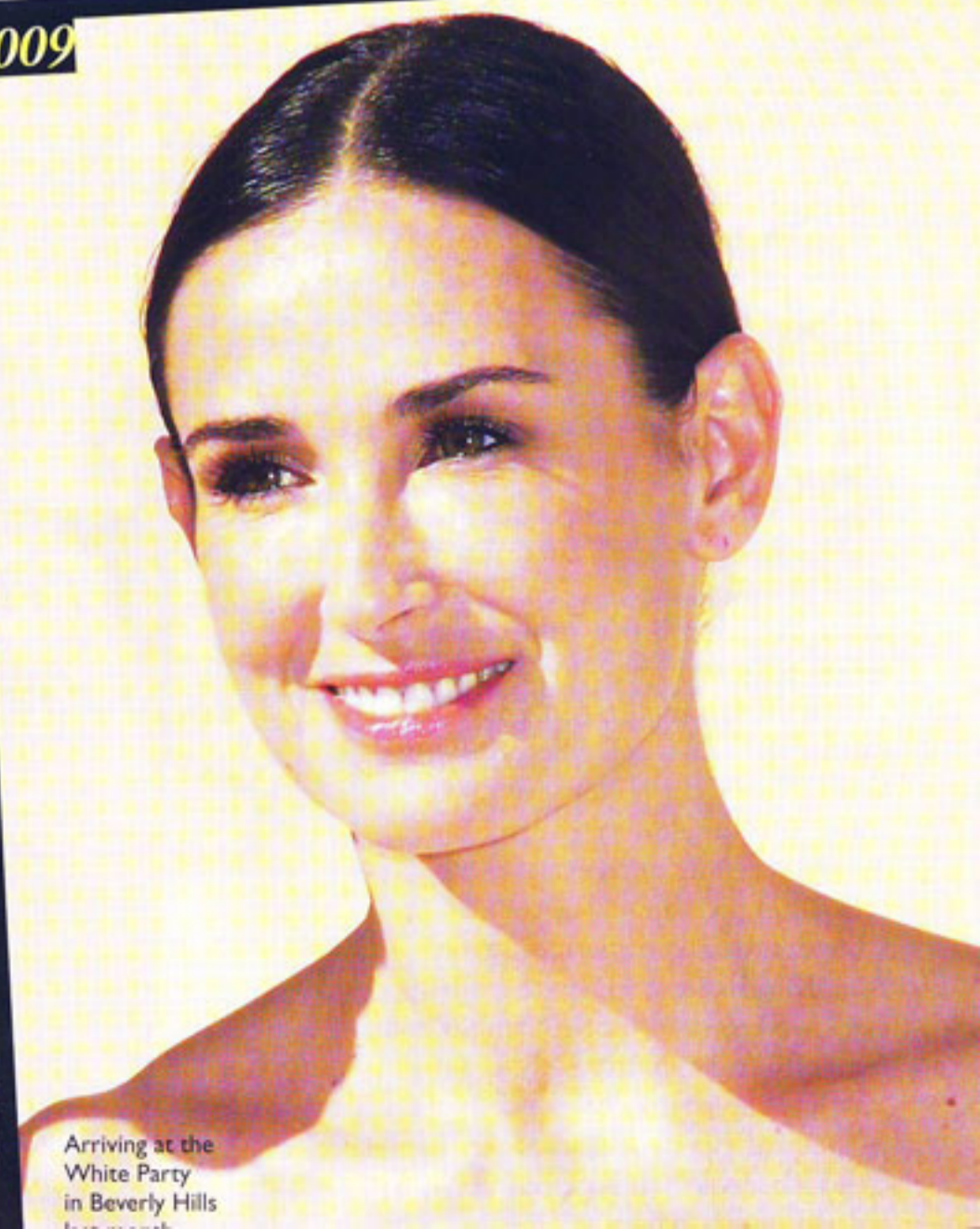
Taking a break from surgery, Dr Novack told *Grazia*: "The skin just literally shrinks back like the way ▶



2007



2008



2009

Arriving at the White Party in Beverly Hills last month



Super-toned!

it does when putting your jeans in the dryer. It rejuvenates all of the areas where the skin has loosened.

"We get people coming in to have their abdomen, elbows and knees done – it has become a favourite with my clients."

Like Dr Rizk, the LA surgeon won't name his celebrity clients, but Demi has reportedly undergone the radio frequency procedure as well as having breast implants and liposuction.

Dr Novack adds, "My practice is geared up for handling people who want to keep their treatment confidential. We use a combination of techniques that make it almost impossible to tell that someone might have had work done.

"We use the smallest incisions that we can in the natural creases, and that helps to keep the secret of surgery."

The new surgery is replacing Botox as the procedure of choice as other celebrities pick up on the trend.

London based cosmetic surgeon Alex Karidis says: "They're realising they need to have subtle changes done regularly from a fairly early age to stay looking so good.

"Demi is a perfect example of the trend, she looks fantastic but you can't



Basilic vein

Runs from the upper arm to the elbow, and is just under the skin.

Biceps brachii

Flexes any time you bend your arm and bring it towards the body. It's used when picking up things, and when you pull towards yourself on a rowing machine.

Pronator teres

You use this if you put your hand in front of you with the palm facing up, then turn your hand over.

THE ARMS RACE

While Demi used surgery to get her amazing body, Madonna's super muscled arms are the result of hard work. VERY hard work.

Even at 50, the singer has the body of a high-performance athlete, but recent pictures have made some question whether she's gone too far.

Body composition specialist Martin MacDonald says the singer appears to have "slight malnourishment issues".

"When people talk about toning muscles, what they mean is reducing the body's fat level, which is what Madonna has done," he told the UK's *Daily Mail*. "Depending on how you look at it she's either committed or obsessed."