



What exercises can I do to get a pert derriere a la Kylie?

Who doesn't want tight, firm glutes? Apparently Kylie has claimed that the secret behind her pert derriere is down to inline skating and cardio kickboxing, although I do think a nutritionist, personal trainer and some fortunate genetics have been on her side too. There is no magic diet that's going to give you a Kylie bum, but there are things that you can do in your everyday lifestyle that will aid in achieving that sculptured butt. Firstly, avoid escalators and use the stairs. I still get baffled when I see the queues for the 'high tech stepper' machine in health clubs when you can just use the stairs! When you pick up objects off the floor, bend your knees and squat. Squats are a great way of getting a firm butt.

When at the gym you need to perform exercises that target your glutes and hamstrings. You should be doing variations of hip raises, hamstring curls, dead lifts, weighted step-ups, kettle bell swings, squats and lunges. Where possible add rotation to some of the movements. Ideally you need a fitness expert to teach you these movements in order to prevent injury.

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CELEBRITY CERAMIST JASON KIM
EXPLAINS WHY HIS PORCELAIN
VENEERS ARE SO SOUGHT AFTER
IN THE SHOWBIZ WORLD

THE NEW HOLLYWOOD SMILE

Celebrities like Catherine Zeta Jones and Scarlett Johansson have dazzling white teeth thanks to experts like Jason Kim, who is one of the world's leading veneer ceramists. One of the most respected teachers of advanced ceramic techniques, he's crafted natural-looking porcelain veneers for a host of famous faces. Here, Jason Kim, who is based in New York and lectures at the prestigious New York University College of Dentistry, tells us how he creates that showbiz smile...

How long have you been a master ceramist?

For 30 years. I've been a member of the Oral Design International Foundation for 13 years.

Which celebrity do you think has freakishly white over-the-top veneers?

Denzel Washington.

What are your veneers made of?

A high-quality custom blended porcelain.

Your veneers are said to be very natural looking; how do you create that effect?

By using a layering technique, which creates depth and personal characteristics found in natural teeth. I customise each and every set of teeth so they suit the individual I'm working on. I take facial features and personality into consideration.

If a patient comes to you with a good set of teeth, would you still recommend veneers?

There are people with good teeth that simply want to make minor changes to enhance their smiles. Many things can be accomplished with minimal tooth preparation.

How much skill does it take to craft custom-made veneers?

A high level of both knowledge in dental science and artistic ceramic skills.

How strong is the porcelain you use?

The porcelain we use in our lab is actually stronger than the enamel of a natural tooth.

What's the most satisfying part of your job?

To see a patient more comfortable and confident in the way they look.

If you take care of your veneers, how long should they last?

Approximately 15 years.

What's the best part of having your veneers?

The best part about the veneer work I do is the natural form it takes. We use premium feldspar to achieve the highest quality and comfort – part of a process that only a master ceramist understands. The result is a truly organic colour and brilliance that looks just like the real thing.



Leading ceramist Jason Kim works with Dr Michael Apa, a celebrity dentist who visits Dubai several times per year.
For more info call Dr Michael's Dental Clinic on 04 394 9433.

TREAT OF THE WEEK

Body Relax and Reshape Treatment



What is it?

It's an anti-cellulite, slimming and firming treatment using products from sea-algae-based French brand Oligodermie.

What are the highlights?

After being exfoliated with the sea algae slimming scrub, my body was wrapped in a pure sea algae gel for about half an hour. During this time I was given a heavenly foot and hand massage – the perfect way to de-stress after a long day. Once my wrap was taken off, a further slimming and drainage massage was given using sea algae massage oil. As my body was measured before and after the treatment, one of the highlights was seeing that I had lost a few inches afterwards.

Are there any downsides?

Although it was mostly relaxing and the results were worthwhile, the scrub portion felt a bit too much like sandpaper against my skin. However I realised later it paid off as it left my skin freshly exfoliated and glowing.

How much is it?

This month the treatment is only Dhs165 (usually Dhs190), or you can have a course of five treatments for Dhs750.

Where can I try it?

Beautiful Times Salon, Bur Dubai.
Call 04-3529966 or visit beautifultimesalon.com.

