

Makeover



offer a technique called fat replacement, or micro-fat injections, during which the patient's own fat is injected into the face to sculpt cheekbones and eliminate under-eye sagging. He also specializes in breast augmentation and liposuction.

■ **Dr. Frank Beninger, Beresford, 199 Avenue Rd., Main Floor, (416) 925-5775, www.theberesford.com**
Dr. Beninger is both the director of Beresford Cosmetic Surgery and the medical consultant to its umbrella, the Beresford, which offers health and lifestyle enhancement services such as massage, facial peels and liposuction. Dr. Beninger performs facial and breast surgeries, body contouring, arm lifts and nonsurgical procedures such as Thermage and injectables.

■ **Dr. Lorne Tashis, Institute of Cosmetic Surgery, 31 Alvin Ave., (416) 926-8122, www.cosmeticscanada.com**
Trained at Cedars-Sinai Medical Center in L.A., a hospital known worldwide for its celeb connection, Dr. Tashis now practices out of a charmingly renovated house at Yorkville and St. Clair. He

controversial) edge of technology. Dr. Muholland's clinic offers an astounding array of cosmetic-surgery procedures, leg-wax treatments, laser and cosmetic dermatology services. Part surgeon, part salesman, he's a regular on such shows as *The View*, promoting his latest, most recently, the Fun-G nonsurgical face-lift, a combination of electronic facial exercises, laser therapy and injectables.

OTTAWA

■ **Dr. Howard Silverman, Broadview Medical Centre, 306-770 Broadview Ave., (613) 792-4137, www.ottawaplasticsurgery.com**
There isn't much this Ivy League-trained (Yale) surgeon doesn't do, such as facial, breast and body-contouring

surgeries, including thigh and buttock lifts. When performing abdominoplasty (tummy tucks), he custom-designs the scars so that they are hidden beneath your chosen style of underwear or bikini bottom.

■ **Dr. Gregory Antoniak, The Facial Surgery and Cosmetic Centre of Ottawa, 308-1919 Riverside Drive, (877) 521-3223, www.faces.ca**
Dr. Antoniak offers all facial surgeries, including chin and cheek implants. Skin-care services include IPL (intense pulsed light) photo-facial rejuvenation, pulsed-light treatments that reduce rosacea, wrinkles, pore size and irregular pigmentation. There's no recovery time and no anesthesia required. ArtecoE, an injectable long-lasting implant used to smooth wrinkles, is also offered.

MONTREAL

■ **Dr. Richard Moutarrège, Aesthetic Surgery Clinic, 106-1111 rue St-Urbain, (514) 393-9999, www.plastic-surgery-canada.com**

Dr. Moutarrège believes "aesthetic surgery represents a work of art in progress." He revolutionized breast-reduction surgery in the '80s with the Moutarrège total posterior pedicle mammoplasty, in which the nipple remains "alive" by not separating it from the gland, maintaining sensitivity and the ability to breastfeed.

■ **Dr. Arthur Swift, 4131 Sherbrooke St. W., (514) 933-2353, www.drarthurswift.com**
One of the top plastic-surgeon users of Botox in Canada, Dr. Swift erases frown lines and the "number 11" between the eyes. About 50 patients a week see Dr. Swift for all types of injections. Actors in town filming movies,



politicians and high-level executives make up Dr. Swift's clientele.

LAVAL, Que.

■ **Dr. Mario Bernier, Plastic and Aesthetic Surgery Clinic, 602-3030 Le Carrefour Blvd., (450) 686-4755, www.drberniec.com**



Berensford's award-winning clinic, with Dr. Moutarrège