★★★★★

Review by Asha Lodwa



CELEBRITY COSMETIC DENTIST DR MICHAEL APA REVEALS THE SECRETS OF AN A-LIST SMILE

Hollywood stars know the power of a beautiful smile – Cheryl Cole and Scarlett Johansson are considered two of the most beautiful women in the world and both have gorgeous, show-stopping smiles. But not all of us are blessed with a perfect set of teeth, and that's where New-York based celebrity cosmetic dentist Dr Michael Apa comes in. Due to popular demand, Michael treats patients in Dubai throughout the year, and his former famous patients include Chloe Sevigny and Vera Wang. Here, he reveals why a great smile is imperative to any starlet's career, and how owning one can transform your look...

Who are your other celebrity clients?

I can't reveal all of them, but Matt Dillon is one. I'm also the dentist for Elite model management and Willhemnia models, and these girls are sent to me to get their teeth fixed before major modelling campaigns.

How can a great smile change your life?

A great smile can enhance your entire appearance. It's one of the first things you notice about someone, and overall it's a sign of health and hygiene. If you improve someone's smile, it can diminish disproportionate facial features, make a crooked nose or chin seem more balanced and even skin can look more radiant. A pretty smile is a sign of youth and playfulness, but most of all it exudes a magnetism that people are drawn to.

What do you think of the perfect veneers that some of the older Hollywood stars have?

Unnatural veneers should be a thing of the past. The trend in the 90s and even in 2000 was the big, white, overpowering veneers. They lacked creativity and artistry. A designer smile is one that offers 'imperfect perfection.' If facial features, skin tone, eye colour, mannerisms and personality are all taken into consideration while customising the smile it should enhance your facial appearance without being detected as fake. These days the colours of veneers are warmer and should capture 'healthy white' rather than 'fake Hollywood white.'

Tell us about your more natural-looking veneers...

My ceramist Jason Kim has done studies on light transmission and figured out how to make his ceramic reflect, refract and absorb light like natural enamel. He calls it 'creation porcelain' and he has



a method of building it up with a paintbrush, powder and liquid. He builds over 15 colours of ceramic to capture a natural tooth colour, form and texture. I create the shape and position of the smile with a composite material, and then I place a set of temporaries on my patient before creating each individual veneer.

How long does the treatment take?

It's finished within a week. You need two visits – three hours each time. The great thing is that there's no downtime. From the first visit, patients will be able to go out that night with little to no pain or discomfort.

How long will your veneers last?

15 to 20 years.

What are the potential downsides?

Well, first it's an irreversible treatment. If you don't like the way it looks, that can be a problem. If performed in the wrong hands you can experience gum inflammation, bite problems and even speech problems. But in the right hands, this is a minimally invasive treatment.

Who will benefit most from this treatment?

People who are insecure with their smile or who want a better smile. I could probably enhance 80 per cent of the population's smiles, some more minor than others, but like any cosmetic procedure, you have to want it. You have to desire a change to truly appreciate it. **CW**

INTERVIEW BY SARAH BLADEN
PHOTOGRAPHS SUPPLIED BY DR APA AND PHOTOS.COM

Dr Apa with actress Chloe Sevigny, one of his celebrity clients.



TREAT OF THE WEEK

EYELASH EXTENSIONS



What is it?

Kelly Rowland and J.Lo are huge fans of eyelash extensions and get them done on a regular basis. The treatment (which takes just under two hours) involves a therapist attaching individual synthetic lashes to your own. You can choose the length to create a natural or more dramatic look. These Nouveau lashes lasted approximately two weeks before they slowly started falling out.

What are the highlights?

Coming out of the salon with long, flirty lashes is a great feeling, but not having to wear mascara for two weeks is even better!

Are there any side-effects or downsides?

You should avoid showering for 24 hours following your treatment, and while your lashes last you need to wash your face carefully, and avoid swimming on a regular basis. The biggest downside is when your fake lashes have nearly all fallen out – you either need to book in for refills, coat on some mascara or disappear for a few days!

How much are they?

Dhs550 for a full set or Dhs150 for refills (10 lashes per eye) or Dhs275 (20 lashes per eye).

Where?

Beauty Within, The Jewels building, Dubai Marina. Call 04 430 8719.

★★★★★

Review by Sarah Bladen